

Small Craft - Kayak

Small Craft - Kayak is the designation given to the Girl Scout Interest Project for Kayaking and other water related sports. Falls Kayak Adventures is proud to be associated with the Girl Scouts of the Genesee Valley and to have the opportunity to offer assistance to Girl Scouts that wish to earn credit for this Interest Project. The activities assigned to this Interest Project are designed for Girl Scouts that are in grades 4 thru 6.

Whether paddling, rowing, sailing, or just drifting, being on the water can be a lot of fun and great exercise. Choose your craft and perfect your skill --- it can keep you floating for a lifetime. To earn credit for this Interest Project you must complete the following Activity. This Interest Project focuses on learning about Kayaking and all assignments have been tailored to assist you in experiencing the sport of Kayaking. To experience other Water Craft consult you Scout Leader for additional opportunities.



INTEREST PROJECT - ACTIVITY OUTLINE

Part 1 Staying Afloat

Show that you can select, use and care for a PFD. (Personal Floatation Device). You should be able to:

- Adjust a life jacket or life vest to fit.
- Know if a PFD is in good condition.
- Float, swim, and do HELP (Heat Escape Lessening Position) and Huddle in a PFD.
- If you are a swimmer put on a PFD in water that is over your head.

Part 2 All Hands on Deck

Be ready for boating emergencies. With your instructor, talk about what to do if the following things happen:

- You fall out of your boat.
- A strong wind suddenly occurs.
- You see a storm approaching.
- Your boat swamps or capsizes.
- It gets dark or foggy.
- You are sick or have been ill

Part 3 From Bow to Stern

Learn nautical terms for the major parts of a Kayak and use them correctly.
You should be able to identify the following:

- Bow
- Stern
- Grab Loops
- Drain Plug
- Cockpit
- Foot Brace
- Thigh Brace
- Flotation bags

Part 4 Permission to Board

Learn to get into your boat and get out safely following the procedure demonstrated by your instructor. You should be able to:

- Enter the Kayak feet first (no Spray Skirt)
- Adjust your Foot Braces
- Demonstrate Capsized safety signals
- Exit the Kayak after it capsizes (no Spray Skirt)
- Drain the water out of the Kayak and reenter
- Demonstrate safe use of the Drain plug
- Enter the Kayak feet first (with Spray Skirt)
- Exit the Kayak after it capsizes (with Spray Skirt)

Part 5 Safety Afloat

Learn the essential Safety procedures prior to setting your Kayak afloat.
You should be able to:

- Use a throw Rope or Safety Ring
- Replace the Rope or Safety Ring for future use
- Demonstrate the Bow or Assisted Rescue procedure
- Practice the 4 tap distress signal and be rescued
- Rescue a fellow scout after they signal for help
- Take part in the rescue spin maneuver

Part 6 Prepare your Engine

Learn the essential parts of the Kayak paddle.
You should be able to:

- Locate the paddle shaft
- Locate the paddle blades
- Identify the back face of the blades
- Identify and locate the ridge on the back face
- Identify the power face of the blades
- Demonstrate the proper method to hold the paddle
- Explain the method used to determine hand position on the shaft
- Explain the purpose of feathering the blades
- Demonstrate the proper method to rotate the blades of the paddle

Part 7 Full Speed Ahead

Since you are the motor for the Kayak it's now time to learn how to make your Kayak turn and go straight. To do this you should be able to perform the following procedures:

- Turns using a Reverse sweep on the right and left
- Turns using a Forward sweep on the right and left
- Go straight using a Forward Stroke
- Turn the Kayak in a 360 degree motion using Reverse and Forward sweeps
- Paddle backwards
- Adjust for drift using Forward sweeps
- With the Kayak as a large floatation device, perform a rescue from deep water

Part 8 The Journey Home

Do your share to bring your craft home. Learn how to prepare your Kayak for the trip home. To do this you should be able to:

- Carry a Kayak by yourself
- With a friend carry one or two Kayaks
- Place the Kayaks on a trailer
- Use rubber rope or regular rope to secure the Kayak to the trailer
- Perform the six point gear count down

Course Registration: Girl Scouts interested in this Interest Project can have their Scout Leader contact Kayak Adventures, 585-377-1994, for additional information.

Or by going to: www.kayak-adventures.org. The fee for the class is \$25. This includes all necessary equipment and the class is completed in 3 hours. This program is held at the Monroe Community College Pool. Program schedules are very flexible.