



  
girl scouts  
of central maryland



# **GIRL SCOUT MARINERS**

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## Twenty-First Century Guidelines





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*“Lakes, pools, river, bays, oceans—wherever there is water there is the lure to be in it, on it, or be a part of it in one way or another.”*

— SENIOR GIRL SCOUT HANDBOOK, 1963

## Preface

### How to Use This Toolkit

The audience for these guidelines is Girl Scouts of Central Maryland staff members and Trefoil Adventure Volunteers. The introduction provides an overview and direction to the Trefoil Adventure Committee for assessing, planning, and activating troops. Subsequent sections speak to girls and volunteers interested in Girl Scout Mariners to define a consistent Mariner experience.

### A Note to the Reader

Across our Movement, Girl Scout Mariners persist in a variety of compositions and presentations. Some councils have Mariner troops closely aligned to what is described in the GSUSA guidelines. Others have special interest groups that take part in Mariner-themed events hosted by community partners or in Mariner-focused activities at summer camp or service units. All of these activities introduce girls to what it means to be a Mariner and add to their experience in Girl Scouts. The guidelines set forth by GSCM do not seek to limit these activities; they serve to provide direction to the Trefoil Adventure Committee to ensure that girls seeking a robust Mariner experience enjoy consistent opportunities regardless of where they participate in the Girl Scouts of Central Maryland Mariner program.

*These guidelines have been adapted from the GSUSA guidelines. GSUSA offers special thanks to Girl Scout National Volunteer Partners Barb Sirvis, Sue Williams, and Sue McNab for their leadership, knowledge, and hard work on this project. Thank you to Nancy Richardson for sharing her expertise and lifelong love of Girl Scout Mariners.*



# Introduction

## Why Girl Scout Mariners, Why Now?

Girl Scouts provides a wide array of opportunities for older girls to engage in high adventure. What could be more adventurous than catching the wind, riding the waves, or cruising with the current? Girl Scout Mariners is a special interest troop that offers adventure on, in, and near the water. Water unites us all—whether we are in it, on it, or near it. Our connection to water is more important now than ever! Revitalizing and expanding these troops is a national priority and, as such, GSUSA released a set of updated twenty-first century guidelines, which GSCM has utilized in the creation of our Mariner program.

With the release of these guidelines, GSCM seeks to initiate a formal Girl Scout Mariner program. To that end, GSCM has elected to form the Trefoil Adventure Committee. This committee will include girls and adults from each of the council's counties, who have an interest in furthering GSCM's Traveler, Trailblazer or Mariner opportunities. Included within this comprehensive document is direction on troop composition and water-focused activities; safety considerations; direction on certifications, ratings, and badges; staffing requirements; opportunities for girls to lead.

Mariner troops should be inclusive of all girls. The primary goal is for older girls to have the opportunity to pursue high adventure on or near water as Mariners.

## What Is the Girl Scout Mariner Program?

Girl Scout Mariners has been a part of Girl Scouts' bold history since 1934. Initially one of several patrols that included Trailblazers (hiking and camping), Mounted (equestrian), Panorama (general), and Wing (air and flight), Mariners enjoyed water hikes, shakedown cruises, and GAMs (Gathering of All Mariners) while learning critical skills on the water.

Today, Girl Scout Mariners provides teen Girl Scouts, grades 8 to 12, an opportunity to engage deeply in water-focused activities. As Mariners, girls develop skills in swimming, safety, and rescue; canoeing, kayaking, sailing, paddle boarding, or boating; and weather and navigation. Girls also take action on oceans, lakes, and rivers; explore careers related to water and the environment surrounding water; and participate in associated local, regional, national, and international travel opportunities.

Girl Scout Mariners engage in these activities on almost every waterway that can support small crafts, including pools! With year-round programming in a variety of environments and climates, they are also quite active on land.





## Who Can Become a Mariner?

All girls and adults participating in a Mariner troop are required to be current Girl Scout members.

