

## **Stage 1// Paddling – Plan > *I can explain what a PFD is for.***

### What is a PFD? - Discussion

#### Materials

- PFD (Personal Flotation Device)
- Photo of a PFD, if real item not available (attached)

#### Directions

- Sit the joey scouts down ready for a discussion, have the PFD or photo somewhere out of sight.
- Talk to the children about your upcoming trip to Brownsea and some important things they will need to know to stay safe.
- Tell the children they will need to use a PFD, ask them what they think the letters might stand for (it can be fun to get some silly answers, so try to choose joeys who won't know the answers first)
- Show the joeys the PFD – let them have another guess at what the letters might stand for.
- Explain what each word means
  - o Personal – only for you, 2 or 3 people can't share the same PFD
  - o Flotation – helps you to float – keeps your head above water
  - o Device – A thing made to do a special job
- Explain to the children why we wear a PFD at Brownsea and remind them they must wear it at all times near or in the water.

# Brownsea Water Activities Centre

Stage 1// Paddling – Plan > *I can explain what a PFD is for.*



These activities have been designed by the Brownsea Joey Team in line with the Scouts Australia OAS guidelines – Created March 2021

## **Stage 1// Paddling – Plan > *I can dress myself for a paddling trip.***

### **What's in the suitcase? - Activity**

#### **Materials**

- Suitcase/bag
- Most appropriate boating clothes – eg: long sleeve & collared shirt, long & breathable pants, wide brimmed hat, enclosed shoes/water shoes, sunscreen.
- Appropriate boating clothes – eg: polo shirt, knee length & breathable shorts,
- Non-sun-safe clothes – swimmers/singlet top, short shorts, cap
- Non-breathable clothes – long jeans
- Unsafe clothes – thongs/sandals
- Print outs of categories for appropriate boating clothes. (attached)

#### **Directions**

- Before starting the activity place all the clothing in the suitcase or bag and lay the category print outs on the floor (or write the words on a whiteboard/chalk on the floor)
- Discuss the 4 categories for appropriate boating clothing with the joey scouts.
  - o Breathability – clothes that allow air to come through and keep you cool, also dry quickly.
  - o Sun safe – clothing and accessories that cover up your skin and stops sun burn.
  - o Comfortable – clothing that allows for movement and is comfortable to sit in for long times.
  - o Safe – Clothing that is not dangerous – including shoes that will protect your feet.
- Ask the joey scouts to look in the suitcase and pull out an item (this can be done one at a time or with all joeys choosing an item at once). Give each joey a chance to explain what their item is and discuss as a group if it is appropriate for boating or not.
- Discuss with the Joey scouts what they have at home that would be appropriate to wear for their upcoming trip to Brownsea.

#### **Activity Alternatives**

- Instead of packing a suitcase, have leaders/parent helpers dress in different clothing, some being appropriate for boating and some not. Have a discussion with the Joey scouts about the different outfits and why they are/aren't appropriate.



*Sun Safe*



**BREATHABLE**

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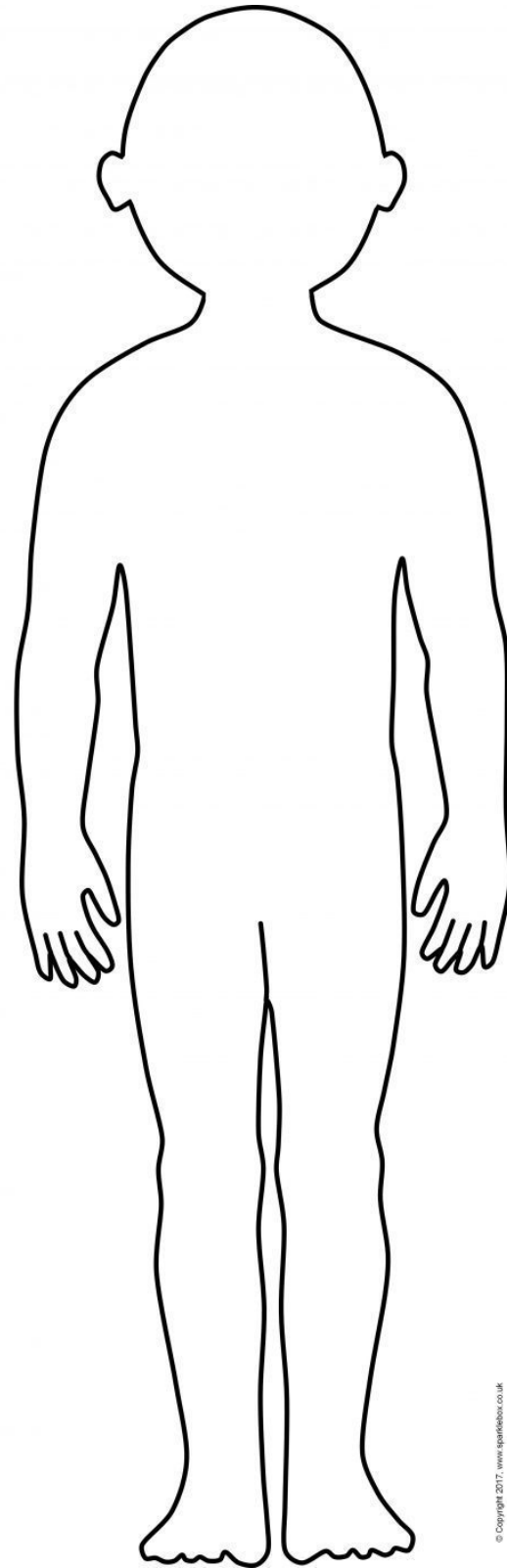
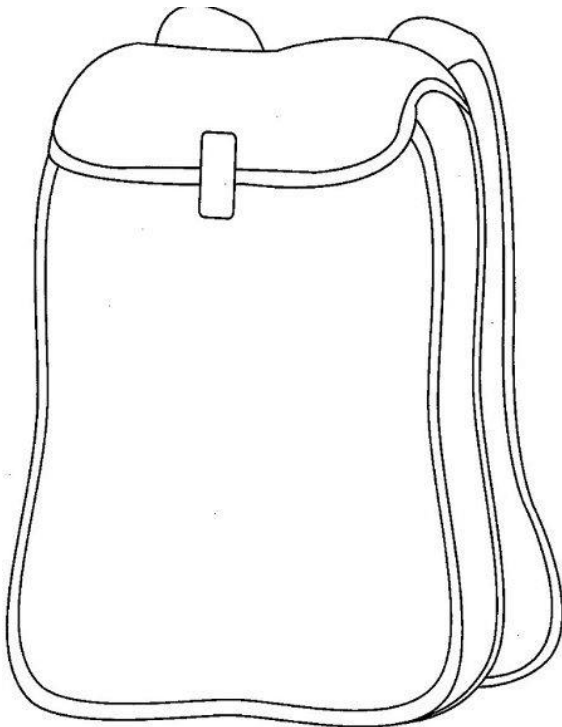
**Stage 1// Paddling – Plan > I can dress myself for a paddling trip.**

Think about the clothes you might wear on your paddling trip at Brownsea.

Remember you need clothes that are:

- Sun Safe
- Breathable
- Comfortable
- Safe

Think about what you will need to take with you – draw the items in the backpack.



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