



# WHITEWATER

## Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while working on the Whitewater merit badge, including hypothermia, heatstroke, heat exhaustion, dehydration, sunburn, insect stings, tick bites, blisters, and hyperventilation.
- 2) Do the following:
  - A) Identify conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.
  - B) Demonstrate proper technique for performing CPR **using a training device approved by your counselor.**
- 3) Before doing the other requirements earn the Canoeing merit badge, then do the following:
  - A) Demonstrate basic canoe-handling skills by completing the Scout Gate Test within 120 seconds while paddling tandem with a buddy.
  - B) Review and compare BSA Safety Afloat and the American Whitewater Affiliation Safety Code and demonstrate your understanding of these principles by answering questions from your counselor.
- 4) Identify and explain the use of safety equipment on running water.
- 5) 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.
- 6) Explain how to scout and read a river both while afloat and from ashore. Explain open and closed V's, shoals with broken or dancing water, boils, strainers, broken drops, haystacks, dams, falls and lowhead obstructions, eddies, whirlpools, crosscurrents, flat rocks, standing waves, sheer drops, and heavy water. Demonstrate your ability to read the river where you are practicing and demonstrating your whitewater skills.
- 7) 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 of each.
- 8) Identify paddles designed for whitewater use and explain their special characteristics.
- 9) Do ONE of the following:
  - A) Demonstrate paddle strokes in the bow position of an open canoe on running water, for forward movement, sideways movement, and backward movement. Repeat in the stern position.
  - B) Demonstrate forward, backward, and sideways movement on running water using a single- or double-bladed paddle in a kayak or decked canoe.
- 10) While paddling alone or with a partner in an open canoe, or while alone in a kayak, demonstrate forward and back ferry, eddy turn, peeling out of an eddy, and high and low braces.
- 11) Explain and demonstrate:
  - A) Self-rescue and procedures when capsized in running water.
  - B) Safe rescue of others in various whitewater situations.
  - 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. Explain how to safely outfit and use an inflatable boat in whitewater including the type of craft suited to certain water conditions, how to maneuver the craft on the water, and what special safety precautions should be taken when using an inflatable boat.
- 13) Explain the risks of "tubing" on moving water.
- 14) Participate in a 1-day whitewater trip for beginners. Help to prepare a written plan specifying route, schedule, equipment, safety precautions, and emergency procedures. Determine local rules and obtain permission from local property owners. Explain what steps you have taken to comply with the BSA Safety Afloat and the American Whitewater Affiliation Safety Code. Execute the plan with others.

## Requirement 1

Show that you know first aid for injuries or illnesses that could occur while working on the Whitewater merit badge.

Hypothermia: \_\_\_\_\_

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Heatstroke: \_\_\_\_\_

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Heat Exhaustion: \_\_\_\_\_

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Dehydration: \_\_\_\_\_

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Sunburn: \_\_\_\_\_

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Insect Stings: \_\_\_\_\_

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Tick Bites: \_\_\_\_\_

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Blisters: \_\_\_\_\_

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Hyperventilation: \_\_\_\_\_

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Other: \_\_\_\_\_

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## Requirement 2

What conditions must exist before performing CPR on a person? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How are such conditions recognized? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Demonstrate to your leader or counselor, the proper technique for performing CPR on an approved training device for at least 3 minutes. I have completed at least 3 min of CPR on an adult: Yes No

## Requirement 3

Earn the Canoeing Merit Badge. Date Earned: \_\_\_\_\_

Demonstrate basic canoe-handling skills by completing the Scout Gate Test within 120 seconds while paddling tandem with a buddy.

Scout Gate Test Time: \_\_\_\_\_

Review the BSA Safety Afloat and the American Whitewater Affiliation Safety Code. How are they similar? \_\_\_\_\_  
\_\_\_\_\_

How are they different? \_\_\_\_\_  
\_\_\_\_\_

Discuss the two with your counselor and demonstrate your understanding of these principles by answering questions from your counselor. Use the area below to list the questions asked and the answers you gave: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Requirement 4

Use the area below to list the names and uses of at least 5 safety equipment items used on running water.

Item 1: \_\_\_\_\_ Use: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Item 2: \_\_\_\_\_ Use: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Item 3: \_\_\_\_\_ Use: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Item 4: \_\_\_\_\_ Use: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Item 5: \_\_\_\_\_ Use: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Requirement 5

Explain the International Scale of River Difficulty: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Apply the scale to the stretch of river where you are practicing and demonstrating your whitewater skills. How does this stretch of river rate? \_\_\_\_\_

According to the International Scale, what specific characteristics of the river are factors in your classification of the river? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Requirement 6

Explain how to scout and read a river while afloat: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain how to scout and read a river from shore: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain the following whitewater terms. If you need more space, use the back of this sheet or attach another piece of paper to this worksheet.

