

Adventure Calls Outfitters BSA Whitewater Merit Badge Course

The BSA whitewater merit badge is a two-day course comprised of both verbal and practical application, taught by members of the ACO staff that are accredited BSA Merit Badge Counselors. Upon successful completion (active participation in each skill set taught is required), the scout will earn the canoeing, kayaking, and whitewater merit badge.

Cost: \$65.00 per scout. \$45.00 per adult.

Course Location: Letchworth State Park. We will be working on multiple sections of the Genesee River, navigating Class I – II whitewater.

Prior to Day 1: Scouts will need to complete the workbooks for Canoeing, Kayaking and Whitewater Merit Badges

Day 1: (meet at Rafting Office - located at the South end of the park in the Lower Falls parking lot adjacent to the Lower Falls restaurant)

8:30 AM to 5:00 PM (there will be a mid-day break for lunch)

AM Session: Includes Instruction in: Types of Watercrafts, PFD's (types I-V), Boat Prep and Paddle Strokes (J-stroke, sweep stroke, forward, reverse, draw, pry) and boat control, Rescue Skills, Boat Recovery (re-entry in canoe, T- rescue),

PM Session: Moving Water Dynamics & Terminology (hydraulics, horizon line, eddy lines etc.), Swift Water Rescue Skills (reach, throw, row, go), Throw Ropes (construction, types of throws), paddle the river from Lee's Landing to St. Helena w/ stops for practical rescue scenarios. Trip Planning (equipment to bring, 10 essentials, etc.),

Day 2: (meet at Rafting Office)

9:00 AM to 3:00 PM (Prior to meeting make sure your camp is broke down and you are ready to leave after the day)

The session for the day will include running a scout led river trip in rafts while applying practical application of what was taught the day prior. Additionally, we will make pre-designated stops to cover first aid and cpr. **The scouts will be responsible for formulating and giving a safety talk prior to the start of the river trip and discussing the trip plan for the day.**

CPR & First Aid Instruction (wound care, burns, broken bones, dislocation, shock, weather related emergency care, solo and two person CPR).

Please Note:

- Appropriate Clothing and footwear are required for the course (water shoes, sneakers, swim shorts, shirt. NO COTTON)
- All equipment is included in the costs
- It is the responsibility of the scouts and the adult leaders to be attentive and respectful.
- There is a \$10.00 entrance fee to the park
- Lunch and other meals are the responsibility of the troop.
- Group camping is the cheapest and easiest place to stay for this course and can be obtained by contacting park administration at; (585)-493-3600.
- Upon completion of day 1 the scout will earn the canoeing, and kayaking merit badge.
- Scouts must be a blue swimmer.
- Scouts should be familiar with Safety Afloat.
- The workbook can be found here to help with familiarization prior to course:
 - <http://www.usscouts.org/mb/worksheets/Whitewater.pdf>
 - <http://usscouts.org/mb/worksheets/canoeing.pdf>
 - <http://usscouts.org/mb/worksheets/kayaking.pdf>
- Contact Todd Smith; (910)-409-4655 for more information or to register for the course.
- **OUTLINE IS SUBJECT TO CHANGE BASED ON MERIT BADGE REQUIREMENTS**