

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 warmup 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/).
<https://gopaddling.info/start-awards/>



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 warmup 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/).
<https://gopaddling.info/start-awards/>

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/>



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

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).
<https://gopaddling.info/explore-award>

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/>

- Canoe Award
- Flat Water Freestyle Award
- Polo Explore Award
- Racing Explore Award
- Flat Water Raft Racing Award
- Sea Kayak Award
- Slalom Explore Award
- SUP Sheltered Water Award
- Surf Kayak Award
- Touring Award
- White Water Award
- Wild Water Racing Explore Award