

Give it a Go Rainbows Kayaking badge



To gain your 'Give it a Go' kayaking badge, you should try each of these activities below with help from your leader or take part in a kayaking taster session with a local coach.

1 Activity 1 - Hand paddle

A great safety exercise as it teaches you how to move without a blade.

- Use your hands to paddle your boat.
- Try going in different directions.
- How fast can you go?
- Race against your friends to see who wins.

2 Activity 2 - Simon says

You will have a go at:

- The forward stroke.
- The reverse stroke.
- The sweep stroke (how to turn).

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3 Activity 3 - Sharks and minnows

- One player is the shark and the rest are minnows.
- Shark paddles around trying to tag the minnows.
- If you are tagged, you turn into a shark.
- Last person to be tagged wins.

4 Activity 4 - Wacky races

- Race against your friends in a kayak race.

