

PLAY

Summer
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Pennsylvania • League • of • Angling • Youth

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BACK TO THE BASICS: PADDLING TECHNIQUES

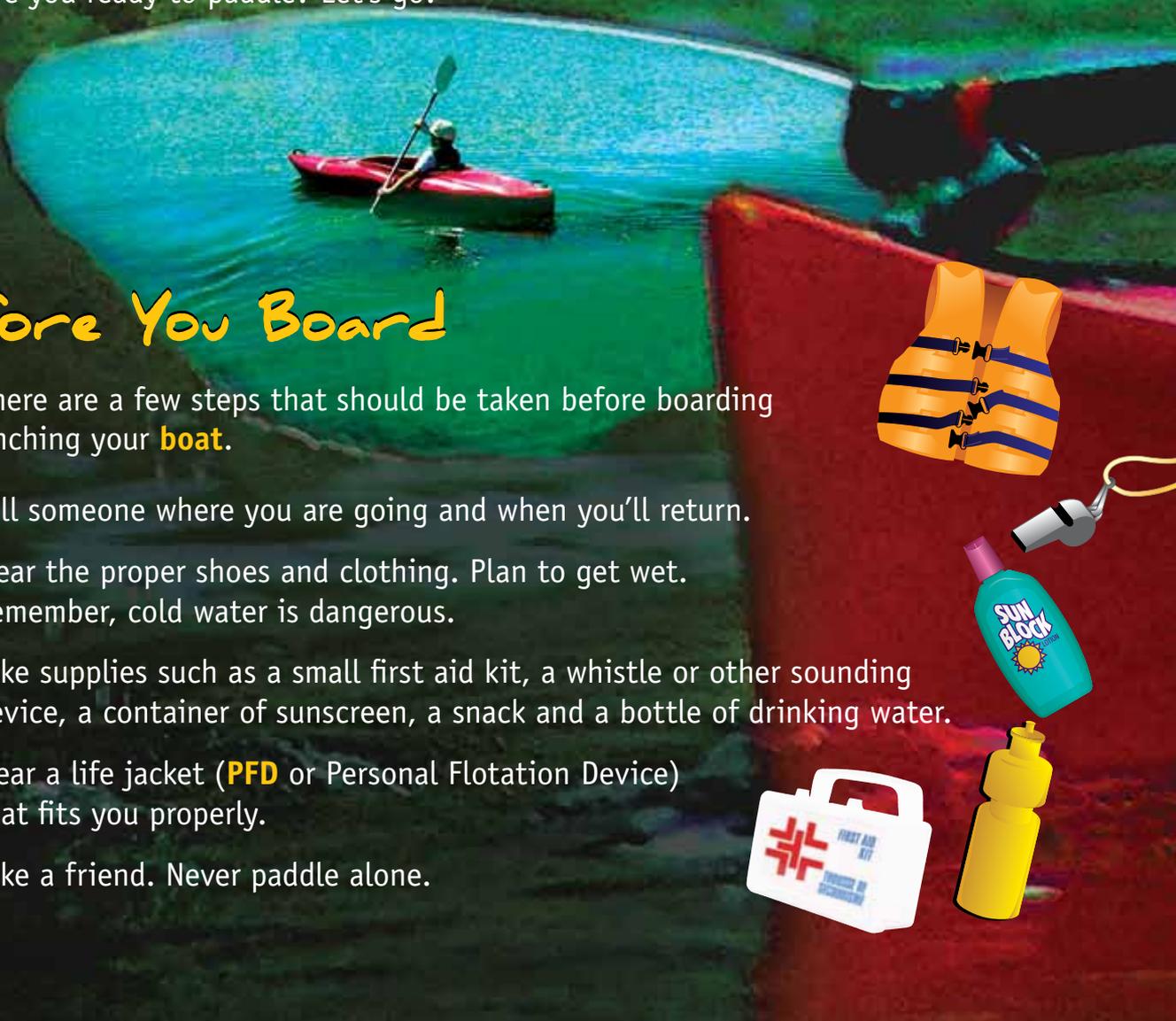
In earlier issues of *PLAY*, you learned about the basics of boating gear and safety when on the water. In this issue, you'll learn more about canoes and kayaks. You'll discover how to **launch** and land, how to use different paddling techniques and how to read the water.

Are you ready to paddle? Let's go!

Before You Board

There are a few steps that should be taken before boarding and launching your **boat**.

- Tell someone where you are going and when you'll return.
- Wear the proper shoes and clothing. Plan to get wet. Remember, cold water is dangerous.
- Take supplies such as a small first aid kit, a whistle or other sounding device, a container of sunscreen, a snack and a bottle of drinking water.
- Wear a life jacket (**PFD** or Personal Flotation Device) that fits you properly.
- Take a friend. Never paddle alone.



Loading Your Boat

- Load your gear first. Be sure not to **overload** your boat.
- Never launch in waters that look **unsafe** to swim in.



