

## **PADDLE SPORTS BADGE**

### **Stage 1**

#### **Choose 1 of the following options:**

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.
2. Gain the British Canoeing Paddle Start Award.

More details about this award can be found on the [British Canoeing website](https://gopaddling.info/start-awards/).  
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## **PADDLE SPORTS BADGE**

### **Stage 2**

Before you attempt Stage 2, you need to have completed all the steps for Paddle Sports Stage 1.

Choose 1 of the following options:

1. Complete the following badge requirements:

- a. Lift, carry and launch a boat.
- b. Paddle forward in a straight line.
- c. Show you can steer around a course.
- d. Show you can stop the boat safely.
- e. Show you can exit the boat onto the shore safely.
- f. Capsize, swim to the shore and empty the boat of water.

2. Gain the British Canoeing Paddle Discover Award.

More information about this award can be found on the [British Canoeing website](https://gopaddling.info/discover-awards/). <https://gopaddling.info/discover-awards/>



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### **Stage 2**

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Choose 1 of the following options:

1. Complete the following badge requirements:

- a. Lift, carry and launch a boat.
- b. Paddle forward in a straight line.
- c. Show you can steer around a course.
- d. Show you can stop the boat safely.
- e. Show you can exit the boat onto the shore safely.
- f. Capsize, swim to the shore and empty the boat of water.

2. Gain the British Canoeing Paddle Discover Award.

More information about this award can be found on the [British Canoeing website](https://gopaddling.info/discover-awards/). [https://gopaddling.info/discover-awards](https://gopaddling.info/discover-awards/)

## **PADDLE SPORTS BADGE**

### **Stage 3**

Before you attempt Stage 3, you need to have completed all the steps for Paddle Sports Stage 2.

Choose 1 of the following options:

1. Complete the following badge requirements, using a different vessel to Stage 2:
  - a. With help, show more than one safe method for lifting and carrying your vessel.
  - b. Demonstrate two different ways of safely launching your vessel.
  - c. Show you can get in and out/on or off of your vessel without help.
  - d. Paddle forwards and backwards in a straight line, keeping good posture.
  - e. Show you can steer around a figure of eight course.
  - f. Show you can stop the vessel safely when it's moving back and forth.
  - g. Capsize, swim to the shore and empty the boat of water if necessary.
  - h. Assist someone else back into their vessel following a capsize.

2. Gain the British Canoeing Paddle Explore Award.

More information about the award can be found on the [British Canoe website](https://gopaddling.info/explore-award).  
<https://gopaddling.info/explore-award>



## **PADDLE SPORTS BADGE**

### **Stage 3**

Before you attempt Stage 3, you need to have completed all the steps for Paddle Sports Stage 2.

Choose 1 of the following options:

1. Complete the following badge requirements, using a different vessel to Stage 2:
  - a. With help, show more than one safe method for lifting and carrying your vessel.
  - b. Demonstrate two different ways of safely launching your vessel.
  - c. Show you can get in and out/on or off of your vessel without help.
  - d. Paddle forwards and backwards in a straight line, keeping good posture.
  - e. Show you can steer around a figure of eight course.
  - f. Show you can stop the vessel safely when it's moving back and forth.
  - g. Capsize, swim to the shore and empty the boat of water if necessary.
  - h. Assist someone else back into their vessel following a capsize.

2. Gain the British Canoeing Paddle Explore Award.

More information about the award can be found on the [British Canoe website](https://gopaddling.info/explore-award).  
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## **PADDLE SPORTS BADGE**

### **Stage 4**

Before you attempt Stage 4, you need to have completed all the steps for Paddle Sports Stage 3.

Choose 1 of the following options:

1. Complete the following requirements:
  - a. Choose two of the disciplines below and paddle your vessel for at least 200m in each:
    - Crew  
Choose from K2 (two-man kayak), K4 (four-man kayak), C2 (two-man canoe), or OC2 (two-man canoe with outrigger).
    - Flat water
    - White water
    - Touring
    - Short boat
    - Ergo
  - b. Take part in at least two of the following activities that you have not tried before:
    - Freestyle
    - Marathon
    - Polo
    - Slalom
    - Sprint
    - Surf
    - Time trial
    - Wild water
2. Gain two of the following British Canoeing Personal Performance Awards:

More information about the Personal Performance Awards can be found on the [British Canoeing website](https://www.britishcanoeingawarding.org.uk/personal-performance-awards/).

<https://www.britishcanoeingawarding.org.uk/personal-performance-awards/>

  - a. Canoe Award
  - b. Flat Water Freestyle Award
  - c. Polo Explore Award
  - d. Racing Explore Award
  - e. Flat Water Raft Racing Award
  - f. Sea Kayak Award
  - g. Slalom Explore Award
  - h. SUP Sheltered Water Award
  - i. Surf Kayak Award
  - j. Touring Award
  - k. White Water Award
  - l. Wild Water Racing Explore Award