



# Prerequisites

In order to maximize “doing” time at Camp Xtreme, the following pre-requisites need to be completed prior to camp. Purchasing a BSA Merit Badge Pamphlet (MBP) for each merit badge is strongly encouraged. We will distribute a Youtube video list shortly to assist with these pre-requisites and other requirements to maximize your preparation and enthusiasm for Camp Xtreme.

The aquatics merit badges have overlapping requirements. Common requirements are listed below. They only need to be completed once.

If you find them useful, these merit badge worksheets can be used to document the pre-requisites

Canoeing: <http://usscouts.org/mb/worksheets/Canoeing.pdf>

Kayaking: <http://usscouts.org/mb/worksheets/Kayaking.pdf>

Rowing: <http://usscouts.org/mb/worksheets/Rowing.pdf>

Small-Boat Sailing: <http://usscouts.org/mb/worksheets/Small-Boat-Sailing.pdf>

Geocaching: <http://usscouts.org/mb/worksheets/geocaching.pdf>

Fish and Wildlife Management: <http://www.usscouts.org/mb/worksheets/Fish-and-Wildlife-Management.pdf>

## Common Aquatics Requirements

Safety Afloat: write the 9 points of Safety Afloat and what each one means. Reference: <http://www.scouting.org/scoutsources/OutdoorProgram/Aquatics/safety-afloat.aspx>. Scouts should be able to say the 9 points from memory.

BSA Swimmer Test: You may satisfy this by being First Class or higher rank, having your Scoutmaster certify you are a swimmer, or completing a swim test that Camp Xtreme will conduct in partnership with a local Troop.

Hazards: For each hazard (storms, wind and waves) write how to prevent, mitigate, and respond to each. Canoeing MBP pages 20-21. Kayaking MBP pages 14-16

First Aid: Write the symptoms and first aid procedure for each of the following: cold-water shock, hypothermia, heat exhaustion, heatstroke, blister on hands, dehydration, arm/shoulder sprain and strain. Canoeing MBP pages 14-17, Kayaking MBP pages 16-21,

Life Jackets: Write a description for each of the five types of life jackets (I-V). List which one would be the best choice for recreational boating. Canoeing MBP page 18, Kayaking MBP page 36. [https://www.youtube.com/watch?v=D\\_c4ub86boA](https://www.youtube.com/watch?v=D_c4ub86boA)

Transportation Knots: Learn/practice the bowline and be prepared to demonstrate. See your Boy Scout handbook. Learn and practice the trucker’s hitch. There are several variations. The one starting with the slipknot is the easiest. Canoeing MBP pages 38-39. Kayaking MBP pages 45-48. <https://www.youtube.com/watch?v=tvqFyqFZK54>



## Canoeing Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above
- 3a. Parts of a canoe. Draw a canoe (side view, top view, and cross section) and label the parts. See Canoeing MBP page 25. <https://www.youtube.com/watch?v=qSGd6m-BOLM>
- 3b. How length and shape affect performance. Write this out. See Canoeing MBP pages 26-27 and page 29. <https://www.youtube.com/watch?v=vpls53gw120>
- 3c. Canoe materials. Write the advantages/disadvantages for each for the 6 major types. See Canoeing MBP pages 23-24. <https://www.youtube.com/watch?v=aw3LLK7loQ8&t=4s>
- 4a. Parts of a paddle. Straight vs. Bent-shaft. Draw and label a picture. Write the difference. See Canoeing MBP page 31. [https://www.youtube.com/watch?v=mzB\\_F9yWWwg](https://www.youtube.com/watch?v=mzB_F9yWWwg) and [https://www.youtube.com/watch?v=vXFYhezA\\_10](https://www.youtube.com/watch?v=vXFYhezA_10)
- 5a. Life jacket types: see above
- 6. Maintenance of canoes and paddles. Write how to care and maintain for a canoe and for paddles. See Canoeing MBP page 28 and page 31. <https://www.youtube.com/watch?v=FPVAU5cpj88>
- 7a. Canoe Camping Gear. Write out a gear list for a canoe camping trip. See Canoeing MBP pages 40-41. <https://www.youtube.com/watch?v=C3tfQuXgdsE>
- 7c. Transportation Knots: see above.
- 13. Types of canoeing: Write a description of each of the eight types of canoeing. See the Canoeing MBP pages 87-91.
  - Canoe Poling: <https://www.youtube.com/watch?v=3hOyRu89M6U&t=17s>
  - Freestyle Canoeing: <https://www.youtube.com/watch?v=mnlyWkWJ9rA>
  - Whitewater: <https://www.youtube.com/watch?v=OHxJdhXNRKw>
  - Outrigger Canoeing: <https://www.youtube.com/watch?v=o48bUNhsEEc>
  - Olympic Canoe Sprint: <https://www.youtube.com/watch?v=p4SElqc3-ro>
  - Canoe Marathon: <https://www.youtube.com/watch?v=PNVn31wZ4dc>