These are recommendations for Mariner troop composition:

- **Age:** Mariner troops will be comprised of girls in grades 8 through 12. According to Safety Activity Checkpoints (SAC), Cadettes in sixth and seventh grade may take part in many of the same activities as Seniors and Ambassadors. Consider engaging younger girls in activities that introduce them to and prepare them for Mariner troops.
- **Experience level:** There are no prerequisites, for joining a Mariner troop other than an interest and willingness to complete the requirements of the Mariner pin within the first year of being a Mariner.
- **Ability level:** Girls of all ability levels can participate in a Mariner troop with the appropriate accommodations.
- **Geography:** Girls in every county and Baltimore City, will have an opportunity to participate in the Mariner program.
- **Mariner Troop versus Traditional Troop:** While the Mariner program will be organized through the council-created Trefoil Adventure Committee, the Mariner program will be based on the traditional troop model rather than an open group model. In furtherance of the Mariner troop model, each troop will be provided two (2) GSCM appointed (registered and criminal background checked) adults and offer a regular meeting schedule. These troops will participate in the product program and practice traditions and ceremonies. The development of Mariner troops in no way seeks to limit a girl's participation in her traditional troop. Rather, the program is intended to enhance the Girl Scouting experience of those girls who belong to traditional troops, while providing a troop experience to those girls who do not already belong to a traditional troop and desire a specialized program.





## Volunteers

Girl Scouts is not only committed to providing amazing experiences to girls, but to ensuring that our volunteers feel engaged and empowered with the knowledge and skills to be a part of that mission. All Girl Scout Mariner volunteers are expected to be registered, criminal background screened, and prepared members of Girl Scouts. Volunteers must stay current with all council-level required trainings for their roles.

Due to the specialized nature of this troop leader role, volunteers will be required to apply for Mariner leadership positions. Through this process, council will gather more information about the prospective volunteer and an interview will be required to ensure the best fit. Mariner leaders will be appointed for a term of one (1) Girl Scout Membership Year (October 1st to September 30th of the following year). Reappointment will be evaluated on an annual basis. Upon appointment, Mariner leaders will be required to review and acknowledge the requirements associated with their role as identified on the associated Volunteer Position Description. GSCM will also require that each Mariner leader complete specialized training to adequately prepare Mariner leaders for the additional preparation and expertise needed to fulfill their role, which may include but is not limited to: Canoe and Kayak Certification, Basic Water Rescue, Life Guard Certification, Scuba Diving, Knots and Boat Safety.

As stated above, Mariner troops participate in activities just like any other Girl Scout troop. As such, Mariner troop leaders are expected to abide by all the requirements and procedures outlined in the position description.







# Girl Scout Mariner Program

## The Foundational Girl Scout Experience, Mariner Style

Through the Mariner troop experience, girls can explore all the opportunities provided through Girl Scouts while pursuing their love of being on, in, or near water. As with all troops, Girl Scouts will provide an all-girl environment, an emotionally and physically safe space, a consistent, supportive adult, and active family engagement throughout the troop year. Troops will meet regularly—at least monthly—throughout the year. Mariner troops may not be able to be on, in or, near bodies of water through some months of the year. This time may be spent at an indoor pool practicing learned skills or learning new skills, or planning events, and engaging with the local community to increase awareness of the troop. Girls may:

- Earn badges in STEM, Outdoor, Life Skills, and Entrepreneurship through the lens of a Mariner. For example, the Senior Paddling badge is an easy fit, but so are Ambassador First Aid or Public Policy as they relate to supporting the marine environment. Badge work may be adapted to activities around the water.  
OR
- Take part in a National Leadership Journey. All Journeys are eligible. Consider the Justice Journey for Ambassadors. In this Journey, for example, a girl could look at the big picture of environmental justice issues related to our waterways and environmental issues.  
OR
- Earn a highest award. The Girl Scout Silver and Gold Awards are a fundamental part of the Girl Scout experience. Cadettes, Seniors, and Ambassadors grow through a progressive leadership experience where they partner with their communities to create sustainable solutions that address society's biggest challenges. Empower girls to take action on environmental conservation or another Mariner-related issue and support their growth into courageous leaders, community organizers, and change makers. Empower girls to take action on environmental conservation or another Mariner-related issue and support their growth into courageous leaders, community organizers, and change makers. While Mariner troop leaders will encourage girls to seek their highest awards, girls are encouraged to work through these awards with their traditional troops. However, if a girl does not belong to a traditional troop, her Mariner troop leader may support her through the highest award program

**1. The Girl Scout Leadership Experience (GSLE):** This experience is what Mariner troops activate through the challenges girls face on the water. They learn about themselves and their values and they stretch to seek and meet challenges beyond what they might in other settings. Mariners work together with their shipmates, build positive relationships, and band together on critical issues facing our waterways. While on the water, Mariners gain a unique perspective that encourages them to think critically about the world around them and consider how they can best address significant problems they are passionate about solving. Ultimately, Mariners will be taking the helm and sailing full speed ahead into actualizing their potential as leaders.



