

# ROCK & LOG

## FUN IN SUNNY WEATHER!

Lots of us love canoeing, kayaking and paddleboarding in the spring and summer. Here are some items that will make your time on Pennsylvania's waterways more enjoyable.

- Drinking Water
- Snacks
- Cell Phone in a Dry Bag
- First Aid Kit
- Flashlight or Headlamp
- Towel and Extra Dry Clothes (keep in your car)
- Throw Bag
- Launch Permit
- Float Plan
- Friend (never go paddling alone)



Launch Permit:



## What to Wear on the Water

- Properly Fitting Life Jacket (required)
- Whistle (required)
- Sunglasses with Neck Strap
- Wide Brim Hat
- Water Shoes
- Sunblock
- Non-cotton Clothing that Dries Quickly (dress in layers as temperatures can quickly change)



EXPLORE PA WATERS



Rock & Log:



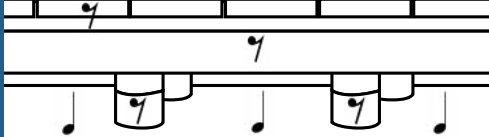
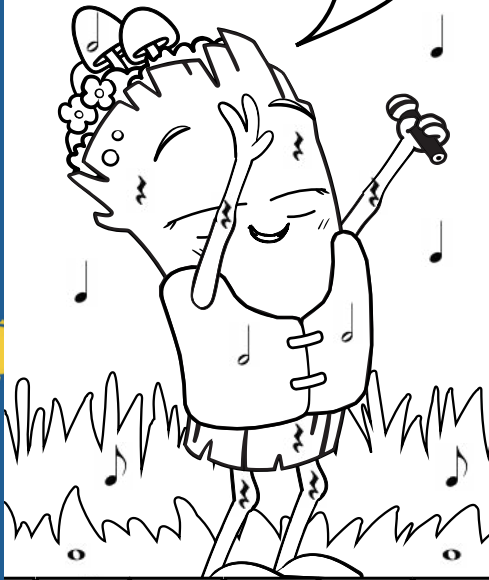
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# The Sound of Safety

Color the picture, in marker, using the key. Complete the picture with colors of your choice.

**-2-3-4!**  
Now this is how you safely play, along the P-A waterways...  
Let's wear a life jacket!



## The Key:

 Whole Note Dark Green	 Eighth Note Light Green	 Quarter Rest Dark Brown
 Eighth Rest Light Brown	 Half Note Orange	 Quarter Note Light Blue

## BEFORE YOU GO



- Check the weather forecast. Watch for storms and high winds.
- Know the waterway before you start paddling.
- Make sure your float plan includes where you're launching and taking out.
- Watch for hazards such as low-head dams, strainers and other dangers.
- Take note of the water temperature, especially in May and early June. The water can be cold even if the air is warm.
- Be familiar with Pennsylvania's boating regulations.

### Float Plan:



## FIND YOUR FIT

Avoid wearing a life jacket that's too large. If you end up in the water, it can slip over your head. And, a properly fitting life jacket is much more comfortable.

Find the correct fit with the touchdown test. Raise your arms like you're signaling a touchdown in a football game. Then, have a friend lift the life jacket by the shoulders. It should come up no higher than your chin.

### Touchdown Test:

