Old Requirements (italics are GONE)	**New Requirements (italics highlight new materials; see BOLD also)**
Show that you know first aid for injuries or illnesses that could occur while canoeing, including hypothermia, *heatstroke*, *heat exhaustion*, dehydration, sunburn, insect stings, tick bites, blisters, and *hyperventilation*.	Show that you know first aid for injuries or illnesses that could occur while canoeing, including hypothermia, heat reactions, dehydration, insect stings, tick bites, and blisters.
Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.	Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized
Demonstrate proper technique for performing CPR using a training device approved by your counselor.	Demonstrate the proper technique for performing CPR using a training device approved by your counselor.
...Successfully complete the BSA swimmer test. Jump feet first into water over your head in depth, swim 75 yards *or 75 meters* in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgeon, or crawl; then swim 25 yards *or 25 meters* using an easy resting backstroke. The 100 yards *or 100 meters* must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating *as motionless as possible.*	...Successfully complete the BSA swimmer test: Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgeon, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
Review and discuss BSA Safety Afloat….	(Discuss) The BSA Safety Afloat policy. *Tell how it applies to canoeing activities.*
...Demonstrate the proper fit and use of personal flotation devices (PFDs).	*Name* the different types of personal flotation devices (PFDs), and *explain when each type should be used. Show how to properly fit and test a PFD of correct size.*

Name and point out the major parts of a canoe and paddle.	Name and point out the parts of a paddle. *Explain the difference between a straight and bent-shaft paddle and when each is best used*.
Know canoeing terminology.	Name and point out the major parts of a canoe.
Explain and demonstrate canoe kneeling and sitting positions and the proper use for each position.	(Tandem) Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.
Demonstrate how to load and secure equipment in a canoe.	Demonstrate how to load and secure equipment in a canoe.
	(Discuss) The most common weather and water-related hazards encountered while canoeing and how to deal safely with each one.
	Demonstrate how to correctly size a paddle for a paddler in a sitting position and a kneeling position.
	Discuss the advantages and disadvantages of the different materials used to make canoes.
	Describe how the length and shape of a canoe affect its performance.
	Discuss the general care and maintenance of canoeing equipment.
	Discuss what personal and group equipment would be appropriate for a canoe camping trip. Describe how personal and group equipment can be packed and protected from water.

	Using appropriate knots, demonstrate how to secure a canoe to a rack on land, a vehicle, or a canoe trailer.
With a companion and using a properly equipped canoe….	With a companion, *wearing the proper PFD and appropriately dressed for the weather and water conditions*, use a properly equipped canoe to demonstrate….
(Tandem) Properly carry, launch, and get into the bow of the canoe from dock or shore (both, if possible).	(Tandem) Safely carry and launch the canoe from a dock or shore (both, if possible).
(Tandem) Store canoe properly.	
(Tandem) As bow paddler, make a proper landing and get out of the canoe while following directions from your companion. Repeat in the stern position giving directions to your companion.	(Tandem) Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location.
(Tandem) Paddle *100* yards on one side only in the bow position using a single-blade paddle. Turn underway and return to shore or dock showing proper form...Repeat while paddling on the other side.	*(Tandem, bow & stern, both sides) Move the canoe in a straight line for 50 yards.* ***Distance change.***
(Tandem) Paddle *100* yards on one side only in the stern position. Turn underway and return to shore or dock while maintaining course and giving proper signals to your companion...Repeat while paddling on the other side.	
(Tandem) …one side...bow...*power* stroke...Repeat while paddling on the other side.	(Tandem, bow & stern) *Forward* stroke

(Tandem) ...one side...bow...*diagonal draw*...Repeat while paddling on the other side.	**Not there.**
(Tandem) ...one side...bow...*quarter sweep*. Repeat while paddling on the other side.	**Not there.**
	(Tandem, bow & stern) Forward sweep
(Tandem) ...one side...bow...demonstrate how to hold water and stop...Repeat while paddling on the other side.	**Underway.**
(Tandem) ...one side...stern...hold water and stop...Repeat while paddling on the other side.	**Underway.**
(Tandem) ...one side...bow...push away...Repeat while paddling on the other side.	(Tandem, bow & stern) Pushaway
(Tandem) …one side...stern...push away...Repeat while paddling on the other side.	
(Tandem) ...one side...bow...*pullover*...Repeat while paddling on the other side.	(Tandem, bow & stern) *Draw*
(Tandem) ...one side...stern...*pullover*...Repeat while paddling on the other side.	
(Tandem) ...one side...bow...reverse sweep...Repeat while paddling on the other side.	(Tandem, bow & stern) Reverse or *back sweep*
(Tandem) …one side...stern...reverse sweep...Repeat while paddling on the other side.	
(Tandem) ...one side...bow…*backwater*. Repeat while paddling on the other side.	(Tandem, bow & stern) Backstroke
(Tandem) ...one side...stern...backstroke. Repeat while paddling on the other side.	