**2. The Three Girl Scout Processes:** These ensure the promotion of the fun and friendship that have always been integral to Girl Scouting.

- **Girl-led** means that girls take an active and grade-appropriate role in figuring out the what, where, when, why, and how of what they do.
- **Learning by doing** is hands-on learning that engages girls in an ongoing cycle of action and reflection. When girls participate actively in meaningful activities on the water and later reflect on them, they gain a deeper understanding of concepts and mastery of nautical skills.
- **Cooperative learning** is designed to promote sharing of knowledge, skills, and learning in an atmosphere of respect and cooperation as girls work together on goals that can only be accomplished with the help of others.

**3. Take Action:** Take Action and service projects can focus on a wide variety of marine and service-related activities.

- Service projects can include introducing water skills and water-related issues to troops of younger Girl Scouts, whether in the community or at camp. Examples may include:
  - Host, plan or participate in events that bring awareness to the benefits of and threats to a local waterway. Activities could include a water show that displays the girls' skills and techniques on the water.
  - Modify or design a boating or swimming area to be as barrier-free as possible for people with differing abilities and needs.
- Environmental stewardship and action related to the water projects can include activities such as reducing water use and recycling water, preventing litter or pollution from degrading waterways, groundwater, and the marine environment, and participating in marine-related advocacy or service projects.

**4. Awards:** For Girl Scouts interested in pursuing honors that develop their leadership skills, awards are an excellent option. Below are some considerations:

- Cadettes can go for the Silver after completing one Cadette Leadership Journey.
- Seniors/Ambassadors must complete the Silver and one Senior/Ambassador Leadership Journey or, in lieu of the Silver Award, two Senior/Ambassador Leadership Journeys before going Gold.
- Girls may set their sights on earning the Cadette, Senior, or Ambassador Leadership Torch, Service to Girl Scouting Bar, or Community Service Bar for their service and leadership efforts within their Mariner troop or wider community. These awards recognize girls who go above and beyond in service to their troop or school as they identify issues to tackle in their highest award.





- Girls eager to mentor younger Girl Scouts and build their group leadership skills (and the pipeline for future Mariners!), may consider earning these:
  - Leader in Action (LiA) and Program Aide (PA) pins for Cadettes
  - Volunteer in Training (VIT) and Counselor in Training (CIT) pins for Seniors and Ambassadors
  - Service to Girl Scouting Bars for Cadettes, Seniors, and Ambassadors
  - Silver Award for Cadettes
  - Gold Award for Seniors and Ambassadors

**5. Trips and travel:** Mariners have the unique opportunity to travel by water! Troops will start with local canoe or kayak overnight trips at Camp Whippoorwill, Camp Woodlands and Annapolis Harbor and, ultimately, work up to bigger adventures like paddling the Boundary Waters Canoe Area Wilderness to Canada or planning a multi-day sailing experience. Girl Scout Mariners will also have the opportunity to travel independently on a Girl Scout Destination. Destinations may range from a Lake Erie island exploration to catching waves in Costa Rica. There are water-based experiences every year, such as kayaking the Greek islands, scuba diving with sea turtles, and learning to sail a historic tall ship. The travel possibilities are endless!

**6. Product program:** Mariners participate in the product program just as other troops do. This is a great way for Mariners to purchase and maintain their equipment and participate in events. Mariner troops will participate in the product sale under the supervision of the Trefoil Adventure Committee's Cookie Manager. Like a traditional troop, each Mariner troop will have an appointed Mariner Troop Cookie Manager who will aid girls in orchestrating and completing a robust product sale. If a girl belongs to a traditional troop and participates in a Mariner troop, the girl should aim to participate equally in both product sales. Mariner troop booth opportunities will be coordinated via the Trefoil Adventure Committee.

**7. Girl Scout traditions:** These include but are not limited to saying the Girl Scout Promise and Law, singing Girl Scout songs, taking part in ceremonies, and wearing a Girl Scout uniform.

**8. Mariner uniform:** At this time Girl Scout Mariners wear the same Girl Scout age-level uniform as that for other troops. They also wear a GSCM Trefoil Adventure bandanna and bucket hat. Girl Scout Mariners may wear their Mariner pin on their insignia tab in lieu of a traditional membership pin. The official GSCM Girl Scout Mariner uniform does not require that the girl wear the Girl Scout age-level sash, or sash equivalent, worn by traditional troops. GSCM Mariners will also be required to wear a GSCM branded Mariner shirt when participating in community activities.

