



## Kayaking

REMEMBER: Only perform kayaking under the direct supervision and instruction of a qualified kayaking instructor.

### Equipment:

- Kayak
- Double Paddle
- Life jacket
- To play tag: Waterproof rain jacket
- Kayak skirt

### What to wear and bring:

- Clothes that can get wet
- Closed-in shoes that can get wet
- Hat
- Sunscreen
- Water bottle

### Instructions for paddling:

Place both hands on the paddle, about shoulder-width apart. A way to check is to place the paddle on your head and keep your arms at right angles to your shoulders. Your right hand should be on the chunky part of the shaft. Keep your right hand still, while your left hand twists to change the angle of the paddle.



**Paddling forwards:** Put the blade of the paddle in the water towards the front of the boat (**the nose**), about where your feet are located. Pull the water backwards. Then twist the paddle in your hands as you bring it to the other side down in the water. Repeat the stroke.



**Paddling backwards:** Put the blade of the paddle in the water toward the back of the boat (**the tail**) and push the water forward. Then twist the paddle in your hands as you bring it to the other side down in the water. Repeat the stroke.



**Sweep:** This stroke is used to turn the kayak. Put the blade of the paddle in the water at the front or the back of the boat. In a shallow half-moon motion, sweep the water forwards or backwards. You will turn around!



*Girl Guides can earn their Trefoil 1, 2, or 3 Boating badge. Leaders can also gain their Kayaking instructor qualification.*

