Delaware River

National Park Service
U. S. Department of Interior

Junior Ranger River Safety

How to be a Junior Ranger

A Junior Ranger knows that part of exploring and protecting the National Parks and other great places is to be prepared. There are a lot of things to learn and to prepare before going in a boat or getting in the water.

Ages 8 - 12: Complete all the activities and the water safety talk on the Certificate page. There is a bonus activity for you on the last pages of the booklet!

There is an answer key to the activities on page 11 so you can check your answers.

After you complete the activities in the booklet, a ranger will sign your certificate and give you a badge or a patch.

In Delaware Water Gap National Recreation Area, bring your book to one of the park's visitor centers or park headquarters.

In Upper Delaware Scenic and Recreational River, bring your book to the Zane Grey Museum, a park ranger kiosk, or park headquarters.

Skinners Falls,
Upper Delaware Scenic and Recreational River

Water Safety Rules

1. Always wear your life jacket when swimming or boating
2. Tell someone where you are going and when you think you will be back
3. Never go alone - always have someone to enjoy the water with you
4. Be prepared - be aware of the weather and the water
5. Never tie your life jacket to your boat

Welcome to the Delaware River

As a part of the Wild & Scenic Rivers System, sections of the Upper, Middle, and Lower Delaware River are protected by the National Park Service.

Dingmans Falls,
Delaware Water Gap National Recreation Area

The Delaware River, the longest un-dammed river east of the Mississippi River, spans 330 miles from Hancock, NY to the mouth of the Delaware Bay. The river is a great place to have fun in the water and see wildlife such as eagles, deer, and lots of fish.

Parts of the Delaware River have been designated as a Scenic or Recreational River. When a river is called a Scenic River, it means that the river and river banks are mostly clear of houses and docks, but people still have access to the river. A Recreational River is a river that is easy to access and many people may have houses or docks along the river banks. Scenic or Recreational Rivers are also free flowing, clean, and beautiful places to enjoy!

This Junior Ranger booklet belongs to: _____

What Is A PFD?

A life jacket is a type of PFD (Personal Flotation Device). Life jackets are designed to keep you floating until you can safely get out of the water. A life jacket will only save your life if the life jacket fits right. Everyone age 12 and younger must wear a life jacket on the river.

Getting the Right Fit

Check the life jacket's label to make sure that it is a proper fit for your size and weight. The life jacket must be approved by the U.S. Coast Guard.

Safe Co.

U.S. COAST GUARD APPROVED

Child

CATALOG NO. 5632

Flotation Aid - Type III PFD

Intended Use: Kayaking and Sport Vest

Child

USER WEIGHT: 30 - 50 lbs. (14 - 23 kg)

U.S. COAST GUARD APPROVAL NUMBER 180.064/2275/0

USCG approved wearable device for uninspected commericial vessels less than 40 feet (12m) in length not carrying passengers for hire, and for recreational boats.

WARNING - TO REDUCE THE RISK OF DEATH BY DROWNING

CHOOSE THE RIGHT TYPE AND SIZE PFD AND WEAR IT - FASTEN ALL CLOSURES AND ADJUST FOR SNUG FIT

FOLLOW MANUFACTURER'S USE AND CARE INSTRUCTIONS

READ MANUFACTURER'S "THINK SAFE" PAMPHLET BEFORE USING THIS DEVICE AND PERFORM "THINK SAFE" CHECKS EACH SEASON

The SAFE Co.
895 River Road
Rivertown, USA

MARINE UL LISTED

FLOTATION AID
ISSUE NO L-3598

This device is not intended to turn an unconscious wearer face-up in the water.

All life jacket labels should have some basic information. Look at the sample label and fill in the blanks.

1. Is the life jacket for a child or an adult? _____
2. What is the intended use? _____
3. Is it approved by the U.S. Coast Guard? _____

Never tie a life jacket to a boat, tube, raft or anything else. The life jacket will not be able to save your life if you don't wear it.

How to Fit A Life Jacket

Make sure the jacket is properly fastened.

Hold your arms straight up over your head.

Have a parent or a friend gently lift up the life jacket by the arm openings. The life jacket should not ride up over your chin or face.

River Supplies

You were planning a river trip and someone put a bunch of things with your supplies. Now you need to figure out what objects you need for the trip.

River Supplies Checklist

Choose 15 items from the list to help you pack for your trip!

☐ Rope	☐ Hat	☐ Water	☐ Whistle	☐ Stuffed Black Bear
☐ Boxing Gloves	☐ Golf Club	☐ Sunglasses	☐ Paddles	☐ Rescue Throw Bag
☐ Life Jacket	☐ Dry Bags	☐ River Map	☐ Soccer Ball	☐ Checker Board
☐ First Aid Kit	☐ Food	☐ Water Shoes	☐ Sunscreen	☐ Bailer (bucket)

Choosing a PFD

There are different types of PFDs (life jackets). Use the life jacket (PFD) descriptions to fill in the blanks.

