

Give it a Go Brownies Kayaking badge



To gain your 'Give it a Go' kayaking badge, you should follow the instructions below with help from your leader or take part in a kayaking taster session with a qualified local coach.

- Understand the health and safety points for kayaking.
- Name 2 pieces of equipment needed for kayaking.

1 Activity 1 - Demonstrate

- Demonstrate correct technique in holding the paddle and using the paddle.
- Kayak independently for 30metres using a forward stroke.
- Complete a 180degree turn with the sweep stroke.

2 Activity 2 - Bulldogs charge

- One person is the bulldog and sits in the middle of the lake/river.
- The others charge past the bulldog trying to make it from one safe area to the other without being caught.
- To catch someone, you must touch their boat with your boat.
- If you are caught you turn into a bulldog – this continues until everyone is caught.

This game encourages quick starts, stops and turns which are essential when kayaking.

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