Open V: \_\_\_\_\_  
\_\_\_\_\_

Closed V: \_\_\_\_\_  
\_\_\_\_\_

Shoals with broken or dancing water: \_\_\_\_\_  
\_\_\_\_\_

Boils: \_\_\_\_\_  
\_\_\_\_\_

Strainers: \_\_\_\_\_  
\_\_\_\_\_

Broken Drops: \_\_\_\_\_  
\_\_\_\_\_

Haystacks: \_\_\_\_\_  
\_\_\_\_\_

Dams: \_\_\_\_\_  
\_\_\_\_\_

Falls: \_\_\_\_\_

\_\_\_\_\_

Lowhead Obstructions: \_\_\_\_\_

\_\_\_\_\_

Eddies: \_\_\_\_\_

\_\_\_\_\_

Whirlpools: \_\_\_\_\_

\_\_\_\_\_

Crosscurrents: \_\_\_\_\_

\_\_\_\_\_

Flat Rocks: \_\_\_\_\_

\_\_\_\_\_

Standing Waves: \_\_\_\_\_

\_\_\_\_\_

Sheer Drops: \_\_\_\_\_

\_\_\_\_\_

Heavy Water: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Demonstrate to your counselor your ability to read the river where you are practicing and demonstrating your whitewater skills.

Use the area below to describe the section of river you will be using. Describe (read) the flow and what you found when you scouted the river from shore. Tell why you selected this stretch of river and why it makes a suitable practice area: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

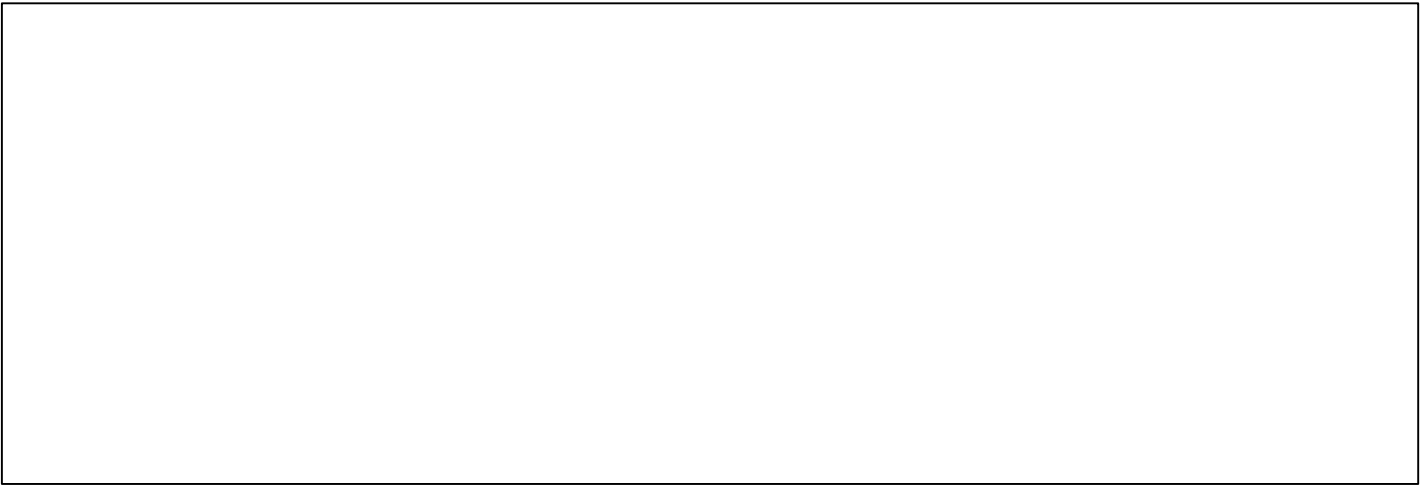
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*NOT REQUIRED - Make a small sketch of the section of river you will be using for this merit badge.



## Requirement 7

What is the difference between a flatwater and a whitewater canoe? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are 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.

Material: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

Material: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

Material: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

Material: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

Material: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

Material: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

## Requirement 9

You have been given two options for this requirement. Select and complete one of them

If you selected *Option A*:

Demonstrate strokes in the bow position of an open canoe on running water, for forward movement, sideways movement, and backward movement. Demonstrate them for the stern position also.

### Bow Position

\_\_\_\_\_ Forward Movement  
\_\_\_\_\_ Sideways Movement  
\_\_\_\_\_ Backward Movement

### Stern Position

\_\_\_\_\_ Forward Movement  
\_\_\_\_\_ Sideways Movement  
\_\_\_\_\_ Backward Movement

If you selected *Option B*:

Demonstrate forward, backward, and sideways movement on running water using a single- or double-bladed paddle in a kayak or decked canoe.

\_\_\_\_\_ Forward Movement  
\_\_\_\_\_ Sideways Movement  
\_\_\_\_\_ Backward Movement

## Requirement 10

While paddling alone or with a partner in an open canoe, or while alone in a kayak, demonstrate the following:

\_\_\_\_\_ Forward Ferry    \_\_\_\_\_ Back Ferry    \_\_\_\_\_ Eddy Turn    \_\_\_\_\_ Peeling Out of an Eddy    \_\_\_\_\_ High Brace    \_\_\_\_\_ Low Brace

## Requirement 11

Explain self-rescue and procedures when capsized in running water: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Demonstrate self-rescue and procedures when capsized in running water.

Explain safe rescue of others in various white water situations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Demonstrate safe rescue of others in various water situations.

Explain portaging - when and how to do it: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Demonstrate portaging - when and how to do it.

Explain the whitewater buddy system using at least three persons and three craft: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Demonstrate the whitewater buddy system using at least three persons and three craft.