In a few months, you are planning to go on another trip. There are many places and activities you want to see and do: kayaking on a river, boating on a lake, and whale-watching on the ocean. For each of these activites, there is a life jacket that works best.

Kayaking on a river: _____ Boating on a lake: _____ Whale-watching on the ocean: _____

Type I PFDs are designed to turn an unconcious person face-up in rough, open waters.

Type II PFDs are designed for calm, inland waters and to turn an unconcious person face-up.

Type III PFDs are used for boating and water sports on inland waters, but will not turn an unconcious person face-up.

Type I PFD

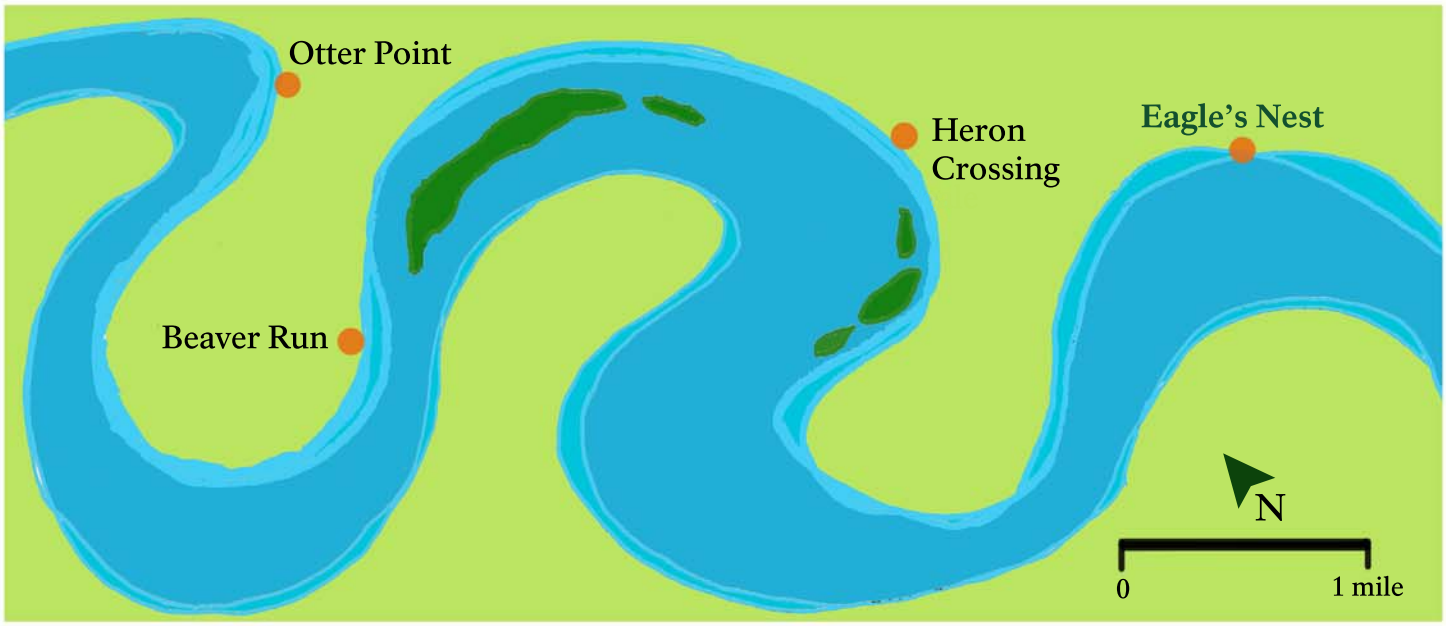
Type II PFD

Type III PFD

Planning a River Trip

Imagine that you are going on a river trip. Who would you like to go with you? Write down the names in the space below.

How many people are going with you on the trip?



Choose two points on the map at your start and end points. Circle your start point and draw a star by the end point. Write down the start and end points in your float plan.

When going on the water, you should always let someone know where you are going and when you are coming back. Use the questions to fill out the information in your float plan.

1. How many miles are you going on your river trip? Use the scale on the map and measure how many times the scale fits into the length of the river. Add the numbers together.
2. If you can travel 2 miles per hour on the river, how many hours will take you to get to the end?
3. You started your trip at 9:00 in the morning. What time of day will you get off the river?
4. Everyone that is going on the trip needs a life jacket(PFD). How many life jackets are you taking?

Float Plan

Start point: _____ End point: _____

Name: _____ Date: _____ Number of miles: _____

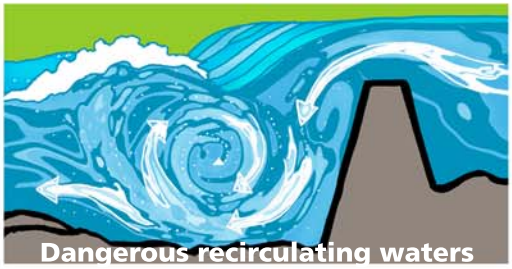
Time (start): _____ Time (end): _____ Number of hours: _____

Number of life jackets: _____

Which one are you taking? (circle one) canoe raft tube kayak

River Hazards Match

There are a lot of potential dangers out on the water! Match the river hazard to the text.



