

Give it a Go Rangers Paddleboard badge



To gain your 'Give it a Go' paddleboard badge, you should complete each of these activities with a qualified instructor.

To complete this badge, you must attend a session with a qualified instructor to carry out activities in water. The safety of our girls is the most important aspect.

[Click here to buy badge](#)

1 Activity 1 - Demonstrate

Ask your instructor to

- Demonstrate the correct technique:
- Stance
- Paddle strokes
- Board placement

2 Activity 2 - Race to the end

- Set up and compete in a paddleboard race on the water.

3 Activity 3 - Obstacle course

- Create an obstacle course for your peers to paddleboard around.

4 Activity 4 - Delivery

- Deliver fun and challenging games for the girls to compete in.



Health and safety

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