



Whitewater

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 2006, Workbook updated: February 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Do the following:

a. Review with your counselor the first aid for injuries or illnesses that could occur while working on the Whitewater merit badge, including hypothermia, _____

heat reactions, _____

dehydration, _____

insect stings, _____

blisters, _____

bruises, _____

cuts, _____

and shoulder dislocation. _____

b. Identify the conditions that must exist before performing cardiopulmonary resuscitation (CPR) on a person. _____

Explain how such conditions are recognized. _____

- c. Demonstrate proper technique for performing CPR using a training device approved by your counselor. _____
- 2. Do the following:
 - a. Review and compare BSA Safety Afloat and the American Whitewater safety guidelines and demonstrate your understanding of these principles by answering questions from your counselor. _____

- b. Identify and explain the use and importance of safety equipment on moving water. _____

Include in your explanation a discussion about throw ropes, _____

whistles, _____

and how to choose and properly fit PFDs (personal flotation devices) _____

and helmets. _____

- 3. **Before doing requirements 4 through 13 earn the Canoeing merit badge if you will be using a canoe to earn this merit badge. If you will be using a kayak, earn the Kayaking BSA Award.**

- 4. Do ONE of the following:
 - a. If you are completing these requirements as a tandem canoeist, **demonstrate** basic canoe-handling skills by completing the Scout gate test within 160 seconds while paddling tandem with a buddy. Then **demonstrate** the following strokes: cross forward, cross draw, bow pry, Duffek, high brace, and low brace, _____
 - b. If you are completing these requirements as a solo canoeist, **demonstrate** basic solo canoe-handling skills by completing the Scout gate test within 160 seconds. Then **demonstrate** the following strokes: cross forward, cross draw, stern pry, Duffek, high brace, and low brace. _____
 - c. If you are using a kayak to complete these requirements, **demonstrate** basic kayak-handling skills by completing the Scout gate test within 160 seconds. **Demonstrate** the following strokes: Duffek, high brace, low brace, and sculling draw. Then do the following:

1. Move the kayak forward in a reasonably straight line for 10 yards. _____

2. Move the kayak sideways to the right and to the left. _____

3. Pivot 360 degrees to the right and left. _____

4. Stop the kayak. _____

- 5. Do the following:
 - a. Explain the importance of scouting before committing to running a rapid, and discuss good judgment when evaluating a stretch of river or a particular rapid. _____

- _____
- b. Explain the terms downstream V, _____
 riffle, _____
 strainer, _____
 eddy, _____
 eddy line, _____
 pillow, _____
 ledge, _____
 bend, _____
 shallows, _____
 falls, _____
 low-head dam, _____
 current, _____
 rock, _____
 drop, _____
 horizon line, _____
 wave, _____
 standing wave, _____
 hydraulic, _____
 and sleeper. _____

c. Explain how to scout and read a river while ashore and while afloat, and discuss the importance of hazard recognition. _____

d. **Demonstrate** your ability to read the river where you are practicing and demonstrating your whitewater skills. _____

6. Explain the International Scale of River Difficulty

and apply the scale to the stretch of river where you are practicing and demonstrating your whitewater skills.
 Identify the specific characteristics of the river that are factors in your classification according to the International Scale. _____

7. Explain the importance of communication during every whitewater outing. _____

Explain and then demonstrate using the following river signals:

"Run right," _____

"Run left," _____

"Run down the center," _____

"Stop," _____

"Are you OK?" _____

and "Help!" _____

8. Do the following:

a. Explain the differences between flatwater _____

and whitewater canoes; _____

identify the advantages and special uses for kayaks and decked canoes in running water. _____

Identify the different materials used in modern whitewater canoe construction and the advantages and disadvantages of each.

b. Describe the various types of kayaks and how they differ in design, materials, and purpose.

c. Identify the advantages and special uses for kayaks and decked canoes in moving water.

d. Discuss the construction, _____

safety, _____

and functional features of paddles used in whitewater activities. _____

9. Discuss the personal and group equipment necessary for a safe whitewater outing and how and why it is used.

Personal _____

Group _____

Explain how to pack and protect these items. _____

10. Wearing the proper personal flotation device (PFD) and being appropriately dressed for the weather and water conditions, **perform** the following skills in moving water in a properly equipped whitewater craft of your choice (tandem canoe, solo canoe, or solo kayak). If a tandem canoe is used, the skills must be **demonstrated** from both the bow and stern positions.

a. Launch and land. _____

b. Paddle forward in a straight line. _____

c. Backpaddle. _____

d. Sideslip, both sides. _____

e. Ferry upstream and downstream. _____

f. Eddy turn. _____

g. Peel out. _____

11. Explain and demonstrate:

a. Self-rescue and procedures when capsized in moving water, including a wet exit if necessary _____

b. Safe rescue of others in various whitewater situations using a throw rope. _____

c. Portaging - when and how to do it. _____

d. The whitewater buddy system using at least three persons and three craft. _____

12. Discuss the use of inflatable boats on moving water. _____

Discuss the use of inflatable rafts on moving water. _____

In your discussion, explain the special safety precautions that should be taken when using an inflatable raft _____

and the risks of "tubing" on moving water. _____

13. Participate in a whitewater trip using either a canoe or kayak on a Class I or Class II river. _____

Help to prepare a written plan specifying the route, _____

schedule, _____

equipment, _____

safety precautions, _____

and emergency procedures. _____

Determine local rules and obtain permission from landowners and land managers in advance. _____

Explain what steps you have taken to comply with BSA Safety Afloat _____

and the American Whitewater safety guidelines. _____

Execute the plan with others. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Merit Badge Workbooks: usscouts.org -or- meritbadge.org

► **Merit Badge Books:** www.scoutstuff.org

Boy Scouts of America: <http://www.scouting.org/>

► [Requirements](#)

► [Intro to Merit Badges](#)

[Guide to Safe Scouting](#)

[Safe Swim Defense](#)

[Safety Afloat](#)

[Blood Borne Pathogens](#)

[Youth Protection Training](#)

[ExpertVillage First Aid Videos](#)

📺 [Make a First Aid Kit](#)

📺 [Basics](#)

📺 [Basics2](#)

📺 [CPR Basics](#)

📺 [Venomous Snake Bite](#)

[ExpertVillage Swimming Lesson Videos](#)

📺 [Tread Water](#)

📺 [Basics](#)

📺 [Freestyle](#)

📺 [Breaststroke](#)

📺 [Backstroke](#)

[ExpertVillage.com Lesson Videos:](#)

📺 [Whitewater Canoeing Lesson Videos](#)

📺 [Safety](#)

📺 [Gear](#)

📺 [Solo](#)

📺 [Whitewater Kayaking Lesson Videos](#)

📺 [Kayaking Basics](#)

📺 [Gear](#)

📺 [Playing in Holes](#)

American Whitewater Safety Code: <http://www.americanwhitewater.org/content/Wiki/do-op/id/safety:start>

Int. Scale of River Difficulty: http://en.wikipedia.org/wiki/International_Scale_of_River_Difficulty [AWA Text Version](#)

Canoe & Kayak: <http://www.canoekayak.com>

Paddler: <http://www.paddlermagazine.com>

American Canoe Association: <http://www.acanet.org>

American Whitewater: <http://www.americanwhitewater.org>

USA Canoe/Kayak: <http://www.usack.org>

United States Canoe Association: <http://www.uscanoe.com>