



Whitewater Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Whitewater merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/whitewater/whitewater-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/whitewater/whitewater-cpp.pdf>

REQUIREMENT 1a: Explain to your counselor the most likely hazards you may encounter while participating in whitewater activities, including branches and trees in water along a shore and stretching across the stream, rocks, hydraulics over ledges or lowhead dams, strong wind, low water or air temperature, and thunder and lightning storms. Explain what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

BRANCHES AND TREES IN WATER

Anticipate:

Help Prevent:

Mitigate:

Respond:



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BRANCHES AND TREES ALONG A SHORE

Anticipate:

Help Prevent:

Mitigate:

Respond:



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BRANCHES AND TREES STRETCHING ACROSS THE STREAM

Anticipate:

Help Prevent:

Mitigate:

Respond:



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ROCKS

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HYDRAULICS OVER LEDGES OR LOW-HEAD DAMS

Anticipate:

Help Prevent:

Mitigate:

Respond:



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STRONG WIND

Anticipate:

Help Prevent:

Mitigate:

Respond:



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LOW WATER

Anticipate:

Help Prevent:

Mitigate:

Respond:



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LOW AIR TEMPERATURE

Anticipate:

Help Prevent:

Mitigate:

Respond:



THUNDER AND LIGHTNING STORMS

Anticipate:

Help Prevent:

Mitigate:

Respond:



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OTHER?

Anticipate:

Help Prevent:

Mitigate:

Respond:



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REQUIREMENT 1b: Review with your counselor the prevention, symptoms, and first aid treatment for the following injuries or illnesses that could occur while participating in whitewater activities including cold-water shock; hypothermia; head, neck, and back injuries; heat-related illnesses; sunburn; dehydration; blisters; bruises; cuts; sprains and strains; shoulder dislocation; and submersion injuries.

COLD-WATER SHOCK:

Prevention:

Symptoms:

Treatment:

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:



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HEAD INJURIES:

Prevention:

Symptoms:

Treatment:

NECK INJURIES:

Prevention:

Symptoms:

Treatment:



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BACK INJURIES:

Prevention:

Symptoms:

Treatment:

HEAT-RELATED ILLNESSES:

Prevention:

Symptoms:

Treatment:



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SUNBURN:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



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BLISTERS:

Prevention:

Symptoms:

Treatment:

BRUISES:

Prevention:

Symptoms:

Treatment:



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CUTS:

Prevention:

Symptoms:

Treatment:

SPRAINS AND STRAINS:

Prevention:

Symptoms:

Treatment:



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SHOULDER DISLOCATION:

Prevention:

Symptoms:

Treatment:

SUBMERSION INJURIES:

Prevention:

Symptoms:

Treatment:



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REQUIREMENT 1c: Discuss with your counselor the Scouting America Safety Afloat policy.

1. Qualified Supervision
2. Personal Health Review
3. Swimming Ability
4. Life Jackets
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline



REQUIREMENT 1c: Discuss with your counselor the American Whitewater safety guidelines.



<https://www.americanwhitewater.org/content/Wiki/safety:start?>

REQUIREMENT 1c: Discuss with your counselor the use of helmet and life jackets.

Notes:



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REQUIREMENT 2a: Demonstrate understanding of the following river features by drawing lines to show the flow of water: upstream V, downstream V, riffle, eddy with an eddy line, ledge, river bend, shallows, current at different depths, drop, horizon line, hydraulic.

Consider using the [Whitewater Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 2b: Describe how waves form including standing waves and wave trains.

Notes:

REQUIREMENT 2c1: Explain how to tilt or edge the boat without leaning your body when entering and exiting an eddy.

Notes:

REQUIREMENT 2c2: Explain how to tilt or edge the boat without leaning your body when ferrying in downstream and upstream directions.

Notes:



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REQUIREMENT 2d: Explain when, why, and how you should scout a river while ashore and while on the river.

When:

Why:

How:

REQUIREMENT 2d: Explain when you should portage your boat.

Notes:



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BASED ON WHETHER YOU WILL BE USING A CANOE OR A KAYAK FOR COMPLETING WHITEWATER REQUIREMENTS, YOU MUST FIRST EARN THE RESPECTIVE MERIT BADGE.

REQUIREMENT 3: Before doing requirements 4 through 12, earn the [Canoeing](#) merit badge if you will be using a canoe to earn this merit badge. If you will be using a kayak, earn the [Kayaking](#) merit badge.

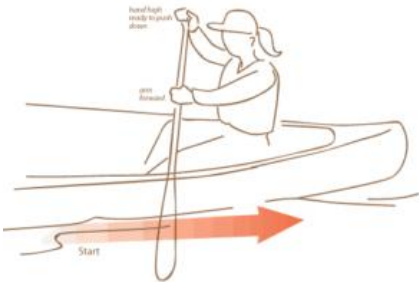


YOU NEED TO EARN, OR HAVE EARNED, EITHER THE CAONEING OR KAYAKING MERIT BADGE BEFORE PROCEEDING



REQUIREMENT 3: Based on your selected boat, demonstrate strokes and maneuvers from the [Canoeing Merit Badge](#) or the [Kayaking Merit Badge](#) to the satisfaction of your counselor.

