

# Give it a Go Brownies Paddleboard badge



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

- Name 2 pieces of equipment needed to paddleboard
- Understand the correct standing and paddling technique.
- Understand the health and safety procedures.

[Click here to buy badge](#)

## 1 Activity 1 - Technique

- Use the correct technique to get on your board
- Start on your knees
- Gradually make your way to your feet

## 2 Activity 2 - Trust the process

Learn to fall to protect yourself from injury.

- Avoid falling on your hands
- Fall to the side of the board

## 3 Activity 3 - Stroke practice

- Use the correct paddling/stroke technique
- Travel forwards for 50metres
- Turn around and travel back to your starting point
- Repeat until confident and comfortable on the board

## 4 Activity 4 - Ready steady go

- Race against your fellow friends to see who can get to the end point the quickest.



## Health and safety

- You must be able to swim.
- Make sure you are wearing a life vest at all times
- Make sure you are strapped into the board leash at all times.
- Do not go in the water unless you are accompanied by a leader or coach.