Lowhead Dam

Lowhead dams are often hard to see when you are on the river. They can be very dangerous and are called "drowning machines." Before going on the river, know if there are any lowhead dams that you need to get off the river and go around.

Weather

The weather can change quickly on the water. Watch for cloudy skies, changes in air temperature, and wind speed. If the weather changes for the worse, get off the river.

Rapids

Rapids are fast-flowing and churning waters on the river. It can be easy to capsize or get trapped against rocks. Try to keep your boat pointed downstream and watch out for rocks! You can also kneel down in a boat or raft to prevent capsizing.

Eel Weir

Eel Weirs are traps made in the river for eels. They form a large V in the river and often have a wooden trap at the end of the V shape. Eel Weirs are best avoided by going around to one side. Sometimes there are signs posted to warn you about the Eel Weir.

Hypothermia

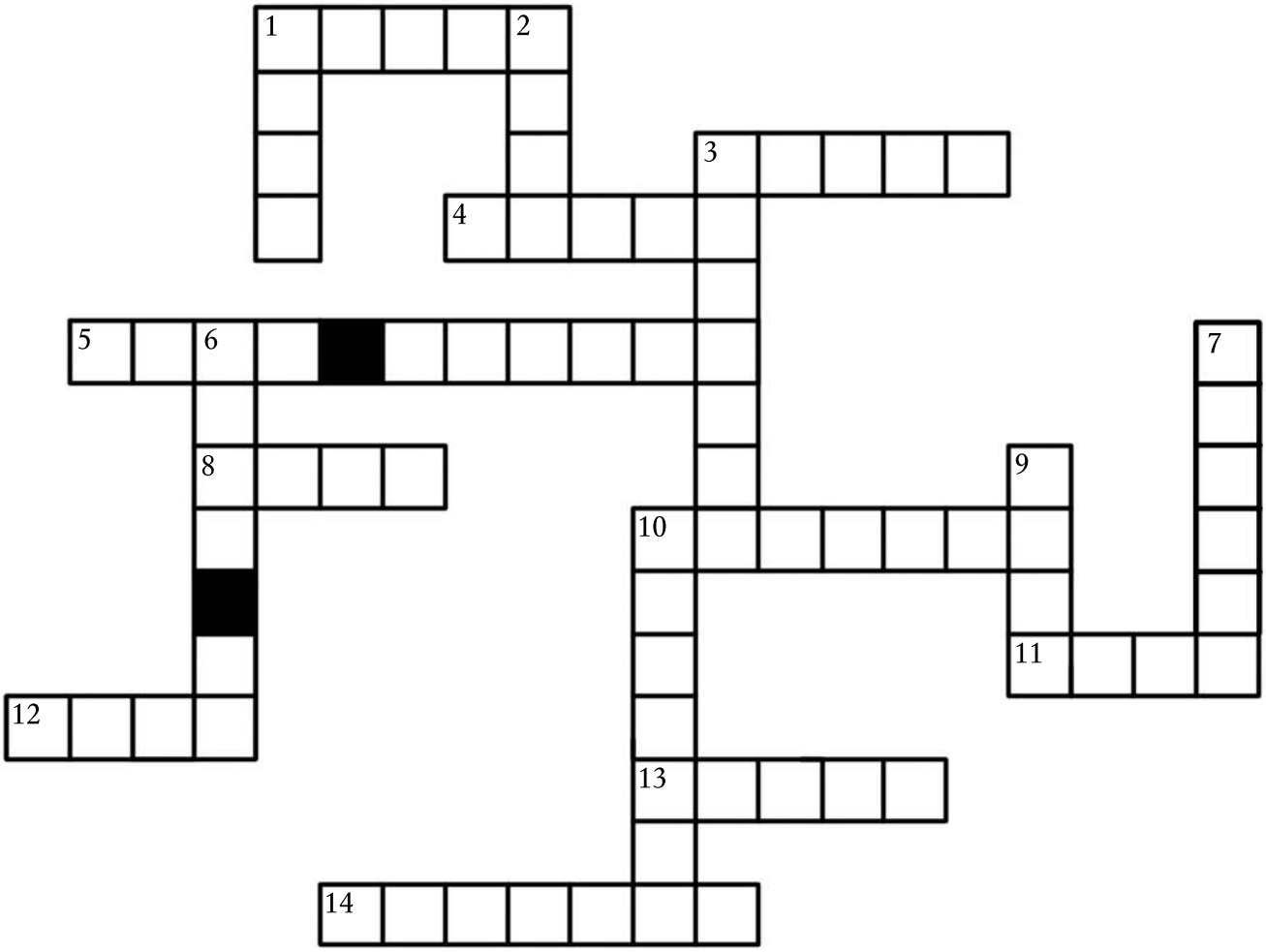
When ice is on the water, you know that it is cold outside. But you can get chilled in the water even when the air temperature feels warm. Hypothermia is when your body temperature drops and you need medical help. Bring raingear and a change of clothes in case you get too cold.

