

# KAYAKING AND CANOEING

If you're a water lover, you must try kayaking, canoeing, or paddleboarding! It's brilliant to do with friends and opens up a whole new world that's waiting to be discovered in and around the water. Ducks and their curious ducklings might come to say hello, schools of fish might zip past, or you could be lucky enough to spot fascinating forests of underwater plants. Even better, every break is a perfect opportunity to go for a swim.



Getting into any type of watercraft can be tricky as they rock in the water and might make you fall in before you've even got started! Here's how to get into one without getting wet.

1. Place your kayak or canoe in shallow water, near the shore or dock.
2. If you can, ask a friend to help steady it.
3. Hold firmly onto both sides of the boat to keep it steady.
4. Place your feet right in the middle and slowly lower yourself in.
5. Make sure your paddle is close by so you can grab it as soon as you're seated.

If you're paddling about in a place where it gets choppy because of wind or motorboats, try to meet the waves face on. The bow of your watercraft will cut through the waves and let you ride them out. If a wave hits you side-on, you might capsize (flip upside down in the water).

Professional kayakers are designed to roll if you capsize, meaning you can easily flip yourself back upright. This is a fun and useful skill to learn at a kayak school.



## SAFETY

- Always listen to the most experienced person.
- Stay away from large boats and ships.
- Stay close to the shore—don't head out into open water.
- Stay together in a group.
- Look out for each other—nobody should be left behind!



Paddle sports are a great way to discover amazing underwater worlds. What can you see around or beneath you? Do you recognize any birds, animals, or fish? Make a wish list of the animals you would like to see on your next visit to the water!

Can you spot any of these watercraft next time you're outdoors?

