

Give it a Go Guides Paddleboard badge

Guides
Girlguiding
Cymru



To gain your 'Give it a Go' paddleboard badge, you should try each of the activities below with the help from your unit leader and attend a local taster session with a qualified instructor.

- Name and describe 3 pieces of equipment needed to paddleboard.
- Name 3 different types of paddling strokes.

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Activity 1 – Demonstrate

- You must be able to demonstrate:
- How to get on the board.
- Correct stance (on knees and on feet).
- Correct way of falling.
- Paddling strokes.



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Activity 2 – Practice makes perfect This can be done on your knees or standing

- Paddle board forwards at least 60metres
- Turn around and travel back to your starting point. (Remember correct technique)
- Repeat until you are comfortable on your board.
- In teams have a relay race to see how quickly you can get from one side to the next as a team.
- If you fall off, then get back on and carry on from where you fell.

3

Activity 3 – Obstacle course

- Complete a mini obstacle course.
- Who can get the furthest before falling?
- Who can complete the course the quickest?

Health and safety

- Please note: You must be able to swim or tread water to be take part in the water – only some aspects can be done on land.