Strainers

Anything in the river that allows water to pass through but prevents other objects from going through is a **strainer**. Strainers can trap a boat or a person and the water can pull a person under the strainer. If your boat gets pinned against a strainer, climb to the top so you can be rescued.

Water Safety Crossword

Use the clues to help you finish the crossword puzzle. How much do you know about water safety?



Across

1. _ _ _ _ _ (tusoc) ahead for rapids and lowhead dams.
3. Type III PFDs are used for _ _ _ _ _ (arewt) sports and will not turn an unconscious person face-up.
4. Never go _ _ _ _ _. (nloea)
5. Wear a _ _ _ _ _ _ _ _ _ (efli cakejt) when swimming or boating!
8. When the air and water temperature are too _ _ _ _ (dolc), you can suffer from frostbite and hypothermia.
10. If you get into _ _ _ _ _ _ _ (torbeul); Don't Panic!
11. Type II PFDs are also made to _ _ _ _ (rtun) a person face-up and are used for inland waters such as lakes.
12. Type IV PFDs are throwable devices that _ _ _ _ (lehp) someone in the water but are not wearable life jackets.
13. Don't _ _ _ _ _ (kridn) the water.
14. It's easy to get a _ _ _ _ _ _ _ (brunsnu) if you don't wear sunscreen or a hat.

Down

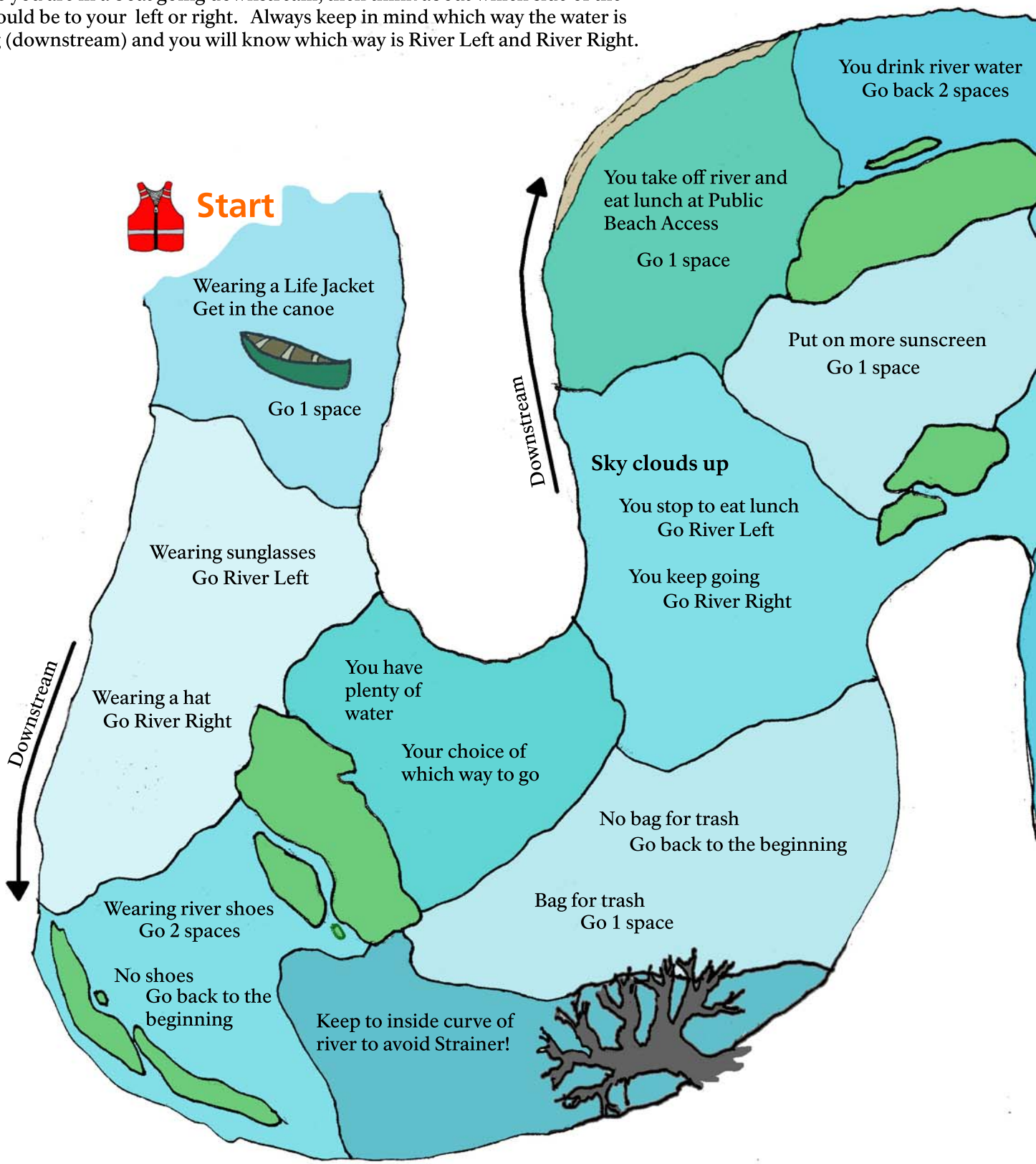
1. Learn to _ _ _ _ (mwis).
2. _ _ _ _ (letl)someone you are going and when you will get back.
3. Know the _ _ _ _ _ _ _ (etwaehr) forecast - will it be sunny or rainy?
6. Type I PFDs are life jackets designed to turn a person _ _ _ _ -_ _ (cfapue).
7. _ _ _ _ _ _ (lenits) for changes in the water or the weather.
9. Always enter unknown waters _ _ _ _ (efet) first.
10. Go inside if there is _ _ _ _ _ _ _ (hetndur) and lightning.