(Tandem) ...stern...J stroke...Repeat while paddling on the other side.	(Tandem, stern only) J-stroke
(Tandem) Change places with your companion while canoe is afloat.	(Tandem) Change places while afloat in the canoe.
(Tandem rescue) Jump safely out of the canoe. Get back in without capsizing.	(Tandem rescue) In deep water, exit the canoe and get back in without capsizing.
(Tandem rescue) Capsize the canoe, *get back in, secure all loose gear, and paddle the swamped canoe 25 yards….*	*(Tandem rescue) Capsize the canoe and demonstrate how staying with a capsized canoe will support both paddlers.* ***Simpler.***
(Tandem rescue) ...Go overboard from the swamped canoe and swim, tow or push the swamped canoe 50 feet.	(Tandem rescue) Swim, tow, or push a swamped canoe 50 feet to shallow water….
(Tandem rescue) Empty the swamped canoe in shallow water.	(Tandem rescue) ...In the shallow water, empty the swamped canoe *and reenter it.*
(Tandem rescue) With a companion in your canoe and while giving instructions to persons who have capsized a canoe in deep water, empty the swamped canoe over your own canoe and assist the persons in reboarding the emptied canoe.	*(Tandem rescue) In deep water, rescue a swamped canoe and its paddlers by emptying the swamped canoe and helping the paddlers safely reenter their boat without capsizing.* ***Simpler.***
	(Tandem, bow & stern, both sides) ***Pivot or spin*** *the canoe in either direction.*
	(Tandem, bow & stern, both sides) ***Move the canoe sideways*** *or abeam in either direction.*
	(Tandem, bow & stern, both sides) ***Stop*** *the canoe.*
Demonstrate solo canoe handling:	(Solo) Wearing the proper PFD *and appropriately dressed for the weather and water conditions,* demonstrate solo canoe handling….

(Solo) Launch from shore or pier (both, if possible).	(Solo) Launch from shore or a pier (both, if possible).
	(Solo) Using *a single-blade paddle and paddling only on one side,* demonstrate proper form…[& use of strokes]. Repeat while paddling on the other side.
(Solo) While paddling on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat while paddling on the other side.	(Solo) While paddling on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat while paddling on the other side.
(Solo) forward stroke...Repeat while paddling on the other side.	(Solo) forward stroke...Repeat while paddling on the other side.
(Solo) *backwater*...Repeat while paddling on the other side.	(Solo) *backstroke*…Repeat while paddling on the other side.
(Solo) *pullover*...Repeat while paddling on the other side.	(Solo) *draw*...Repeat while paddling on the other side.
(Solo) push away...Repeat while paddling on the other side.	(Solo) pushaway stroke...Repeat while paddling on the other side.
(Solo) forward and reverse sweeps...Repeat while paddling on the other side.	(Solo) forward sweep...Repeat while paddling on the other side.
	(Solo) reverse or *back* sweep...Repeat while paddling on the other side.
(Solo) stop...Repeat while paddling on the other side.	
(Solo) J stroke...Repeat while paddling on the other side.	(Solo) ...J-stroke. Repeat while paddling on the other side.
(Solo) inside and outside pivots...Repeat while paddling on the other side.	**Not there**

(Solo) ...sculling. Repeat while paddling on the other side.	**Not there**
(Solo) Make a proper landing at dock or shore (both, if possible). Store canoe properly (with assistance, if needed).	(Solo) Make a proper landing at a dock or shore (both, if possible) Store canoe properly (with assistance, if needed).
(Solo rescue) While alone in a canoe on deep water and wearing PFD, jump safely out of the canoe. Get back in without capsizing.	(Solo rescue) In deep water, exit the canoe and then get back in without capsizing.
	(Discuss) Olympic flatwater (canoeing)
	(Discuss) outrigger (canoeing)
	(Discuss) marathon (canoeing)
	(Discuss) freestyle (canoeing)
	(Discuss) whitewater (canoeing)
	(Discuss) canoe poling
(Discuss) General care and maintenance of canoeing equipment.	**Not there.**
(Discuss) How to rig a canoe for sailing.	**Not there.**
(Discuss) The difference between river (moving water) canoeing and lake (flatwater) canoeing.	**Not there.**