## Kayaking Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above
- 3a. Lifejackets: see above.
- 3b. Safety Equipment: Write a list of safety equipment and why each is needed. See Kayaking MBP pages 42-43.
- 4a. Parts of a kayak. Draw a canoe (side view and top view) and label the parts. See Kayaking MBP page 24. <https://www.youtube.com/watch?v=QY0oiBmp0y8>
- 4b1. List the differences between recreational, whitewater, and sea/touring kayaks. See Kayaking MBP pages 25-26 <https://www.youtube.com/watch?v=2xICx8ckfR8>
- 4b2. How design characteristics affect performance. Write this out. See Kayaking MBP pages 28-29. <https://www.youtube.com/watch?v=gzDVID6pG2I> (long)
- 4c1. Kayak materials. Write the advantages/disadvantages for each for the major types. See Kayaking MBP pages 30-31. See Video under canoe materials above.
- 4c2. Kayak care and maintenance. Write out the key points. See Kayaking MBP page 32. [https://www.youtube.com/watch?v=lwVW\\_WnMLgs](https://www.youtube.com/watch?v=lwVW_WnMLgs)
- 4d. Transportation knots. See above
- 5b. Kayak Paddle. Draw a picture of a paddle and label the parts. List the materials from which kayak paddles are made. Write how to care for. See Kayaking MBP pages 33-35. <https://www.youtube.com/watch?v=hUkWUr0jd0c>



### Rowing Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above
- 3. Lifejackets: see above
- 4a5. Practice the knots and be prepared to demonstrate each.
- 8. Write out the answers to each point.
- 9. Write out the answers to each point.



### Small-Boat Sailing Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above.
- 3. Parts of a sailboat. Google sunfish sailboat diagram. Draw a picture and label all the parts. <https://www.youtube.com/watch?v=vZ6O8IB0cII> and <https://www.youtube.com/watch?v=-24efHbeL7U>
- 4a. Safety Afloat. Duplicate of 1c.
- 4b. Rules of the Road. Write a list of the rules of the road. Draw a diagram for each. Reference PA Boating Handbook Chapter 3. The same rules for power-driven boats generally apply to sailboats. <http://www.fishandboat.com/Boat/BoatingRegulations/Pages/BoatingHandbook.aspx>
- 4c. Duplicate with 1a.

- 4d. List the warning signs for inclement weather (storm).
- 4e. Write an example float plan for a day sail at Marsh Creek Lake for your Troop. [https://www.boat-ed.com/images/pdfs/float\\_plan.pdf](https://www.boat-ed.com/images/pdfs/float_plan.pdf)
- 4f. List proper clothing, footwear, and personal gear for sailing.
- 7a. Practice the knots and be prepared to demonstrate each.
- 7c. Write a list of the types of lines/fibers used in sailing and the advantages/disadvantages of each.
- 8. Write how you would care for a sailboat and gear.
- 9. Write the definition for each of the points of sailing. See this site <https://sites.google.com/site/princetonsailing/sailing-tips/sailingtipspoints-of-sail> and this video <https://www.youtube.com/watch?v=q6FgAeJeOUA>



### **Geocaching Merit Badge**

- 1a. Hazards. List the hazards for geocaching. Write how to prevent, mitigate, and respond.
- 1b. First Aid. Write the first aid procedure for each of the injuries/illnesses.
- 7. With your parent's permission setup an ID on geocaching.com. Login and become familiar with it. Locate the geocaches near where you live.
- Optional: download the Geocaching app on your smartphone and become familiar with it.

If you have a handheld GPS receiver please bring it with you (not required).

### **Geocaching post-requisites**

- 8c. Hide a geocache and publish it on geocaching.com
- 9. Plan and run a geohunt for another group. Take pictures of the event.



### **Fish and Wildlife Management Merit Badge**

- Read the Fish and Wildlife Management merit badge pamphlet ahead of camp.

<http://www.scouting.org/filestore/pdf/512-017.pdf>



### **BSA Stand-Up Paddleboarding Award**

- Read the BSA SUP packet ahead of camp. [http://www.scouting.org/filestore/Outdoor%20Program/pdf/BSA\\_SUP\\_Award.pdf](http://www.scouting.org/filestore/Outdoor%20Program/pdf/BSA_SUP_Award.pdf)



### **BSA Boardsailing Award**

- Read the BSA boardsailing packet ahead of camp.

<http://www.scouting.org/filestore/pdf/512-017.pdf>

- 10. Clean and cook a fish. Buy a whole fish at your local grocery store. The Scout should be involved in the purchase, cleaning, recipe selection, and cooking. Take several pictures and bring to camp. The Scout should be able describe the fish species and how it was cooked.