There are several types of life jackets (PFDs) - some will turn you face up so you can breathe. There are also life jackets for dogs. Pets should wear PFDs while boating and swimming too!

River Roving

Take a trip along the Delaware River. Use a small object as a game piece. Beware of river dangers and see if you can make it to the end! Play with someone else and see if you can change how you play the game.

When you are on the river, someone might tell you to go River Left or River Right. Imagine you are in a boat going downstream, then think about which side of the river would be to your left or right. Always keep in mind which way the water is moving (downstream) and you will know which way is River Left and River Right.



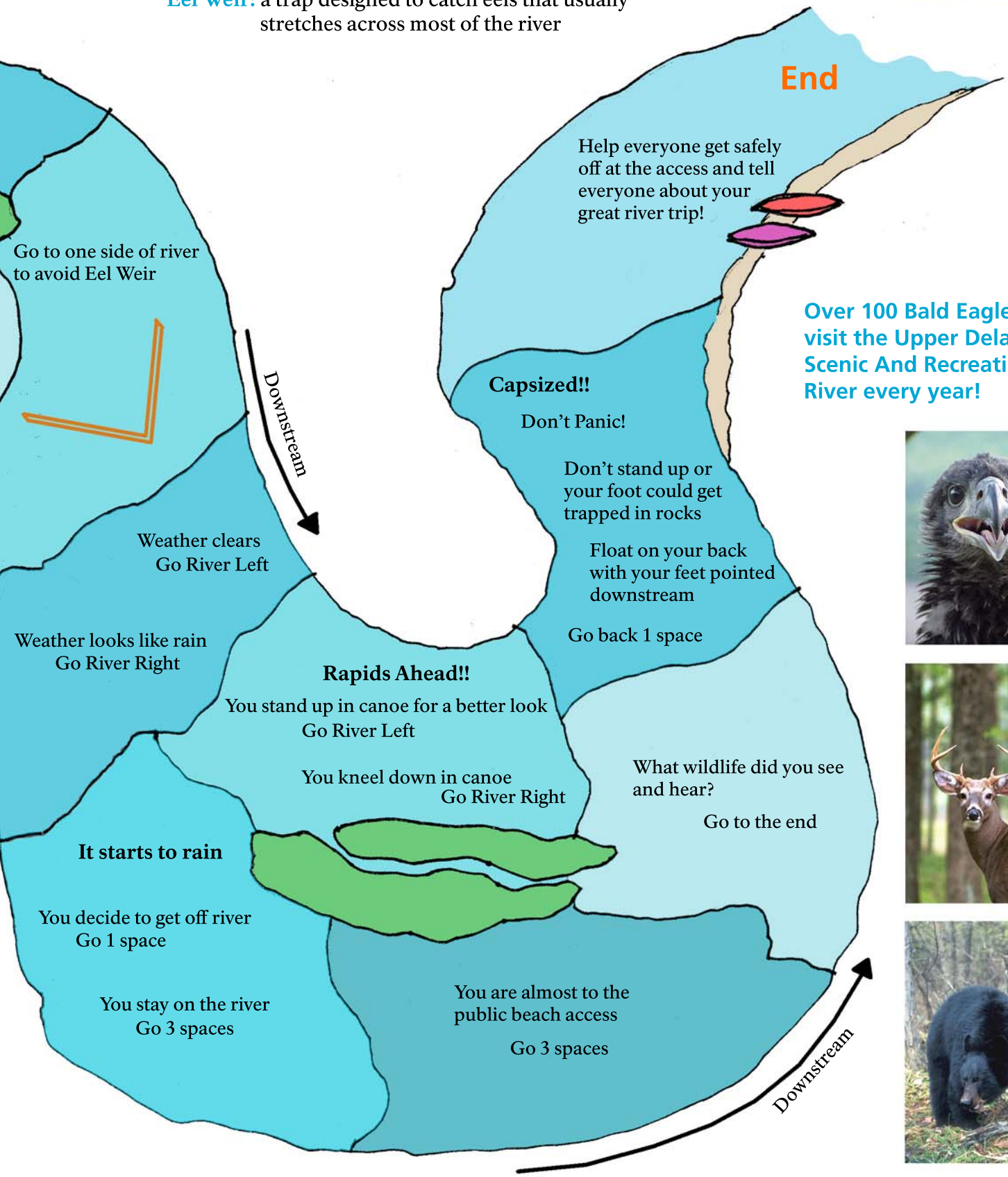
River Terms:

Downstream: in the direction of the river's current

Strainer: an object like a tree that water flows through but catches boats and people

Rapids: churning or quick moving water

Eel Weir: a trap designed to catch eels that usually stretches across most of the river

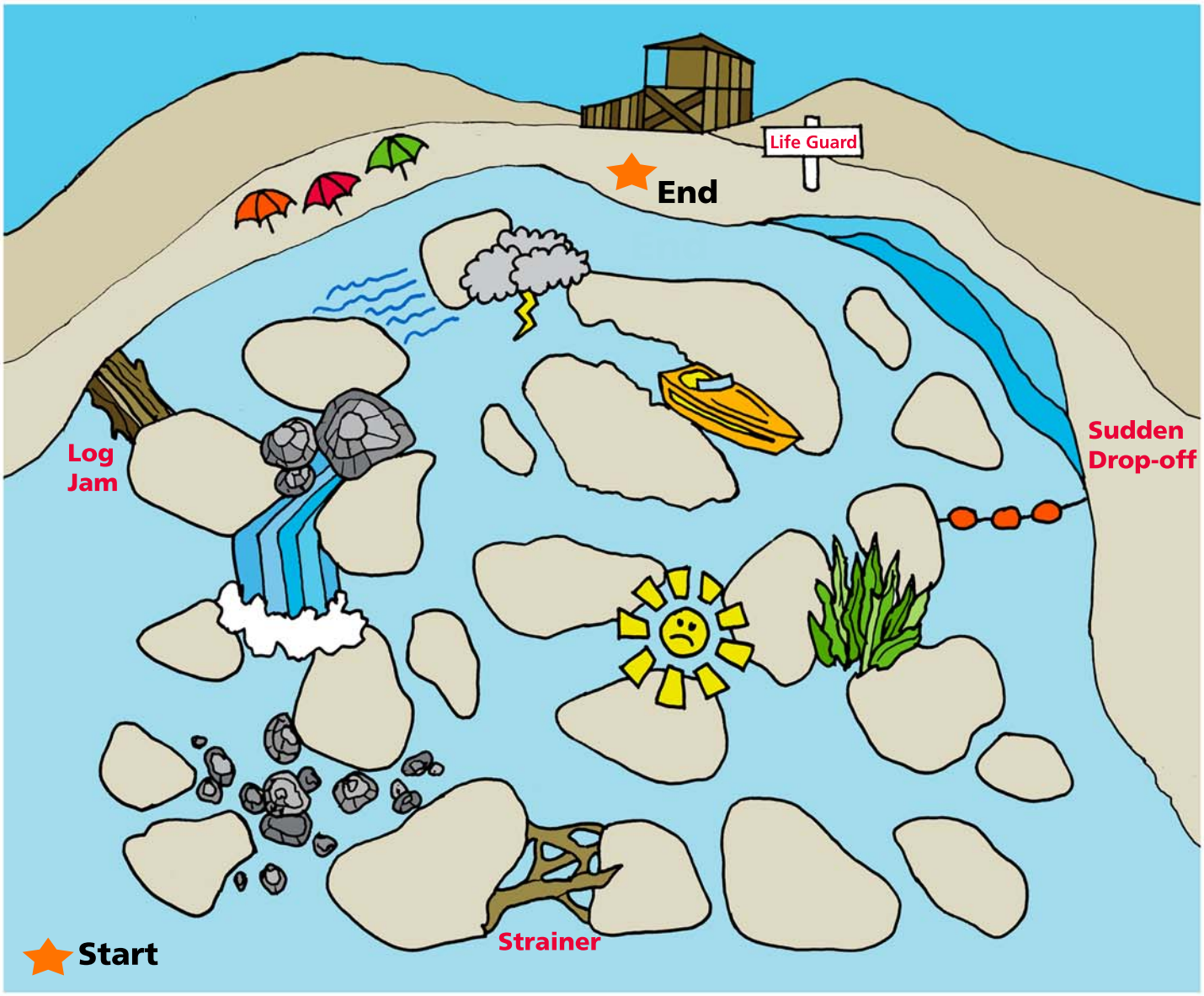


Over 100 Bald Eagles visit the Upper Delaware Scenic And Recreational River every year!

Swim Activities

Maze

Can you find your way through the maze? Too much sun, sudden drop-offs, rocks, strainers, and boats are all possible dangers in the water. Avoid all the obstacles that block your path to get to a fun and safe beach with a lifeguard!



