## **Riptides and Rapids**



Trips included in this award are all rated at SK IV or above. Only very skilled and experienced paddlers should attempt to achieve this award. Participants should have a reliable roll, excellent bracing skills, recent practice in self- and assisted-rescues, and well rehearsed towing skills. The ability and strength required to punch out through a surf zone is required on several of the trips. Paddlers should be prepared to spend several hours in their boat, as landing may be impossible or not allowed. On open coast trips, participants should be prepared for overnight camping, even if planned as a day trip.

Tacoma Narrows	Date	Leader	Branch
Participants			
Comments			
Must include Toliva S	hoal and Point Defi	ance.	
<b>Deception Pass</b>	Date	Leader	Branch
Participants		-	
Comments			
Must include circumn	avigation of Decept	ion and Pass Islands.	
Admiralty Inlet	Date	Leader	Branch
Participants			
Comments			
To include Admiralty	Head, Point Wilson,	and Point Partridge.	
<b>Crescent Beach</b>			
to Lyre River	Date	Leader	Branch
Participants			
Comments			
Makah Bay to			
Shi Shi	Date	Leader	Branch
Participants	·		
Comments			
An overnight trip is ac			
Westhaven to			
Point Brown	Date	Leader	Branch
Participants			Branch
Comments			
	n through surf. Ro	und trip or shuttle OK. May start at ei	ther end.
	0 0	,	
Ilwaco to	Data	T 1	Dura mada
North Head	Date	Leader	Branch
Participants			
Comments	I D LOW	M	
Round trip or shuttle t	o Long Beach OK.	May start at either end.	
Anacortes to			
Friday Harbor	Date	Leader	Branch
Participants			
Comments			
Route must be via Cat	tle Pass. Return by	ferry OK.	

Once completed - Return this original document to the Olympia awards coordinator and keep a copy for your records.