

Kern River Whitewater Merit Badge Trek



Pre-requisites: Canoeing Merit Badge & Salty Rat Trek

- EVENT:** Earn the Whitewater Merit Badge on the beautiful Kern River
- DATE:** Friday afternoon May 18th to Sunday evening May 20th
- TIME:** Meet at Sports Authority Parking Lot no later than 3 PM on Friday May 18th. It will take approximately 5-6 hours to drive there on Friday evening. We will return around 10PM Sunday evening
- Description:** The Boys will earn their Whitewater Merit Badge taught by the Outfitter, Eagle Rafting (Web Site: www.eaglerafting.com) Please see the program description on the attached sheet or go the website.
- Friday:** Drive from Encinitas to Kernville, CA which is located near Lake Isabella. We will camp Friday and Saturday nights near the Kern river at Frandy Park (Web Site: www.frandy.net) Friday dinner will be fast-food on the road.
- Saturday:** Patrol cooked breakfast. Boys will meet for Merit Badge at 9AM, See the outfitter's description below. A hot lunch will be provided by the outfitter. Patrol cooked dinner
- Sunday:** Patrol cooked breakfast, everyone meet for the river at 9 AM. Boys will complete any remaining Merit Badge requirements and everyone will spend the day on the river either in whitewater canoes or on a group raft, whichever they are more comfortable with. A hot lunch will be provided by the outfitter. Dinner will be fast food on the road back home. We will leave around 4 PM and will not return home until around 10 PM Sunday night.
- What To Bring:** See the attached list
- Cost:** Boys will be \$200 and Adults will be \$120. Plus around \$20 cash for Transportation costs depending on how many vehicles we will need to drive and \$money for Friday & Sunday dinner on the road. Availability will be on a first come, first served basis so **please bring a check and permission slip to the meeting on Monday April 30th.**

Trek Leader: John Anderson it is best to reach me on my Cell Phone at (760) 634-7744
Scout in Charge: Craig Anderson

(Keep this part for reference)

(Return this part)

Kern River Whitewater Trek
Friday May 18th - Sunday May 20th, 2007

Scout Attending: _____ Parent Attending: _____

Boys: \$200 ea x # _____ = \$ _____ Cash _____ Check _____ Account _____

Adults: \$120 ea x # _____ = \$ _____ Cash _____ Check _____ Account _____

I would like to drive and I have _____ total seat belts.

Parent
Permission: _____



Our Outfitter is Eagle Rafting. Their Website is: www.eaglerafting.com

Program Description:

Boy Scouts can earn their Canoeing or Whitewater Merit Badges in just two fun-filled days on the Kern River! We have programs already in place that follow all the guidelines from the Boy Scouts of America Merit Badge series. The programs are run by Boy Scouts counselors and Eagle Rafting staff.



Whitewater Merit Badge

Once you have mastered canoeing on still water you are ready to challenge yourself with the thrills of whitewater. Once again, we strongly emphasize safety along with the fun.

In this two-day program the scouts will learn how to use and care for the equipment, learn the International Scale of River Difficulty, how to read a river, kayak maneuvers, canoe maneuvers, self and buddy rescue, safety, rafting, and many more exciting subjects.

The scouts are required to pass a Scout Gate Test in under 120 seconds. If they do it in less than 60 seconds they achieve an 'exceptional time'. Testing with the Scout Gates is done at the end of the first day and morning of the second day. Once all the scouts have completed the course on the second day the rest of the trip is spent on the river for the one day adventure.



During the one day adventure the scouts learn how to eddy up and how to enter the moving river. Scouts also capsized their Inflatable Kayaks (I.K.'s) and recover. Time is spent above Big Daddy where we introduce surfing on waves to the scouts. This is where all their skills are pushed, learning how to stay on the wave and building on their skills.