Cryptogram

Fill in the blanks using the cryptogram key. What kind of dangers can you find in the water while you are swimming?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23	10		3	17	18	9			21			26		12		24	6	13		22	19		1	14	5

S R A E R S , R O S , F A S U R R E S ,
13 2 6 23 11 25 17 6 13 6 12 8 16 13 18 23 13 2 8 22 6 6 17 25 2 13

O D A E R A D S U D D E D R O - O F F S
8 12 4 3 15 23 2 17 6 23 25 3 13 22 3 3 17 25 3 6 12 7 12 18 18 13

A R E A S M M G A Z A R D S .
23 6 17 23 4 4 13 15 11 26 26 11 25 9 20 23 5 23 6 3 13

River Rescue

What happens if you or a friend capsize (your boat flips upside down) or someone falls out? Your friend Andy fell out of the boat! What should he do?

1. The first rule to remember is:
   a. Try to touch the bottom of the river.
   b. Don't Panic!
   c. Take off the life jacket (PFD).
2. There's water all around! What should Andy do next?
   a. Don't stand up or his feet could get trapped by rocks or other objects.
   b. Take another drink of river water. It tastes really good!
   c. Catch a fish for your fish tank.
3. The river current is really moving! What is the best way to be safe in the water?
   a. Try to swim against the river current.
   b. Relax and take a nap.
   c. Float on your back with your feet pointed downstream.
4. You and your group want to help Andy. What water safety rule can you use to help him?
   a. Reach. Throw. Row. Don't Go.
   b. Don't swim right after eating.
   c. Watch out for changes in the weather.

Reach. Throw. Row. Don't Go.

Reach: Use a paddle or another object to reach out to the person.

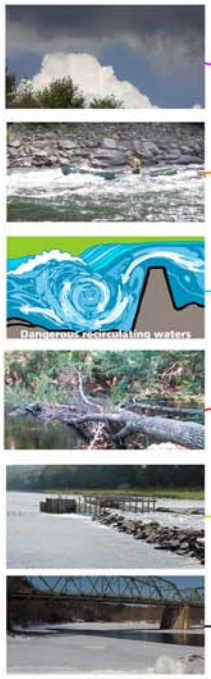
Throw: Throw a rope or a float for the person to grab.

Row: Row a boat closer to the person. Then try to reach out to the person. Never run the boat motor when close to a person in the water.

Don't Go: Never go in the water to help someone if you are not trained. Lifeguards and rangers have special training. Call and get help. If you go in the water, you could drown trying to save someone else.

Activity Answer Key

River Hazards Match



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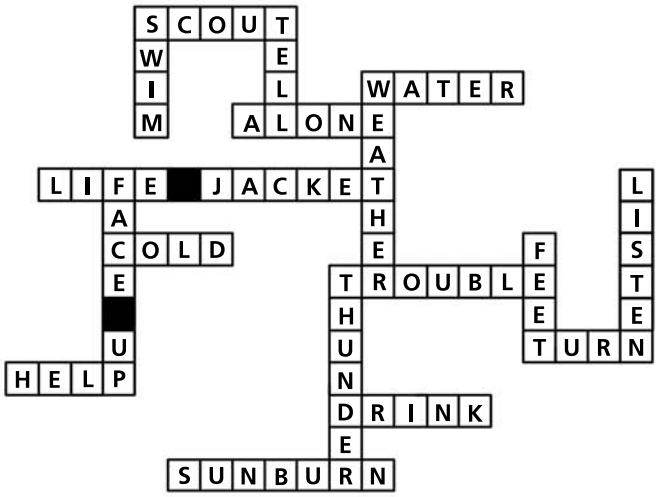


River Rescue

1. B 2. A 3. C 4. A

River Supplies

☑ Rope	☑ Hat	☑ Water	☑ Whistle	☐ Stuffed Black Bear
☐ Boxing Gloves	☐ Golf Club	☑ Sunglasses	☑ Paddles	☑ Rescue Throw Bag
☑ Life Jacket	☑ Dry Bags	☑ River Map	☐ Soccer Ball	☐ Checker Board
☑ First Aid Kit	☑ Food	☑ Water Shoes	☑ Sunscreen	☑ Bailer (bucket)

Choose A PFD

Kayaking on a river: **Type III** Boating on a lake: **Type II** Whale-watching on the ocean: **Type I**

PFD (life jacket) label

All life jacket labels should have some basic information. Look at the sample label and fill in the blanks.

