

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

PFLAY

Spring
2010

Pennsylvania • League • of • Angling • Youth

by Andrew Desko

BACK TO THE BASICS: WATER SAFETY FOR PADDLERS

Paddling in Cold Water

Who likes a cold shower? No? Cold water is shocking, and it can be dangerous. Exposure to water less than 70° F can cause shock or a medical condition known as hypothermia, which is when your body temperature drops. How do you avoid becoming a paddling popsicle? Here are some tips.

- Leave the jeans at home. Cotton clothes absorb cold water like a sponge.
- Wear wool and synthetic materials (nylon, polyester, fleece). These materials keep you warm even when they are wet.
- Dress in plenty of layers. You can take an extra shirt off if you overheat.
- Wear a rain suit over the other layers to keep out water.
- Cover your head, hands and feet. They do not work well when frozen.
- Pack extra clothes in a waterproof bag. Use garbage bags or freezer bags.
- A life jacket helps you float and stay warm, so wear it.



In this issue, we will talk about staying safe while canoeing and kayaking. For more information, visit www.fishandboat.com.