Canoes:

1. Board your **canoe** only when it is fully supported by the water.

Correct



Incorrect



2. The paddler who will be seated in the back of the canoe boards first.

3. Stay low. Keep three points of contact at all times.



Always stay low, move slow, and keep three points of contact when loading and unloading your boat.

Get Moving: Canoes

How to Hold Your Paddle

Learning how to move and **steer** your boat is an important skill to practice. Basic paddling **strokes** will get you where you want to go. Paddling strokes will also help you avoid **hazards** in the water.



FORWARD STROKE: Moves the canoe forward.

- Holding the paddle vertical to the boat, place the blade in the water in front of you.
- Pull the paddle back towards you in a straight line.
- Once the blade reaches your hips, bring it out of the water.



BACK STROKE: Moves the canoe backwards.

- Holding the paddle vertical to the boat, place the blade in the water behind you.
- Pull the paddle towards you in a straight line.
- Once the blade reaches your body, bring it out of the water.



PRY: Pushes the canoe away from the side you are paddling on.

- Rotate your upper body towards the side from which you are going to paddle. Turn the paddle, so that the blade is parallel (same direction) to your canoe.
- Place the blade in the water vertically alongside the canoe.
- Push the paddle away from the canoe.



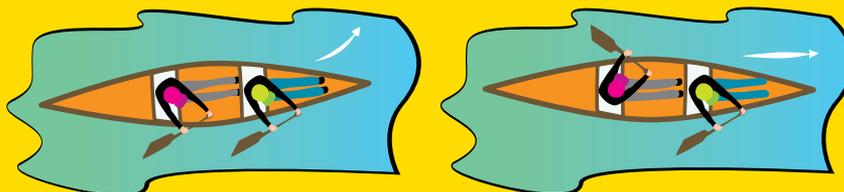
DRAW: Pulls the canoe towards the side you are paddling on.

- Rotate your upper body towards the direction you are going to move the kayak. Turn the paddle, so that the blade is parallel to your canoe.
- Without leaning your shoulders outside the gunwale, plant the blade in the water away from the canoe.
- Pull the paddle towards the canoe.



Canoeing Takes Teamwork

The canoe will turn in the opposite direction of the side you are **paddling**. To move the canoe straight ahead, both people should paddle on opposite sides.



Remember, the person sitting in the front of the canoe cannot see the paddler in the back. If you are in the back of the canoe, be sure to tell the front paddler when a change in paddling stroke is needed.

Get Moving: Kayaks

How to Hold Your Paddle

Unlike a canoe paddle, most kayak paddles have curved **blades**. They also have a top and a bottom.

Hold the paddle with both hands. The blades should be curved towards you. The distance between your hands should be a little wider than your shoulders.



FORWARD STROKE: Moves the kayak forward.

- Rotate your upper body by twisting at your waist, and place the blade in the water near your feet.
- Uncoil your body as you pull the blade towards you.
- Once the blade reaches your hips, bring it out of the water. Repeat step one on the opposite side.



REVERSE STROKE: Moves the kayak backwards.

- Rotate your upper body by twisting at your waist. Place the blade in the water near your hips.
- Uncoil your body as you push the blade towards the bow (front) of the kayak.
- Once the blade reaches to about your knees, bring it out of the water. Repeat step one on the opposite side.



DRAW: Moves the kayak towards the side you are paddling on.

- Rotate your upper body towards the side you are going to move the kayak. Turn the paddle, so the blade is parallel (same direction) to your kayak.
- Without leaning your shoulders outside the gunwale, reach and place the blade in the water away from the kayak. Your opposite hand should be raised high above your head.
- Pull the paddle towards the kayak. Bring the blade out of the water before it touches the kayak.



SWEEP: Moves the kayak towards the left or right while moving forward.

- Rotate your upper body by twisting at your waist, and place the blade in the water near your feet.
- Uncoil your body as you pull the blade in an arc (half circle) away from the kayak.
- Once the blade reaches your hips, bring it out of the water.