Forward Stroke



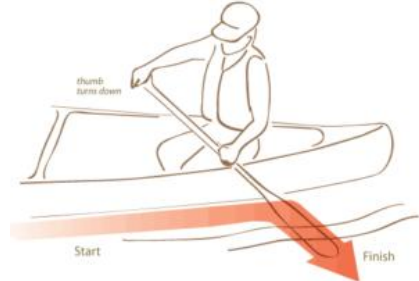
Backstroke



Draw Stroke



J-Stroke



Pushaway / Stern Pry



Forward/Reverse Sweep





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DO ONE OF THE FOLLOWING (4A, 4B, or 4c) FOR REQUIREMENT 4

REQUIREMENT 4a:	OPTION A: Tandem Canoeist. (perform the following on calm water): <ol style="list-style-type: none"> 1. Demonstrate the following strokes in the bow: cross forward, bow draw, cross bow draw, bow pry, and sculling draw. 2. Demonstrate the following strokes in the stern: stern draw, stern pry, sculling draw, and forward with stern pry. 3. Demonstrate a high brace, low brace, and righting pry.
REQUIREMENT 4b:	OPTION B: Solo Canoeist. (perform the following on calm water): <ol style="list-style-type: none"> 1. Demonstrate the following strokes: cross forward, bow draw, cross bow draw, stern draw, pry, stern pry, sculling draw, and forward with stern pry. 2. Demonstrate a high brace, low brace, and righting pry.
REQUIREMENT 4c:	OPTION C: Solo Kayaker. (perform the following on calm water): <ol style="list-style-type: none"> 1. Demonstrate the following strokes: bow draw, rudder, and sculling draw. 2. Demonstrate a high brace and low brace.

THIS IS A SKILL-BASED REQUIREMENT

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off. Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!





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REQUIREMENT 5a: Explain the International Scale of River Difficulty.

Notes:

REQUIREMENT 5a: Apply the scale to the stretch of river approved by your counselor.

Consider using the [Whitewater Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5b: Identify the specific characteristics of the river that are factors in your classification according to the International Scale.

Notes:



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REQUIREMENT 5c: Discuss how the level of flow changes a river from one class to another.

Notes:

REQUIREMENT 5c: Discuss what effects different flow rates have on the features of a river and its hazards.

Notes:

REQUIREMENT 6: Explain the importance of communication during every whitewater outing.

Notes:

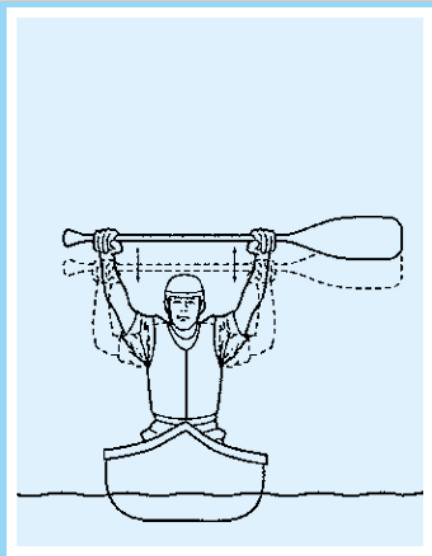


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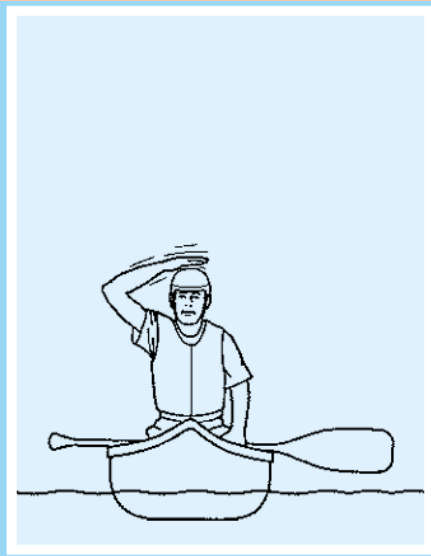
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REQUIREMENT 6:

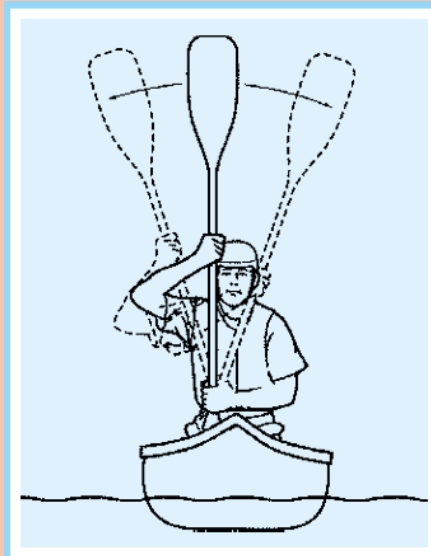
Demonstrate knowledge and ability to use the following American Whitewater Universal River Signals, both visual and auditory: "Stop," "Are you OK?" "Help/emergency," "Run river right," "Run river left," "All clear-come ahead."