Whitewater

From MeritBadgeDotOrg

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Whitewater

Merit badge requirements

1. Do the following:
 - a. Review with your counselor the first aid for injuries or illnesses that could occur while working on the Whitewater merit badge, including hypothermia, heat reactions, dehydration, insect stings, blisters, bruises, cuts, and shoulder dislocation.
 - b. Identify the conditions that must exist before performing cardiopulmonary resuscitation (CPR) on a person. Explain how such conditions are recognized.
 - c. Demonstrate proper technique for performing CPR using a training device approved by your counselor.
2. Do the following:
 - a. Review and compare BSA Safety Afloat and the American Whitewater safety guidelines and demonstrate your understanding of these principles by answering questions from your counselor.
 - b. Identify and explain the use and importance of safety equipment on moving water. Include in your explanation a discussion about throw ropes, whistles, and how to choose and properly fit PFDs (personal flotation devices) and helmets.
3. Before doing requirements 4 through 13 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 BSA Award.
4. Do ONE of the following:
 - a. If you are completing these requirements as a tandem canoeist, demonstrate basic canoe-handling skills by completing the Scout gate test within 160 seconds while paddling tandem with a buddy. Then demonstrate the following strokes: cross forward, cross draw, bow pry, Duffek, high brace, and low brace,
 - b. If you are completing these requirements as a solo canoeist, demonstrate basic solo canoe-handling skills by completing the Scout gate test within 160 seconds. Then demonstrate the following strokes: cross forward, cross draw, stern pry, Duffek, high brace, and low brace.
 - c. If you are using a kayak to complete these requirements, demonstrate basic kayak-handling skills by completing the Scout gate test within 160 seconds. Demonstrate the following strokes: Duffek, high brace, low brace, and sculling draw. Then do the following:
 1. Move the kayak forward in a reasonably straight line for 10 yards.
 2. Move the kayak sideways to the right and to the left.
 3. Pivot 360 degrees to the right and left.
 4. Stop the kayak.

5. Do the following:
 - a. Explain the importance of scouting before committing to running a rapid, and discuss good judgment when evaluating a stretch of river or a particular rapid.
 - b. Explain the terms *downstream V*, *riffle*, *strainer*, *eddy*, *eddy line*, *pillow*, *ledge*, *bend*, *shallows*, *falls*, *low-head dam*, *current*, *rock*, *drop*, *horizon line*, *wave*, *standing wave*, *hydraulic*, and *sleeper*.
 - c. Explain how to scout and read a river while ashore and while afloat, and discuss the importance of hazard recognition.
 - d. Demonstrate your ability to read the river where you are practicing and demonstrating your whitewater skills.
6. Explain the International Scale of River Difficulty and apply the scale to the stretch of river where you are practicing and demonstrating your whitewater skills. Identify the specific characteristics of the river that are factors in your classification according to the International Scale.
7. Explain the importance of communication during every whitewater outing. Explain and then demonstrate using the following river signals: "Run right," "Run left," "Run down the center," "Stop," "Are you OK?" and "Help!"
8. Do the following:
 - a. Explain the differences between flatwater and whitewater canoes; identify the advantages and special uses for kayaks and decked canoes in running water. Identify the different materials used in modern whitewater canoe construction and the advantages and disadvantages of each.
 - b. Describe the various types of kayaks and how they differ in design, materials, and purpose.
 - c. Identify the advantages and special uses for kayaks and decked canoes in moving water.
 - d. Discuss the construction, safety, and functional features of paddles used in whitewater activities.
9. Discuss the personal and group equipment necessary for a safe whitewater outing and how and why it is used. Explain how to pack and protect these items.
10. Wearing the proper personal flotation device (PFD) 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.
 - a. Launch and land.
 - b. Paddle forward in a straight line.
 - c. Backpaddle.
 - d. Sideslip, both sides.
 - e. Ferry upstream and downstream.
 - f. Eddy turn.
 - g. Peel out.
11. Explain and demonstrate:
 - a. Self-rescue and procedures when capsized in moving water, including a wet exit if necessary
 - b. Safe rescue of others in various whitewater situations using a throw rope.
 - c. Portaging - when and how to do it.
 - d. The whitewater buddy system using at least three persons and three craft.
12. Discuss the use of inflatable boats on moving water. Discuss the use of inflatable rafts on moving water. In your discussion, explain the special safety precautions that should be taken when using an inflatable raft and the risks of "tubing" on moving water.
13. Participate in a whitewater trip using either a canoe or kayak on a Class I or Class II river. Help to prepare a written plan specifying the route, schedule, equipment, safety precautions, and emergency procedures. Determine local rules and obtain permission from landowners and land managers in advance. Explain what steps you have taken to comply with BSA Safety Afloat and the American Whitewater safety guidelines. Execute the plan with others.