



# Royal Rangers

Merit Requirements: Silver-Bordered Merit

## KAYAKING MERIT

**Note:** Prior to beginning this merit, you must complete the Swimming Merit.

**Note:** If you have already completed the Whitewater Rafting Merit, proceed to and complete Requirements 5 through 8. If you have not earned the Whitewater Rafting Merit, complete all the requirements.

1. List and explain the points of the American Whitewater Affiliation Boating Safety Code or its equivalent.
2. Explain the levels of the International Scale of River Difficulty and the conditions that define each level.
  - a. Class I Easy
  - b. Class II Novice
  - c. Class III Intermediate
  - d. Class IV Advanced
  - e. Class V Expert
  - f. Class VI Extreme

3. Define the following terms:

### Skills

- a. Self-rescue
- b. Portaging
- c. Pinned
- d. Eskimo roll

### Reading the river

- e. Laminar flow:
- f. Helical flow
- g. Spiral current
- h. Haystack
- i. Hydraulics
- j. Standing wave
- k. Staircase
- l. Pillow
- m. Whirlpool
- n. Boils
- o. Hole
- p. Eddy
- q. Upstream
- r. Downstream
- s. Wave trains
- t. Undercut rock

## Equipment

- u. Spray cover or spray skirt
  - v. Rescue rope
  - w. Rescue or throw bag
  - x. Carabiner
4. Describe the following conditions and the reasons to avoid them.
    - a. Strainers
    - b. Hole
    - c. Broaching, pinning
    - d. Rock and headwall rolls
    - e. Whirlpool
  5. Demonstrate to an adult with above-average white-water skills the following basic strokes and maneuvers in calm water. (Have the adult sign a sheet of paper verifying you have completed the skills.)
    - a. Forward sweep
    - b. Reverse sweep
    - c. Stern draw
    - d. Draw
    - e. Bow draw
    - f. Stationary draw
    - g. Forward
    - h. Back
    - i. High brace
    - j. Low brace
    - k. Landings
    - l. Eskimo rescue
    - m. Eskimo roll
    - n. Spins (onside and offside): Boat pivots in place
    - o. Abeam: Boat moves sideways without headway
    - p. Sideslips: Boat moves sideways with headway
    - q. Forward: Boat goes forward in a reasonably straight line
    - r. Reverse: Boat moves back in a reasonably straight line
    - s. Stopping: Boat stops within a reasonable distance (forward and back)
    - t. Turns: Boat turns in a broad arc made while underway
  6. Explain each of the following:
    - a. Reasons not to stand in the rapids after falling out of your raft
    - b. Upstream right-of-way
    - c. Hole etiquette
  7. Do ONE of the following:
    - a. Go to a sporting shop and talk with someone with white-water experience or research selecting a kayak and proper paddle. Write a report about what you have learned. Explain the ratio of width versus length in a kayak and the advantages of different widths and lengths.
    - b. Try at least two different kayaks in a river in calm water and mild rapids. Do not attempt any greater difficulty than you have experience. Write a report including your opinions of the advantages and disadvantages of each type of kayak.
  8. Obtain a certificate after completing an introductory white-water certified course using a kayak OR complete a white-water trip for beginning kayakers of at least a one-day travel on the river. If making the white-water trip, do the following:
    - a. Plan the trip with the leaders.
    - b. Review the list of equipment to take. Assist in the inspection of the equipment prior to departing.
    - c. Obtain a detailed river map of the river you will raft. Determine where the put-in and take-out places are, the length of the trip, and the location of waterfalls, narrows, rapids, etc. List the terrain features or landmarks on the map that indicate the presence of rapids, smooth water, etc.
    - d. Explain the steps the leaders have taken for safety. Describe the plans for emergency procedures and their understanding of the river's difficulty.
    - e. Determine the rule for selecting the difficulty level of the river to be rafted.
    - f. Obtain the current water levels for the river you will raft.
    - g. Obtain the weather forecast for the day and the area you will raft.
    - h. Explain any local rules and needed permits for taking a trip on this river.
    - i. List the steps taken by the leaders on the trip to comply with the American Whitewater Affiliation Safety Code.
    - j. Discuss this trip with your Expedition Rangers group after your return. Describe what you learned from the trip and what you would do differently on a future trip.