**9. Mariner ratings:** Girl Scout Mariners will generally advance through earned ratings (see Learn by Doing.)



## Basic Equipment

Basic requirements for a successful Mariner program include access to:

- Small craft
- Docks and trailers
- Swimming pools

Community resources, including subject matter experts, local maritime museums, local commercial and community organizations with a focus on water, and potential sponsors can help locate basic equipment as well as provide expertise.

## Introduction to the Mariner Program

Prior to joining a Mariner troop, it is strongly recommended that all girls complete the Introduction to Mariners program offered by council. This program will be offered at least once annually and will ensure that all girls are starting with the same base level experience. Exceptions may be made on an individual basis. Once a girl completes the introductory program, she will be assigned to a Mariner troop. The leaders should start out and/or welcome new members, by revisiting the Look Out, Meet Out, and Move Out steps (discussed below) in order to welcome new members to the troop while gauging their comfort level with and experience on and in the water. Be sure to meet the girls where they are, knowing not everyone is coming into the troop with the same experience or confidence level regarding water activities, regardless of the girl's completion of the introductory program. It is recommended that troops focus on building a strong sense of community within their troop, learning more about one another and creating a strong foundation as they meet.







## Mariner Events

GAM is short for a Gathering of All Mariners. Originally referring to a “herd” of whales, the term “gam” was later adopted by whalers to define a meeting of two or more whaling crews at sea or on land. A Mariner GAM is a meeting of two or more Mariner troops, either on sea or on land. GAMs are a great way for Mariners to socialize, exchange stories, gather activity ideas, and engage in friendly boating competitions to improve their nautical skills. GAMs are encouraged as a council activity and could be offered as a Destination or possibly included in a troop trek.

An example of a weekend GAM may include land skills, boating and swimming, and singing events. Some activities could require the participation of the entire troop, while others can be designed for individuals or small groups. One day’s activities could focus on boating and land skills, the next on swimming events. Some GAMs include multiple-choice tests as part of a team competition to test the girls’ nautical knowledge. The local community should be invited to observe girls at their best to cheer them on. Troops may compete against each other, and smaller troops or individual girls can work together as one troop. Additional options may include:

- Competitive water-based activities
- Ceremonies, such as an investiture or a bridging from one level to the next, with a nautical theme
- A nautically-informed Take Action project designed and carried out on land that might include adopting storm drains or conducting a beach cleanup

Regattas and related events sponsored by local marinas and yacht or sailing clubs can serve as opportunities for the girls to display their nautical skills.

Trips that last a day, overnight, or longer are a great option. Visit a naval base, coast guard station, or maritime academy.

Host events for Girl Scout Juniors, Brownies, and Daisies as a way to introduce them to Mariner activities, including knot tying, properly putting on a life vest, and safely boarding a boat dockside. In addition to participation in council-sponsored product sales, this is a viable way to raise additional funds to support your Mariner troop.

Encourage girls to serve as Program Aides at a day or resident camp to bring nautical programming to a new audience.



# Her Mariner Experience

## Girl Scout Mariner Pin

To become a Girl Scout Mariner, girls will complete the requirements for the Mariner pin:

- Know and recite the Girl Scout Promise;
- Know and recite the Girl Scout Law; and
- Complete (1) Mariners On or IN water (below) and (2) Learn by Doing: Water Safety Skill Development (below) AND (3) Marine Craft Skills (found in Appendix A). Upon earning her Mariner pin, a girl will embark on items 2 and 3 of the path below to continue her mariner experience.

### A) Mariners ON or IN water

1. Acquire basic swimming skills.
  - Swim 50 yards using any stroke.
  - Tread water fully clothed for three minutes.
2. Study focus areas, such as marine or aquatic ecology.
3. Select a watercraft or water sport.\*

## Learning by Doing: Water Safety Skill Development

All Girl Scout Mariners will begin the process of earning her Mariner pin with an understanding of the Girl Scout Promise and Law, followed by a focus on water safety skills. Safety is first and foremost for Girl Scout Mariners around the water. As such, the basic skills and knowledge detailed below is required by all GSCM Mariners before girls may consider use of a watercraft or embark on an in-depth study of a marine ecology issue.

### ■ First aid

- Girl Scout First Aid badge (Cadette, Senior, Ambassador)
- American Red Cross certification

### ■ Swimming

- Before girls learn about watercraft, they must demonstrate knowledge in each of the following strokes:
  - Crawl
  - Backstroke
  - Sidestroke
  - Breaststroke

\* An alternate programmatic structure may be implemented to accommodate girls with differing needs.





