

Plan:

- Where can you find a water space to go on this adventure?
- What equipment will you need on this adventure?
- Where will you get the things you need?
- Does someone in your Company know how to roll a kayak already? If not, is there someone who can teach your Expedition Team?
- If you don't have immediate access to kayaks, is there a way you can access some?
- How will you transport the kayaks to the body of water that will be hosting this adventure?
- When will you go on this adventure?

Do:

- After planning all the steps you need to go out to learn this new skill, go out with your Expedition Team on the planned date and master rolling a kayak!

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after this adventure?
- Were there any difficulties your Expedition Team faced? If so, how did you overcome them?
- Would you repeat this adventure? Would you do anything differently?

Safety Note:

- What protective gear and safety equipment are required for this adventure?
- What qualified personnel should be invited on this adventure?
- How will you work as a team to ensure everyone's safety?



It starts with Scouts

Kayak Rolling

Environment & Outdoors



The Adventure:

A kayak roll is the act of righting a capsized kayak by using your body motion and a paddle. The technique of righting one's boat was used and developed by cultures that used kayaks as hunting boats, such as the Aleut and Inuit people. It is essential when paddling whitewater, and it's an interesting skill for any kayaker to have, whether an experienced or a novice kayaker.

Online Resources:

- [BP&P: Camping & Outdoor Activities](#)
- [How to Roll a Kayak](#)
- [How to Roll a Kayak—animated instructions](#)
- [Rolling your Kayak](#)
- [PaddleSmart](#)

Canadianpath.ca



Plan:

- Where can you find a water space to go on this adventure?
- What equipment will you need on this adventure?
- Where will you get the things you need?
- Does someone in your Company know how to roll a kayak already? If not, is there someone who can teach your Expedition Team?
- If you don't have immediate access to kayaks, is there a way you can access some?
- How will you transport the kayaks to the body of water that will be hosting this adventure?
- When will you go on this adventure?

Do:

- After planning all the steps you need to go out to learn this new skill, go out with your Expedition Team on the planned date and master rolling a kayak!

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after this adventure?
- Were there any difficulties your Expedition Team faced? If so, how did you overcome them?
- Would you repeat this adventure? Would you do anything differently?

Safety Note:

- What protective gear and safety equipment are required for this adventure?
- What qualified personnel should be invited on this adventure?
- How will you work as a team to ensure everyone's safety?



It starts with Scouts

Kayak Rolling

Environment & Outdoors



The Adventure:

A kayak roll is the act of righting a capsized kayak by using your body motion and a paddle. The technique of righting one's boat was used and developed by cultures that used kayaks as hunting boats, such as the Aleut and Inuit people. It is essential when paddling whitewater, and it's an interesting skill for any kayaker to have, whether an experienced or a novice kayaker.

Online Resources:

- [BP&P: Camping & Outdoor Activities](#)
- [How to Roll a Kayak](#)
- [How to Roll a Kayak—animated instructions](#)
- [Rolling your Kayak](#)
- [PaddleSmart](#)

Canadianpath.ca

