

## Paddling – Week 3 - August 2019

Time	Activity	Description	Equipment/Leader
<b>6.30pm</b> 10 min	Assemble	<b>Assemble at pool</b> Entrance paid, advise from 'Gordon Park Cubs' Lane booked, heated pool	Chrissy
<b>6.40pm</b> 5 min	Briefing	<b>Safety Briefing</b> <ul style="list-style-type: none"> <li>• No one in the water unless instructed</li> <li>• No running</li> <li>• Must take a buddy to the bathrooms and let leader know</li> <li>• Listen to Leaders, Parent/Adults, Lifeguards</li> <li>• Boundaries, no leaving the pool area until collected by parents</li> </ul>	Chrissy
<b>6.45pm</b> 5 mins	Activity 1	<b>Change into swim gear (if needed)</b> <ul style="list-style-type: none"> <li>- 2 deep in change rooms at all times</li> <li>- Cubs to arrive 'ready to swim', non-uniform event</li> </ul>	All Leaders
<b>6.50pm</b> 5 mins	Activity 2	<b>Put on PFDs</b> <ul style="list-style-type: none"> <li>- Review how to wear a PFD, see below</li> <li>- Cubs to select and put on a PFD and remain in it for most of the rest of the evening to become accustomed to wearing it</li> <li>- Adjust PFDs for appropriate fit (tighten straps, etc)</li> </ul>	Chrissy PFDs
<b>6.55pm</b> 50 mins	Activity 3	<b>Swimming Activities</b> <ul style="list-style-type: none"> <li>• Focus on activities to build and demonstrate OAS Paddling competencies</li> </ul> <b>Paddling</b> Stage 1 – swim 10m with PFD, float with PFD for 2 min Stage 2 – swim 25m with PFD Stage 3 - swim 50m with PFD <ul style="list-style-type: none"> <li>• Practice jumping in wearing PFDs</li> <li>• Other swimming competencies as time permits (intention to stay in PFDs as much as possible to accustom Cubs to wearing them rather than focus on other swimming activities)</li> </ul> <b>Aquatics</b> Stage 1 – float 10 secs, glide 5m on front and back, swim 10m Stage 2 – swim 25m, tread water 30 secs Stage 3 – swim 50m, tread water 90 secs, jump feet first and swim 25m <b>Canoe Leve 1 Achievement badge</b> Swim 50m	All Leaders
<b>7.45pm</b> 15 min	Activity 4	<b>Change into clothes</b> <ul style="list-style-type: none"> <li>- 2 deep in change rooms at all times</li> <li>- Warm showers, change into warm clothes</li> </ul>	All Leaders
<b>8:00pm</b>	Close	<b>Sign out, handover to parents</b> Pool closes at 8pm, supervise in carpark if needed	Chrissy

### Badge work

#### Achievement badges:

Badge	Level	Task
Canoe	Level 1	Task 1

#### OAS - building competency in the following areas:

Skill Area	Stage	Target Competency
<b>Paddling</b>	Stage 1	Do – 1,2,
	Stage 2	Plan - 1 , Do – 1
	Stage 3	Do – 5,11
<b>Aquatics</b>	Stage 1	Do- 1,2,3
	Stage 2	Do – 1,2,4,5
	Stage 3	Do – 2,3

## How to wear a PFD

A PFD (Personal Flotation Device) or Lifejacket is a vital piece of safety equipment when paddling. It is important that everyone has an approved lifejacket suitable for the activity, water type and conditions for where you will be boating.

In Queensland, it is compulsory by law to wear a lifejacket if you are under 12 years old in an open boat that is less than 4.8m in length and underway. Scouts Queensland requires wearing a lifejacket if you are in a boat and underway (regardless of age).

Choose a lifejacket for your weight range and make sure the size/cut of the lifejacket is suitable. It should fit snugly without being confining or riding up on your body. Make sure the neck section or collar does not sit up around your head. A crotch strap will prevent the lifejacket from bunching up around a small child's neck and prevent them from falling out of the bottom of the lifejacket.

<https://www.msq.qld.gov.au/Safety/Lifejackets.aspx>

Ideally the PFD will have a whistle attached to attract attention, if there is an emergency, or if lost. It is NOT to be blown at any time.