

Dedicated to the Memory of Commissioner Enoch S. "Inky" Moore Jr.

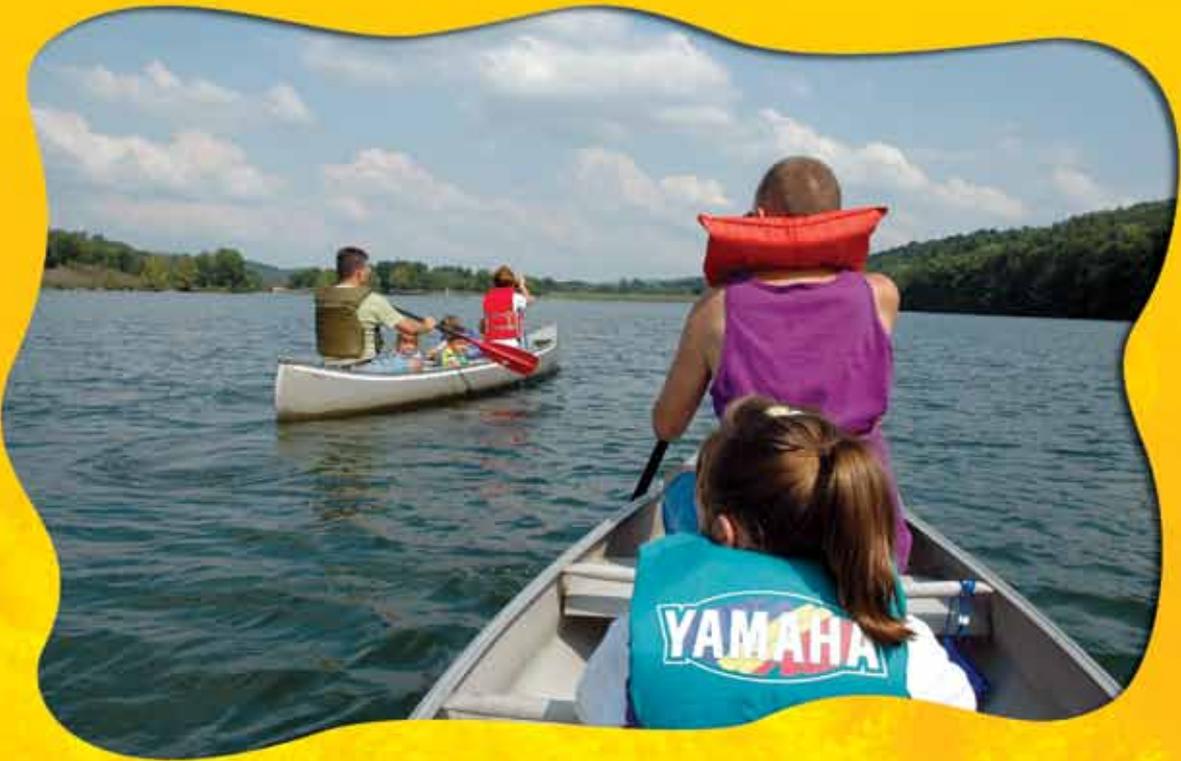
PLAY

Winter
2010

Pennsylvania • League • of • Angling • Youth

by Andy Fedor and Chad Foster

BACK TO THE BASICS:



PADDLING GEAR

Imagine slowly drifting down a quiet river. Birds are chirping, turtles are basking and a deer takes a sip of water. Moments like this are common to paddlers in a canoe or kayak.

Paddling is fun, but can seem overwhelming. Which type of canoe or kayak is best? How long should your paddle be? Which life jacket (personal flotation device or PFD) should you get? We'll help you decide.

You'll also learn about safety, techniques and where to paddle in the next several *PLAY* issues. You'll be a perfect paddler in no time.

Boat Notes: Canoes



There are many sizes, shapes and styles of canoes.

Where do you start? The type of paddling you enjoy will determine the shape and size of the canoe. Canoes also have many parts. Let's straighten it out.

- * **FLAT BOTTOM:** Stable if weight is centered, good for flat water.
- * **ROUND BOTTOM:** Won't tip easily, easy to turn, good for whitewater.
- * **VEE BOTTOM:** Less stable, turns harder, good for flat water.



Flat bottom

Round bottom

Vee bottom

Rocker is the curve of the boat bottom.

