

# PLAY



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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.