#### ■ Skills, in addition to basic strokes, required before using any watercraft

- Dive, jump, or fall into deep water and return to the surface, calmly and in full control of faculties, while clothed in a shirt and shorts or jeans over a bathing suit and with socks and sneakers on.
- Swim a recognized stroke, fully clothed and relaxed, in a floating position.
- Tread water with hands held wrist-high above the surface.

#### ■ Lifesaving in the water

- Tread water.
- Know how to size, test, and use a personal flotation device (PFD).

#### ■ Underwater

If girls or troops choose to focus on underwater activities, they should first demonstrate proficiency in basic swimming skills and take instruction from certified dive instructors for snorkeling and scuba diving.

#### ■ Hazards

Girls should also develop an understanding of hazards related to:

- Tides and currents
  - Send and respond to international distress signals.
  - Handle a capsized craft.
  - Rescue a tired swimmer by boat.
- Exposure to the elements
  - Know how to prevent and treat hypothermia, heatstroke, and dehydration, and other issues related to exposure to the elements.





## Learning by Doing: Two Paths to Advanced Mariner Skill Development

After receiving their Girl Scout Mariner pin and learning water safety and skills, girls can decide how they want to build skills as a Mariner, choosing one of two paths. They may choose to earn badges and work on skill proficiency (detailed below) or advance through a series of Mariner ratings as they develop their proficiency (detailed further below). As girls grow their skills as Mariners, they may decide to move between both options.

Mariner troops will most likely be mixed level (Cadette, Senior, or Ambassador). This provides an excellent way for more experienced girls to take the lead and teach others the exciting progression in the Mariner program.

### Path One: Mariner Skill Development

This details the alternative to the Mariner ratings approach. The skills girls develop through their participation in the Mariner program may be water-based as well as land-based with a water focus. For example, while most maritime careers have a heavy focus on water-based knowledge, not every maritime career is on the water. A shipwright, or ship builder, has a deep understanding of marine sciences and STEM topics—but her career may not require her to be on water.

If girls do not choose to work toward Girl Scout Mariner proficiency ratings, they should set goals and select activities within each of the following concentration areas: nautical skills, badges/Journeys, Take Action projects, career exploration, product program, and Girl Scout traditions. Expectations for each concentration are outlined in the following sections.

**Nautical Skills:** These include—

- **Safety:** Safety always comes first. As such, basic skills and knowledge are required before girls approach the water. Girls will:
  - Know how to size, test, and use a personal flotation device (PFD).
  - Know the hazards of tides and currents.
  - Know and be able to use U.S. Coast Guard distress signals.
  - Master basic knot tying. Some knots are watercraft specific and others aren't. Girls should demonstrate proficiency in the following basic/practical knots. For a tutorial on knot tying, visit [Girl Scouts' YouTube page](#).
    - Square
    - Bowline
    - Clove hitch
    - Figure eight





- **Rope and splicing:** In addition to knots, girls should be able to care for and repair rope—including the creation of splices to join two ropes. Mariners should explore and develop skills in:
  - Needle whipping
  - Short splice
  - Round splice
- **Proficiency in a marine craft:** Girls or troops will demonstrate increasing skill in a marine craft. Specific skills related to the craft below are listed in Appendix A.
  - Rowboats, sculls, racing shells
  - Canoes
  - Kayaks
  - Sailboats
  - Powered boats (*Safety Activity Checkpoints* does not permit a girl to drive powered boats.)
  - Stand-up paddle boards
  - Other crafts and modes of exploration, including scuba, are all permissible.
  - Riding in powered boats is permissible; however, *Safety Activity Checkpoints* does not permit a girl to drive powered boats. Girls are encouraged to learn basic boat safety and may take the Maryland Boating Safety Course.
- **Weather and its effects on water activities:** Mariners should be able to describe these and know the effects and warnings. Girl should learn about clouds, including cumulus, cirrus, stratocumulus, stratus, and cirrocumulus.
- **Small craft warnings:**
  - Flags
  - Pennants
  - Lights
  - Barometer readings for weather predictions
- **Navigation:**
  - Know starboard and port sides of your craft.
  - Know marine navigation rules for all crafts.
  - Know how to use a compass and a map.
  - Know how to locate her position using compass and map and GPS.
  - Know how to create a route with bearings, using compass and map.
  - Know how to determine a reciprocal course.
  - Know how to plot her position using “dead reckoning.”
- **Communication: Demonstrate ship-to-shore communications:**
  - Flag signaling
  - Flashing lights
  - By sound
  - Using semaphore
  - Without signaling equipment
  - Using the International Code of Signals



