## girl scouts of the chesapeake bay

#### **Paddling Progression**

Progression allows girls to learn the skills they need to become competent in small craft activities, including how to plan and organize their activities. Acknowledge a girl's paddling mastery and invite her to challenge herself by taking that next step!

### Canoe Out

Start with canoes! They're more stable, less prone to tipping and include a buddy (or two)!

Keep trips short about a quarter of a mile and close to shore.

## Tandem Out

When girls get comfortable with canoes, have them move on to tandem kayaks with an adult for paddling support until they get familiar with balancing a kayak.

Make your trip a little longer.

#### Tandem Out Again

After being supported by an adult, girls should be familiar enough with paddling that they can tackle a tandem canoe or kayak without an adult in their craft. Feeling uneasy about that? Be their passenger in a canoe.

Keep this trip to about a half mile.

## Single Out

When girls are stable in tandem kayaks and able to paddle themselves for the duration of an adventure, they can graduate to operating their own craft!

Camp Todd is the best place for this due to the still nature of Lake Williston.

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#### Tour Out

With the confidence of traveling solo in their small crafts, girls are now able to explore new territory with their group!

Travel up Sprite Creek or venture out into new territory, led by someone who knows the way! Masters of the camp property waters can start seeking opportunities to

explore.

Head out to a new place! A state park, nearby pond or lake, or another Girl Scout property of our neighbor councils!

# Explore Out

Paddling aficionados with adventurous spirits can seek opportunities to do white water rafting tours or longer trips.

Adventure Out