

# Give it a Go Guides Kayaking badge

**Guides**  
Girlguiding  
Cymru



To gain your 'Give it a Go' kayaking badge, you should complete the requirements below.

- Understand the health and safety issues with regards to kayaking.
- Name 3 main parts/equipment on the kayak.
- Demonstrate the correct technique in holding and using the paddle.

## 1 Activity 1 - Strokes

Perform at least 3 different types of strokes.

- Reverse stroke
- Sweep stroke
- Draw stroke
- Forward stroke

## 2 Activity 2 - Races

Race your fellow friends in a variety of different races. These can include:

- Forward stroke racing,
- Draw stroke racing
- Point to point racing.



## 3 Activity 3 - Obstacle course

Race against the clock around an obstacle course. How fast can you complete the course?

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