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!

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?

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

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?

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