- * **MILD ROCKER:** Travels straight in flatwater.
- * **PRONOUNCED ROCKER:** Turns quick in whitewater.

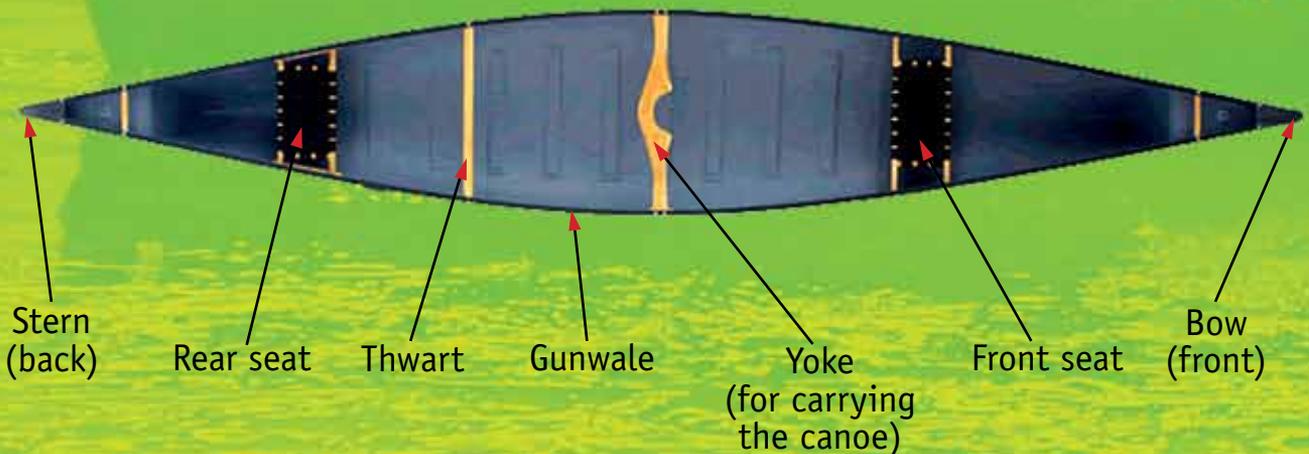


Mild rocker



Pronounced rocker

Parts of the canoe.

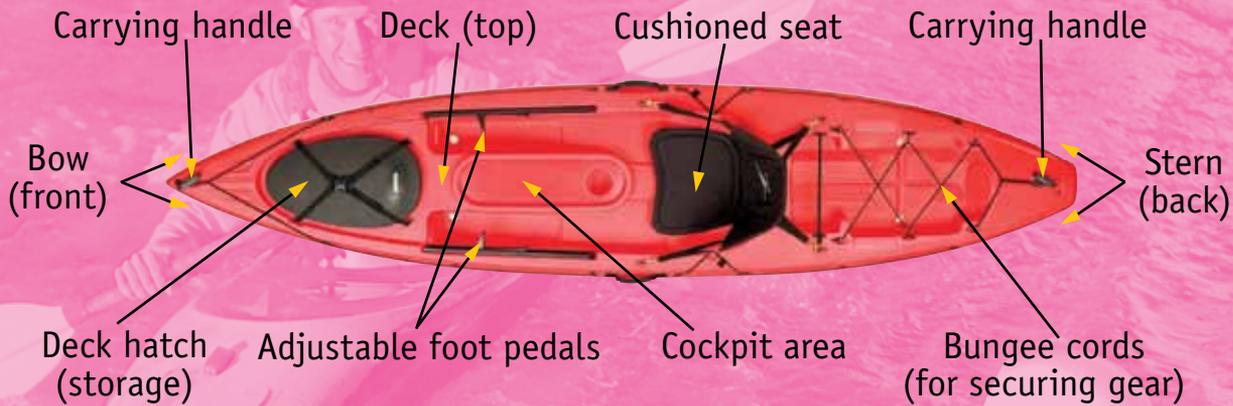


Boat Notes: Kayaks



Kayaking is a popular activity.

Some people kayak to get close to nature. Other people kayak for exercise, adventure or relaxation. Let's look at how kayaking gear is different than canoeing gear.



There are several types of kayaks:

* RECREATIONAL



Stable, great for beginners.
Use on flatwater.

* SIT-ON-TOP



Easy to enter and exit, good for beginners.
Use on flatwater and ocean use.

