

## 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: \$50.00 per participant.

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

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: Trip Planning (equipment to bring, 10 essentials, etc.), Types of Water Craft, PFD's (types I-IV), Boat Prep and Paddle Strokes (J-stroke, sweep stroke, forward, reverse, draw) 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.

Day 2: (meet at camp site or Visitor Center, dependent on weather)

8:30 AM to 2:00 PM

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.
- Contact Todd Smith; (910)-409-4655 for more information or to register for the course.