#### ■ **Advanced knots:**

- Round turn and two half-hitches
- Rolling hitch
- Cleat hitch
- Fisherman's bend

**Badges:** Badges appropriate and relevant to the Girl Scout Mariner program will depend on the girls' level and the focus of the troop's programs and activities. The following badges are suggested starting points, always using a marine focus:

- **Girl Scout Way** (Cadette, Senior, Ambassador). At each level, troops are encouraged to consider the Girl Scout Way badge to maintain a focus on the basic tenets of Girl Scouting.
- **First Aid** (Cadette, Senior, Ambassador )
- **Paddling** (Senior)
- **Sky** (Senior)
- **Eco Advocate** (Ambassador)
- **P&L** (Ambassador)
- **Public Policy** (Ambassador )
- **Ultimate Recreation Challenge** (Ambassador )
- **Water** (Ambassador)

**Journeys:** These may be customized to have a marine focus. Examples include:

- **Outdoor** (Cadette, Senior, Ambassador)
- **Your Voice, Your World** (Ambassador)

**Highest awards:** Working with younger Girl Scouts will help Cadettes to earn their LiA and PA, Seniors and Ambassadors to earn their CIT and VIT, Cadettes, Seniors, and Ambassadors to earn their Service to Girl Scouting Bar. Girl Scout Silver and Gold Awards are the highest awards for a Girl Scout Cadette, Senior, or Ambassador. Girls may seek to earn their highest awards through the Mariner troop; however, it is preferred that girls seeking their highest awards complete such awards through their traditional troops, rather than their Mariner troop.

**Take Action.** Environmental Stewardship and Take Action projects related to water can be selected. Take Action projects can range from sustainable projects that focus on water conservation, reuse, and reduction and recycling of water to projects that prevent litter or pollution from degrading waterways, groundwater, and the marine environment.

**Career exploration:** Girl Scout Mariners are exposed to a breadth of career opportunities related to the water. Troops can visit marine-related facilities and hear from women who are professionals in a wide variety of water-related careers, such as marine biologists, marine researchers, shipyard operators, shipwrights, and shipbuilders, Coast Guard members, and water-related public policy advocates. See Appendix B for more resources.



**Girl Scout traditions.** Girl Scout traditions include, but are not limited to, wearing a Girl Scout uniform and saying the Promise and Law. Traditions also include singing Girl Scout songs and taking part in ceremonies, such as an investiture, a bridging, a rededication, and so forth. The Trefoil Adventure Troop Committee (TATC) may also determine what Mariner-specific traditions they'd like to incorporate—they might provide personalized items to girls after they meet certain requirements as well as specialized “accessories” for the items after the girls have acquired specified skills.

### Path Two: Mariner Proficiency Ratings

Girl Scout Mariners chart their own path. However, in an effort to provide a robust Mariner experience, this is the preferred route for GSCM's Mariner Program. This path provides girls an opportunity to develop their skills by advancing through the ratings described below and places a greater emphasis on traditional Mariner activities. Upon fulfillment of each, an appropriate recognition will be awarded. These ratings are earned in succession starting with:

#### ■ Midshipmite

- Safety
  - Know how to size, test, and use a personal floatation device (PFD).
  - Know the hazards of tides and currents.
  - Know and be able to use U.S. Coast Guard distress signals
- Basic swimming and personal water safety
  - Dive, jump, or fall into deep water and return to the surface, calmly and in full control of faculties, while clothed in a shirt and shorts or jeans over a bathing suit and with socks and sneakers on.
  - Swim a recognized stroke, fully clothed, and relax in a floating position.
  - Tread water with hands held wrist-high above the surface.
- Nautical knots
  - Tie knots appropriate to the watercraft selected.
- Basic watercraft (one of choice)
  - Identify the parts of the watercraft.
  - Be able to board and launch/cast off watercraft.
  - Be able to land and/or dock watercraft.
- Navigation
  - Know the shipboard directions: starboard and port.
  - Understand basic marine navigation rules.
- First Aid badges
  - Cadette or Senior Girl Scout Way
  - Cadette or Senior First Aid
- Take Action project relates to water/marine issues.
- Explore career options related to nautical pursuits or marine or aquatic systems.