* TOURING



Long and stable, good for experienced users.
Use on long trips on flat or rough water

* WHITEWATER



Turn easy, only for experienced users.
Use on fast water and rapids.

Pick a Paddle

Picking the proper canoe or kayak paddle can make paddling easier.

Plastic paddles are inexpensive, but heavy. Aluminum and fiberglass paddles are inexpensive, light and durable. But, their shafts feel cold. Wood paddles are light, but require maintenance. Wood laminate (glued wood pieces) paddles are durable and light, but expensive.

Canoe paddles have many blade shapes and grip styles.

Paddle grips

- * **T-SHAPED GRIP:**  good for turning strokes on moving water.
- * **PEAR-SHAPED GRIP:**  good for power strokes on flatwater.

Blade types

- * **SQUARE-ENDED BLADE:**  good for all-around use.
- * **BEAVERTAIL BLADE (ROUNDED):**  good for flatwater.
- * **BENT-SHAFT:**  provides more power.

A canoe paddle with a plastic blade, aluminum shaft and T-grip is good for beginners. It is a compromise between cost, weight, durability and style.

Don't forget to pick the right size. Stand beside the paddle with the blade on the ground. The grip should reach the area between your chin and nose.

Kayak paddles also come in a variety of styles and sizes.

Blade types

- * **FLAT BLADE:**  easy to control.
- * **CURVED BLADE:**  allows for more power, harder to control.

Blade arrangement

- * **UN-FEATHERED BLADES:**  blades in the same plane.
- * **FEATHERED BLADES:**  blades in a different plane.

An un-feathered kayak paddle with a flat blade is a good choice for beginners.

Pick a Life Jacket



People in canoes or kayaks should expect to get wet. Even experienced paddlers sometimes capsize. It's part of the fun. Wearing a life jacket could save your life.

It's the Law. Anyone 12 years of age and under must wear a life jacket while in a canoe or kayak or any boat under 20 feet when underway.

There are many different types of life jackets, but only a few that paddlers should wear. Which life jackets are ideal for paddling? Let's take a look.

Near-shore vest (type II)



- * INEXPENSIVE
- * UNCOMFORTABLE TO WEAR
- * HIGH AVAILABILITY
- * RESTRICTS ARM MOVEMENT

Recreational vest (type III)



- * BEST FOR A VARIETY OF WATER SPORTS (canoeing, kayaking, fishing, boating)
- * BRIGHT, REFLECTIVE COLORS
- * MORE COMFORTABLE TO WEAR THAN NEAR-SHORE VEST

Paddling vest (type III)



- * EXTRA POCKETS TO HOLD GEAR
- * LESS RESTRICTED ARM MOVEMENT
- * PERSONALIZED, COOL COLORS
- * COMFORTABLE TO WEAR
- * CAN BE MORE EXPENSIVE

A recreational vest is a good choice for beginners. It compromises between comfort, function and cost.

It's almost time to enjoy the water, but don't forget your other gear.

The Gear Game: Word Scramble

Unscramble each word and write in matching numbered boxes to reveal the secret message in the blue boxes.

1- SCANSK:

Something to eat in case you get hungry.

2- ORWTH GBA:

A rope-filled bag to rescue paddlers in the water.

3- TIWLSHE:

To signal for help in an emergency.

4- ULSSNSAEGS:

Helps protect your eyes from the sun.

5- NCUESCRENS:

Helps protect your skin from the sun.

6- APM:

Helps you locate hazards, islands and sites along the way.

7- ISTFR IDA TIK:

Supplies to treat cuts and scrapes.

14-

1-

2-

3-

4-

5-

6-

7-

8-

9-

10-

11-

12-

13-

15-

8- ELHEMT:

Protects your head if you capsize.

9- SPSOCMA:

Tells you what direction you are headed.

10- THA:

Helps protect your eyes and face from the sun.

11- DPF:

Wear it! It can save your life.

12- DDLEPA:

Propels canoe through the water.

13- RELAI B:

Used to scoop water out of the boat.

14- GNRKNIDI REWAT:

Helps you avoid dehydration.

15- OPER:

Used to tie the boat to shore or to vehicles.

For more information:

www.fishandboat.com

www.acanet.org

www.rbff.org

www.safeboatingcouncil.org

www.boatingsidekicks.com

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Final answer: Be a Safe Paddler!