

# ACE Whitewater Merit Badge BSA course curriculum

1 day instructional based training



## 1. Review of required prerequisites.

**\*Troops should review and familiarize themselves with the Whitewater Merit Badge Book prior to arrival at ACE and have an understanding of the ACE pre-requisites a.-g. in order to efficiently cover the fundamentals of the on river curriculum.**

- a. Hazard mitigation associated with whitewater activities
- b. Review first-aid symptoms, treatment and prevention associated with whitewater activities
- c. Review of the BSA Safety Afloat guidelines and the American Whitewater safety guidelines
- d. Review and explain river features
- e. Explain the importance of why a river should be scouted from ashore
- f. Review of the International Scale of River Difficulty and the characteristics of how it applies to the section of river being run
- g. Discuss high water fluctuations and how it may affect the section being run.

**\*It should be noted at ACE we conduct the on river portion of the merit badge curriculum in duckies on the Upper section of the New River. We substitute the BSA options of canoes or kayaks with single man inflatable "duckies" that are paddled with double bladed kayak paddles. The Upper section of the New River is noted as being a class III section, whereas the Lower section is noted as being the class V section. Many groups will opt to do a standard raft trip on the Lower New as the second day of the Whitewater Merit Badge. This trip is a non-instructional based trip and does not include any of the BSA Whitewater Merit Badge Curriculum. If interested in the Lower New as a second day activity please seek the advice of your ACE reservationist as restrictions may apply based on time of year, water levels and age restrictions.**

2. At the river your Trip Leader will go over a thorough and complete Safety Orientation, covering topics for Personal Protective Equipment, on river and off river safety.
3. Instruction by ACE guides at the put in of basic kayaking strokes will be adapted to suit the needs of the ducky.
4. While on the river the ACE guides will evaluate the most appropriate location to scout a rapid and discuss features along with the lines of travel and alternate lines.
5. Throughout the trip the guides will instruct and cover the necessary skills to be demonstrated by scouts such as...
  - a. Paddling forward in a straight line
  - b. Backpaddle
  - c. Ferrying upstream and downstream
  - d. Eddy turn
  - e. Peelouts
  - f. Self-rescue when capsized
  - g. Throw rope use
  - h. Portaging fundamentals
  - i. Whitewater buddy system with 3 paddlers and 3 crafts