#### ■ Jack Tar

- Survival strokes
  - Demonstrate mastery of the crawl, sidestroke, breaststroke, and back stroke.
  - Swim ten minutes.
  - Tread water with hands above water for five minutes.
- Watercraft
  - Demonstrate basic skill completion of selected watercraft.
  - Demonstrate knowledge of basic maintenance of the watercraft.
  - Participate as crew if a larger vessel.
  - Demonstrate survival ability if vessel capsizes.
- Rope and splicing

In addition to knots, girls should be able to care for and repair rope including creation of splices to join two ropes.

  - Needle whipping
  - Short splice
  - Round splice
  - Eye splice
  - Coiling and uncoiling
- Navigation
  - Know how to use a map and compass.
- Badges

Start with Senior First Aid and then choose two of following Senior badges, using a marine focus.

  - Adventurer
  - Eco Explorer
  - Paddling
  - Truth Seeker
- Take Action project relates to water/marine issues.
- Explore career options related to nautical pursuits or marine or aquatic systems. Invite a subject matter expert to speak to the troop.



#### ■ Seawoman

- Swimming
  - Swim 20 minutes.
- Watercraft
  - Lead use of selected watercraft.
  - Perform basic maintenance.
- Learn about navigational aids.
  - Buoys and beacons
  - Lights on vessels
  - Lighthouses
- Know about basic cloud formations.
  - Cumulus
  - Cirrus
  - Stratocumulus
  - Stratus
  - Cirrocumulus
- Demonstrate ship-to-shore communication.
  - Flag signaling
  - Flashing lights
  - Sound
  - Semaphore
  - Without signaling equipment
  - International Code of Signals
- Badges
  - Senior First Aid
  - Senior Girl Scout Way
- Take Action project relates to water/marine issues.
- Explore career options related to nautical pursuits or marine or aquatic systems. Explore opportunities to meet with professionals whose careers are on or in the water. Arrange a visit to their worksites.



#### ■ Old Salt

- Swimming
  - Complete requirements for the American Red Cross Lifeguard Certificate.
- Watercraft
  - Repair watercraft as appropriate, e.g., strip and repaint, repair sails, or patch fiberglass.
- Navigation
  - Know how to create a route with bearings.
  - Know how to determine a reciprocal course
- Weather

Know small craft warnings by:

  - Signal flags
  - Pennants
  - Lights at night
  - Official weather map
  - Barometer
- Communication

Demonstrate ship-to-shore communication.

  - Flag signaling
  - Flashing lights
  - Sound
  - Semaphore
  - Without signaling equipment
  - International Code of Signals
- Required badges
  - Ambassador First Aid
  - Water
- Elective badges—choose one of these Ambassador badges:
  - Ambassador Girl Scout Way
  - Eco Advocate
  - P&L
  - Ultimate Recreation Challenge
- Take Action project relates to water/marine issues.
- Explore career options related to nautical pursuits or marine or aquatic systems. Explore opportunities to meet with professionals whose careers are on or in the water. Request a day to shadow them at work.





#### ■ Helmswoman

- Swimming
  - Complete American Red Cross Water Safety Instructor course.
- Watercraft
  - Teach basics of selected watercraft.
- Two badges OR one Journey
  - Journey
    - Your Voice, Your World with a marine focus
  - Ambassador badges
    - Required badge: Public Policy
    - Elective badges: any not chosen for Old Salt
- Take Action project relates to water/marine issues.
- Explore career options related to nautical pursuits or marine or aquatic systems. Explore opportunities to meet with professionals; consider asking them to mentor those girls interested in a career on/in/near the water.





# Appendixes: Marine Craft Skills and Resources

## Appendix A: Marine Craft Skills

### GENERAL INFO

- Boat types: skiff, sloop, catboat, catamaran, schooner, brigantine (wind jammer), barque/bark (clipper)
- Boat terms: port, starboard, windward, leeward
- Types of sails: mainsail, junk, jib, genoa, gaff
- Types of knots: clove hitch, bowline, figure eight, rolling hitch, monkey fist

### ROWBOATS, SCULLS, RACING SHELLS

- Identify:
  - Parts of the boat
  - Parts of the oar
- Be able to:
  - Select oars for correct length and balance
  - Board and cast off
  - Land and debark
  - Dock and moor
- Demonstrate:
  - Sculling
  - Backwater
  - Feathering
  - Hand paddling
  - Paddling with a single oar

