



Plan:

- When and where will you go bodyboarding?
- What equipment do you need? Where can you get it? Will you rent or buy?
- What is your Patrol's budget for this adventure?
- Will you need lessons?
- Are your plans consistent with Scouts Canada's policies? (Consult your Scouters.)
- Has everyone agreed on all the details and have tasks been assigned to Patrol members?

Do:

- Get out and enjoy some great waves!

Review:

- What do you know now that you did not know before?
- How did your experience compare to your expectations?
- How did you feel before, during and after this adventure?
- What personal challenge did you deal with?
- What (if any) problems did you encounter, and how did your Patrol overcome these issues?
- How can you build on this experience?

Safety Note:

- Is your Patrol supervised by a certified lifeguard?
- How can you be prepared for the water temperature and conditions?
- How can your Patrol select a safe beach for bodyboarding?

Online Resources:

Youth and Scouters should not sign any waivers without Scouts Canada's expressed permission.

- [How to Bodyboard](#)
- [Happy Dudes Surf Emporium](#)
- [Pacific Surf School](#)

Canadianpath.ca

Bodyboarding

BRUCE TRAIL
Active & Healthy Living



The Adventure:

If your Patrol wants to get out and enjoy the ocean surf but some of you aren't surfers, a good way to get wet is to try bodyboarding. Bodyboarding allows you to get a feel for riding a wave without standing up. Instead, a bodyboarder uses a small surfboard (sometimes called a boogie board) under his or her torso and directs it by pushing and pulling on the board with his or her hands, much like a surfer shifts his or her feet to direct a long surfboard.

Ready? Surf's up!



It starts with Scouts.



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