

# Paddle Sports Staged Activity Badge

## Stage 1

### Complete the following badge requirements:

- a. Identify different types of paddle craft.
- b. Name three places you could safely go canoeing or kayaking.
- c. Take part in a warm up activity to prepare you for canoeing or kayaking.

*You could practice balancing whilst kneeling, getting in and out of a boat or practising a paddling action.*

- d. Dress properly for your chosen activity. Show you know the importance of buoyancy aids and how to put one on correctly.
- e. Take part in a taster session that covers:
  - Naming equipment used and the parts of the boat.
  - Getting into and out of a boat safely.
  - Balancing a boat.
  - Manoeuvring your boat in different directions, including moving forward.



# Sailing Staged Activity Badge

## Stage 1

Complete the following badge requirements:

- a. Identify different types of sailing crafts.
- b. Name three places you could safely go sailing.
- c. Take part in a warm up activity to prepare you for a sailing activity.

*You could try tacking and gybing, hiking out or syncro-jump to cross the boat together in a tack or gybe.*

- d. Dress properly for a sailing activity, showing you know the importance of buoyancy aids and how to put one on correctly.
- e. Take part in a taster session that covers:
  - Being able to name equipment used and parts of the boat.
  - Getting into and out of a boat safely.
  - Balancing a boat.
  - Manoeuvring your boat in different directions, including moving forward.