### CANOES

- Identify the parts of a:
  - Canoe
  - Canoe paddle
- Be able to:
  - Board and launch a canoe
  - Beach or dock a canoe
- Demonstrate:
  - Pushover stroke



- Draw stroke
- Stern pry stroke
- J-stroke
- Sweep stroke
- Bow stroke
- Stern paddling
- Tandem paddling
- Paddling with a passenger
- Solo paddle
- Canoe-over-canoe rescue

### SAILBOATS

- Identify:
  - Major parts of a sailboat and function of each
- Be able to:
  - Prepare a boat for sailing
  - Rig a boat
  - Set sail
  - Cast off
  - Dock and moor your craft
  - Leave a boat shipshape
  - Mend a sail
  - Rig a jury mast
- Keep sails trimmed:
  - Close-hauled
  - Reaching (close and broad)
- Demonstrate:
  - Running
  - Coming about (tacking)
  - Jibbing
- Be able to handle the following emergencies:
  - Capsizing
  - Loss of the rudder
  - Sailing only under the mainsail or only the jib
  - Broken shroud or stay

**KAYAKS**

- Identify:
  - The different types of kayaks
  - Parts of a kayak
  - Parts of the kayak paddle
- Be able to:
  - Board and launch a kayak
  - Beach or dock a kayak
- Demonstrate:
  - Forward stroke
  - Reverse stroke
  - Draw stroke
  - Sweep stroke
  - How to paddle with matched and feathered blades

**STAND-UP PADDLE BOARDS**

- Identify:
  - Parts of a stand-up paddle board
  - Parts of the stand-up paddle board paddle
- Demonstrate
  - How to size a paddle
  - Forward stroke
  - Reverse stroke
  - Draw stroke
  - Sweep stroke
  - Cross bow stroke

**POWERBOATS** (Note: *Safety Activity Checkpoints* does not permit girls to drive powered boats.)

- Identify:
  - Four common types of motorboats
  - Major parts of outboard motorboat or small cruiser
  - Engine parts (gasoline and diesel) and function of each
- Check off that you are able to prepare a boat for casting off:
  - Bilge
  - Ignition
  - Fuel
  - Safety equipment
  - Cast off
  - Moor or dock
  - Leave a boat shipshape and safe





## Appendix B: Valuable Resources

### IMPORTANT DATES

- May 22, National Maritime Day
- June 8, World Ocean Day
- UN Decade of Ocean Science for Sustainable Development (2021–2030)
- August, National Water Quality month

### EDUCATION

- Ocean Literacy Under Sail
- Sea Education Association
- National Marine Educators Association
- The GLOBE Program: Global Learning and Observations to Benefit the Environment
- Organizations and Nautical Museums
- Mystic Seaport Museum
- Los Angeles Maritime Institute
- Sound Experience
- Tall Ships America
- Ocean Conservancy
- The Association of Zoos and Aquariums
- Council of American Maritime Museums

### ASSOCIATIONS

- United States Sailing Association
- Women's Aquatic Network
- National Maritime Historical Society
- American Sailing Association
- National Association of State Boating Law Administrators
- National Safe Boating Council (NSBC): provides lists of partners and state boating courses
- North American Marine Environmental Protection Association (NAMEPA)
- National Oceanic and Atmospheric Administration (NOAA)—Marine Protected Areas
- National Boating Federation
- American Canoe Association
- United States Dragon Boat Association
- Student Angler Federation
- World Organization for Model Shipbuilding and Model Shipsport (NAVIGA)
- US Windsurfing
- American Kayaking Association
- Professional Association of Diving Instructors (PADI)
- National Association of Underwater Instructors (NAUI)



#### CAREERS

To find maritime-related careers, do a key word search online using words such as marine, maritime, nautical, aquatic ecology, marine animal, and marine biology.

#### SONGS

- “Barges”
- “Row, Row, Row Your Boat”
- “Home from the Sea”
- “Sailing, Sailing”
- “Baby’s Boat”
- “Sloop John B”
- “Michael Row the Boat Ashore”

#### COMMUNICATIONS ON THE WATER

Semaphore is system of sending messages by holding the arms or two flags or poles in certain positions according to an alphabetic code. Multiple online tutorials are available, or Mariners can engage local experts for guidance and training.

International Code Flags is a system of internationally recognized alphabetical and numerical flags and pennants that can be used to communicate on the open water. The set is also known as International Code Signal and the nautical flag alphabet. More information is available online or can be obtained from speaking with local experts.

