

# Give it a Go Rainbows Paddleboard badge



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

## 1 Activity 1 - Positioning

- How do you stand on a paddleboard?
- What way should your body be facing?
- Where should your feet be?

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## 2 Activity 2 - Up down, up down

Everyone has a paddleboard placed on land.

- Start lying down on the board.
- Call out up and have to get to feet and balance.
- Call out down and have to get onto knees and balance.



## 3 Activity 3 - Stroke practice

- Still on land pick up your paddle
- Standing on your board reach forwards with your paddle
- Pull the paddle backwards past your body
- Make sure to switch sides after every couple of strokes.

## 4 Activity 4 - Ready to board

- Find an area with calm water (no waves).
- With help from a coach or leader climb onto the paddleboard.
- Stay on your knees and balance on the board.
- Pull your paddle through the water and try and travel forwards.
- Challenge yourself - try standing up, how long can you last?

## 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.