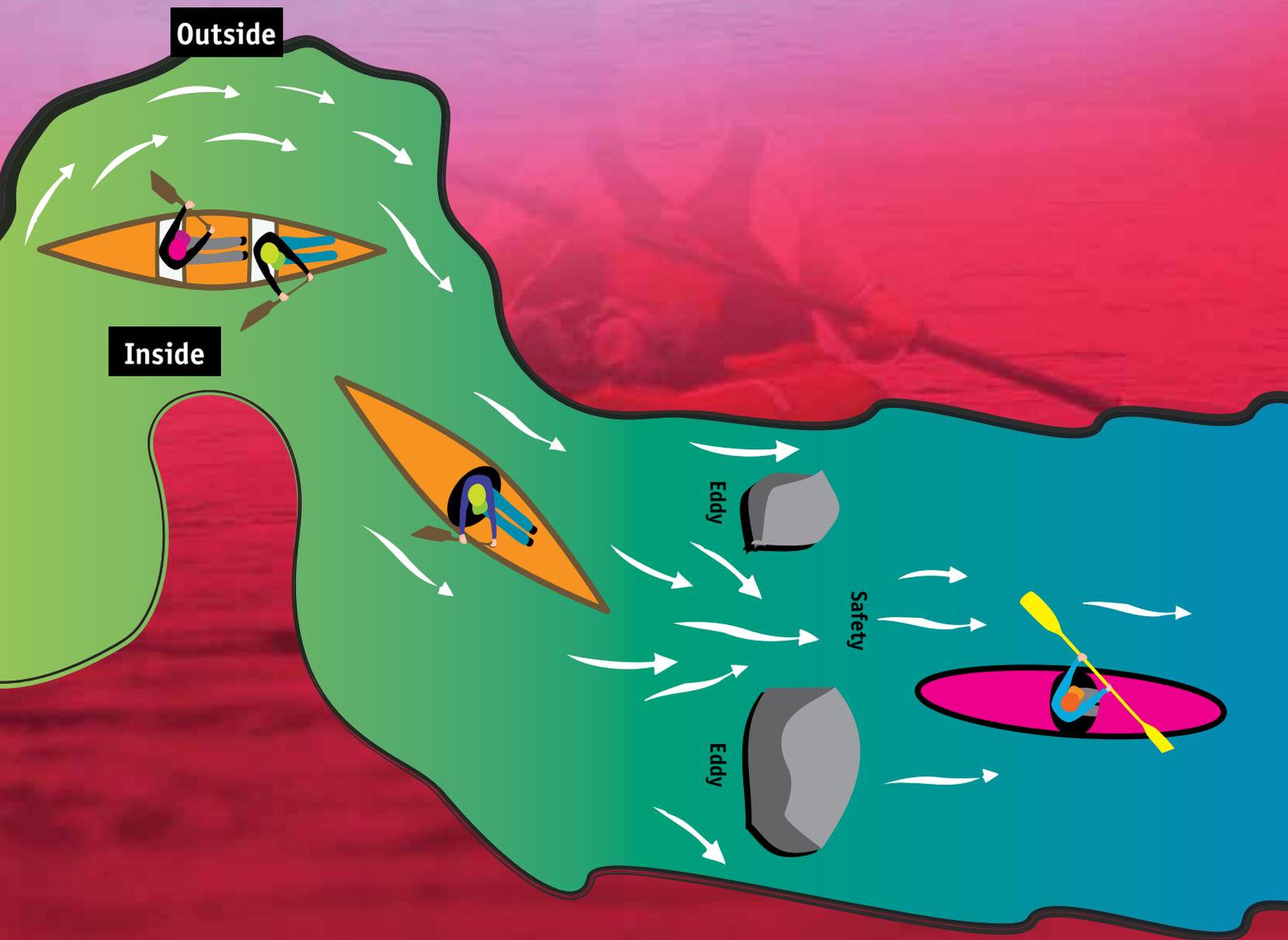
Around the Bend

As a boater, be aware of what's around you. Look ahead. This is called reading the water. Reading the water helps boaters avoid obstacles.

Paddling around a bend in a **waterway** seems easy, and it can be if you know the right way to do it. Steer your boat, staying to the inside of the bend. The **current** along the outside of the bend is strong and can push you ashore.

The calm area of water just downstream of an obstruction is called an **eddy**. If your boat gets caught in an eddy, it can be difficult to paddle out.

When passing in-between **obstructions** on the water such as large rocks, look ahead for the V. The current of the water creates a V, allowing you to pass obstructions safely.



While reading this issue, you may have noticed some words were highlighted. Use these words to fill-in the blanks and complete the words below. Then, use the numbered letters to finish the sentence and reveal the secret message.

K _ YA _
2

O _ S _ RUCI ON S
14

F _ OT B _ AC _ S
10

C _ NO _
12

_ TR _ KES
8

B _ A _ ES
3

_ AD _ LIN _
1 19

_ AZ _ RDS
20 22

_ FD
21

_ AUNC _
5 15

_ NSA _ E
18

_ TEE _
16

EDD _
13

OV _ RLOA _
6 4

B _ AT
17

C _ RRE _ T
9

_ ATE _ WA _
11 7

1 2 3 4 5 6 7 8 9 10 11 12 13
14 15 16 17 18 19 20 21 22 !



Did you know Pennsylvania has over 83,000 miles of rivers and streams? That is equal to traveling around the earth more than three times. Our state has over 4,000 lakes, ponds and reservoirs. There's plenty of Pennsylvania water to explore through safe paddling.

For more information:
www.fishandboat.com
www.acanet.org
www.rbff.org
www.safeboatingcouncil.org
www.boatingsidekicks.com

PLAY

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Secret Message: Paddle your way through PA!