stop



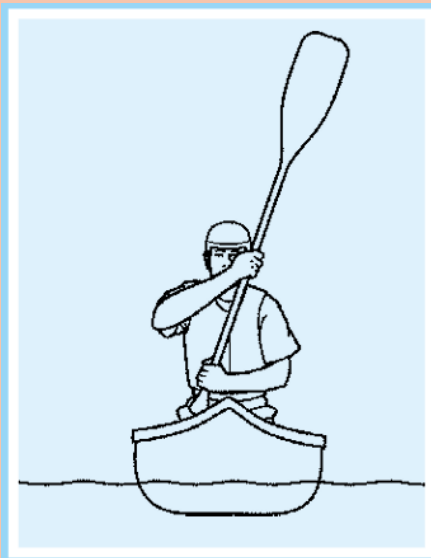
are you ok?



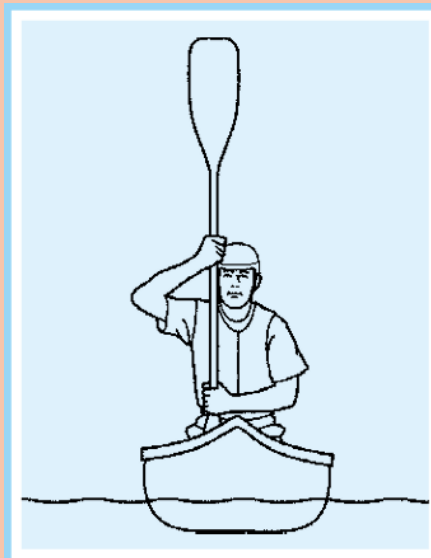
help / emergency



run river right



run river left



all clear – come ahead

Notes:



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DO ONE OF THE FOLLOWING (7A or 7B) FOR REQUIREMENT 7

REQUIREMENT 7a:	If completing this merit badge in a canoe, describe the various types of canoes used on moving water and how they differ in design, materials, and purpose.
REQUIREMENT 7b:	If completing this merit badge in a kayak, describe the various types of kayaks used on moving water and explain how they differ in design, materials, and purpose.

Notes:



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REQUIREMENT 8: Review with your counselor the personal and group equipment necessary for a safe whitewater outing and how and why it is used.

Notes:



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REQUIREMENTS 9, 10, 11, and 12 ARE ALL SKILL-BASED REQUIREMENTS. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, PERFORM, AND MANUEVER WITH THEIR SELECTED BOAT (CANOE OR KAYAK) OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE.

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off.

Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 9: Demonstrate your ability to read a Class II section of river approved by your counselor. Describe the most desirable paths or lines of travel as well as alternative routes and options. Point out how to use the existing water features to your advantage, and explain how to best avoid the hazards present.

REQUIREMENT 10: Wearing a proper life jacket and being appropriately dressed for the weather and water conditions, perform the following skills in moving water in a properly equipped whitewater craft of your choice (tandem canoe, solo canoe, or solo kayak). If a tandem canoe is used, the skills must be demonstrated from both the bow and stern positions.

- Launch and land.
- Paddle forward in a straight line at least 10 boat lengths.
- Backpaddle in a straight line at least five boat lengths.
- Ferry upstream from both sides of the river.
- Ferry downstream from both sides of the river.
- Eddy turn from both sides of an eddy.
- Peel out from both sides of an eddy.

REQUIREMENT 11: Explain and demonstrate the following to your counselor:

- Self-rescue and procedures when capsized in moving water, including a wet exit if necessary
- Proper use of a throw rope to rescue a swimmer in whitewater
- Proper technique for receiving a throw rope as a swimmer
- Portaging-where portaging would be appropriate, and when and how to do it
- The whitewater buddy system using at least three persons and three craft.

REQUIREMENT 12: Participate in one or more whitewater trips using either a canoe or kayak on a Class I and/or Class II river. The trip(s) must involve at least six hours of paddling time. For each trip:

- Help to prepare a written plan, specifying the route (put-ins and takeouts), schedule, equipment, safety precautions, and emergency procedures.
- Determine local rules and obtain permission from landowners and land managers in advance.
- Explain what steps have been taken to comply with Scouting America Safety Afloat and the American Whitewater safety guidelines.
- Show how to protect personal and group equipment from water and how to load and secure the containers in boats to be used in the trip. Execute the plans with other paddlers.
- Explain to your counselor how well your plans worked for each trip taken.