

PALMETTO COUNCIL, BSA HIGH ADVENTURE COMMITTEE



The Summit:
Bechtel Family
National Scout
Reserve



Canoeing Skills Course

Course Description:

The Palmetto Council High Adventure Committee Canoeing Skills Course (the "Course") **will be held Friday, August 20, 2010 through Sunday, August 22, 2010 at a site on Lake Bowen in Spartanburg County, SC.** Directions will be sent to participants prior to the course. The Course is designed to provide Scoutmasters, Ass't. Scoutmasters and Venture Crew Advisors basic skills that will enable them to take their Units on a canoeing trek that requires basic canoeing skills. The course does not cover solo canoe handling.

Course materials utilize the skills requirements and instructions in the *Boy Scout Canoeing Merit Badge* pamphlet and the book *Basic Essentials Canoe Paddling*, 2nd edition, by Harry Roberts. Both books can be purchased at the Scout Shop and are recommended reading prior to participating in the Course.

The Palmetto Council Canoeing Skills Course is one of three course requirements for the Palmetto Council High Adventure Trained Patch.

Course Participation:

The Course is limited to the first 12 participants to register. Participants must:

1. be registered adult leaders in the Palmetto or another BSA council;
2. have completed Scoutmaster indoor and outdoor training;
3. bring to the course a current completed Annual BSA Health and Medical Record (Parts A, B and C completed) approved for participation in swimming/water activities and be in adherence to the weight requirements; and
4. be able to pass the BSA swim test (required to canoe on the water).

Training Prerequisites (must bring cards to the Course to demonstrate completion):

- Red Cross Basic First Aid (Wilderness and Remote First Aid recommended)
- Safe Swim Defense
- Current American Heart Association or Red Cross Adult CPR
- BSA Weather Hazard Training
- Safety Afloat

Cost:

The course cost is \$25.00 per participant.

Contact:

If you have questions, please contact Wayne Hall at pchighadventure@gmail.com.

PALMETTO COUNCIL, BSA HIGH ADVENTURE COMMITTEE



The Summit:
Bechtel Family
National Scout
Reserve



Canoeing Skills Course Application

Please print legibly!

Course Date: _____

Name _____ Unit _____ T or VC _____ Position _____
Circle One

Address _____

City _____ State _____ Zip _____

eMail Address _____

Home Phone _____

Cell Phone _____

Date completed the following prerequisites:

Scoutmaster Basic Training (Indoor) _____

Scoutmaster Introduction to Outdoor Training _____

American Red Cross First Aid _____

American Red Cross or American Heart Association CPR _____

Weather Hazard Training _____

Safe Swim Defense _____

Safety Afloat _____

Applications are accepted on a first come basis. Please submit this application and your \$25.00 Course Fee to the Palmetto Council, Attn: Canoe Training, 420 South Church Street, Spartanburg, SC 29306.

Applicant
Signature _____

Date _____

Participant Equipment for Canoeing Skills Course

Each participant must bring the following equipment:

1. Properly fitted Type III Personal Flotation Device.
2. Personal paddle (if you have one).
3. Whistle
4. Shoes/boots (sandals, crocks, river boots and similar non-supportive shoes are not acceptable) and socks that can be worn while canoeing and swimming. ***These shoes/boots and socks will get wet.*** Except for the swim test, the shoes/boots and socks will be worn at all times when on or in the water. (Recommended boots, if you desire boots versus tennis shoes, are US military jungle boots. Boots are not necessary for participation.)
5. Swim clothes for the swim test.
6. Tent and personal camping equipment for the weekend (extra clothes, rain gear, hat, etc.). You will need your individual bowl, eating utensils and cup. We will camp at one site and canoe on the lake from that site. We will not break camp and carry our equipment on the water. You should treat the camping portion of the Course as a regular Troop/Crew camping trip. The course will provide all “Troop/Crew” gear for cooking and food.
7. Water bottles (at least 2).
8. 3-foot length of 1/8-inch or 1/4-inch rope that does not fall apart in water (a 36” shoestring is excellent for this) and one carabineer.
9. Sun-block lotion
10. Insect repellent
11. Foot-powder
12. Chair

Canoeing Skills Course Schedule

Time	Activity
Friday	
7:00PM – 8:00PM	Registration (show prerequisites) & camp set-up
8:00PM – 8:15PM	Welcome, staff introductions and course overview
8:20PM – 8:55PM	Round Robins 1 and 2 – First Aid and PFDs
9:00PM – 9:35PM	
9:35PM – 10:00PM	Cracker Barrel
10:00PM	Lights out
Saturday	
6:30AM	Reveille
7:00AM – 7:30AM	“On-the-trek” breakfast
7:30AM – 8:15AM	Round Robins 3, 4 and 5 – The Canoe, Trek Equipment, and Paddles
8:20AM – 9:05AM	
9:10AM – 9:55AM	
10:00AM – 10:30AM	Swim Test
10:30AM – 11:15AM	Canoeing Skills 1, 2 and 3 – Storage, Launching and Landing a Canoe;
11:15AM – 12:00AM	Reentering a Canoe; and Swamped Canoe Rescue
12:00PM – 12:45PM	
12:45PM – 1:30PM	“On-the-trek” lunch and Break
1:30PM – 5:00PM	Canoeing Skills 4 – Practical Experience
5:00PM – 6:00PM	Free time
6:00PM – 7:00PM	“On-the-trek” dinner
7:00PM – 8:00PM	Bear Country Skills
8:00PM – 8:45PM	Preparing your Troop/Crew for a canoe trek (equipment, training, Passport to High Adventure)
8:45PM – 9:30PM	Cracker Barrel and canoe treks for your Troop/Crew (including Northern Tier)
9:30PM – 10:00PM	Free time
10:00PM	Lights out
Sunday	
6:30AM	Reveille
6:30AM – 7:15AM	“On-the-trek” breakfast
7:15AM – 7:45AM	Scouts Own Service
7:50AM – 11:00AM	Canoeing Skills 4 continued
11:00AM – 12:00PM	Prepare to depart (put canoes/equipment up)
12:00PM – 12:30PM	Lunch, review course and training certificate handout