⬜ 1. Before doing the following requirements, successfully complete the BSA swimmers test.

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| Date Completed: |  |

⬜ 2. Do the following:

⬜ a. Name the parts of a whitewater raft.

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⬜ b. Describe differences between a paddle raft and an oar powered raft.

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⬜ c. Explain the importance of perimeter lines used on whitewater rafts.

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⬜ d. Demonstrate how to choose an appropriate size paddle.

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| Date Completed: |  |

⬜ e. Demonstrate how to select and properly fit a life jacket.

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| Date Completed: |  |

⬜ f. Demonstrate how to select and properly fit a helmet..

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| Date Completed: |  |

⬜ g. Discuss the use of throw ropes in rescuing overboard paddlers.

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⬜ h. Discuss common river hazards including rocks, strainers, broaching, standing waves, hydraulics and foot entrapment.

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⬜ 3. Explain the importance of safety equipment used in whitewater rafting including throw ropes, helmets and life jackets.

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Also discuss appropriate clothing and footwear for a whitewater rafting trip.

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⬜ 4. Under proper supervision and appropriate conditions safely do the following:

⬜ a. Lift, carry, launch and land an inflatable raft, with help, on calm or slow moving water.

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| Date Completed: |  |

⬜ b. Sit in a raft as a paddler with proper foot position.

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| Date Completed: |  |

⬜ c. Swim a Class I rapid while wearing a life jacket, helmet and attire appropriate for the water temperature. Demonstrate defensive and aggressive swimming positions as possible.

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| Date Completed: |  |

⬜ 5. While on calm or slow moving water, demonstrate the following strokes in an inflatable raft with at least one other paddler and on command of a qualified paddle captain:

⬜ a. Forward

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| Date Completed: |  |

⬜ b. Back

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| Date Completed: |  |

⬜ c. Sweep

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| Date Completed: |  |

⬜ 6. While on moving water up to Class I, demonstrate the following maneuvers with at least 3 other paddlers in an inflatable raft and on the command of a qualified paddle raft captain:

⬜ a. Turn left

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| Date Completed: |  |

⬜ b. Turn right

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| Date Completed: |  |

⬜ c. Paddle forward in a straight line for 50 feet.

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| Date Completed: |  |

⬜ d. Back paddle reasonably straight for 15 feet.

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| Date Completed: |  |

⬜ 7. While on moving water up to Class I, demonstrate the following maneuvers with at least 3 other paddlers in an inflatable raft and on the command of a qualified paddle raft captain:

⬜ a. A front or a back ferry.

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| Date Completed: |  |

⬜ b. A shallow or a wide eddy turn.

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| Date Completed: |  |

⬜ c. A shallow or a wide peel out.

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| Date Completed: |  |

⬜ 8. Participate in a whitewater rafting trip in up to Class III whitewater with a qualified paddle raft captain in each raft using a minimum of two rafts and for at least one hour's duration.

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| Date Completed: |  |