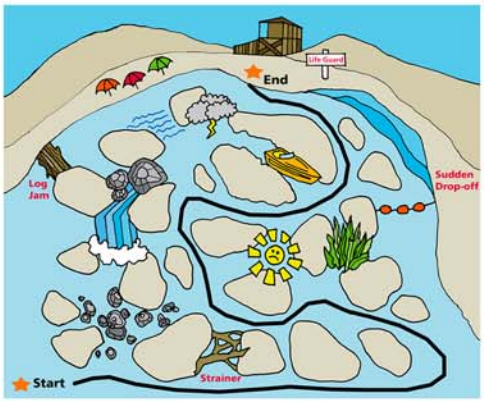
1. Is the life jacket for a child or an adult? **Child**
2. What is the intended use? **kayaking, boating, sports**
3. Is it approved by the U.S. Coast Guard? **YES**

Cryptogram

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23	10	8	3	17	18	9	20	11	21	16	4	26	25	12	7	24	6	13	2	22	19	15	1	14	5

S T R A I N E R S (13 2 6 23 11 25 17 6 13), R O C K S (6 12 8 16 13), F A S T C U R R E N T S (18 23 13 2 8 22 6 6 17 25 2 13),
C O L D W A T E R A N D S U D D E N D R O P – O F F S (8 12 4 3 15 23 2 17 6 23 25 3 13 22 3 3 17 25 3 6 12 7 12 18 18 13)
A R E A L L S W I M M I N G H A Z A R D S (23 6 17 23 4 4 13 15 11 26 26 11 25 9 20 23 5 23 6 3 13).

Swim Activity - Maze



Water Safety Talk

Every day Park Rangers talk to park visitors about water safety. After you do the activities in this booklet, write down how you would tell people to be safe on and in the water. What would be the most important things you would say?

Junior Ranger Certificate

As a Junior Ranger, I pledge to wear my life jacket and to protect the natural and historic places along the Delaware River. When I go swimming or boating, I will ask everyone to wear their life jackets. I will be aware of the weather and possible dangers in the water.

Junior Ranger Signature _____ **Date** _____

Park Ranger Signature _____ **Date** _____

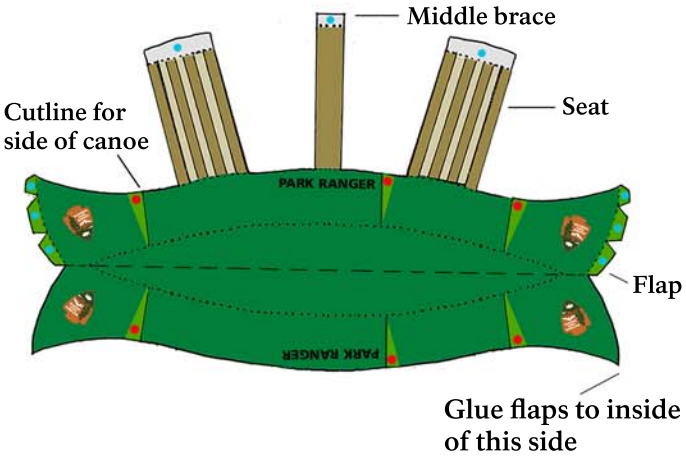
Make your own Ranger Canoe

Park Rangers use canoes or kayaks along the Delaware River to talk to people and to help if someone needs rescuing. The Park Rangers always take some basic supplies and have rescue training. Make your own Park Ranger Canoe and load the canoe with everything the Ranger needs to go out on the water.

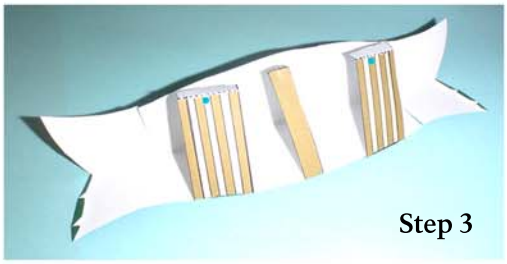
You will need scissors and glue.

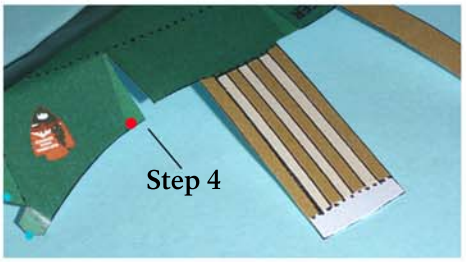
Directions

1. Cut along the solid black outline on the outside of the canoe.
2. Fold the canoe in half along the dashed line. This will make it easier to glue the canoe into shape.
3. Fold along the dotted lines on each of the flaps, brace, and seats.
4. There are six cutlines on one side of each of the light green triangles with the red dots. Cut each line until you reach the dotted line.



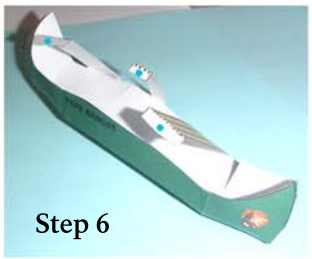
Step 2


Step 3


Step 4

5. Take one end of the canoe and glue the flaps with the blue dots to the inside of the canoe. Then hold the glued pieces together for 10 seconds so the glue can set. This forms one end of the canoe.
6. Glue the lighter green triangles with the red dots to the inside of the canoe. As before, hold each glued area for several seconds so the glue can set.
7. Glue the other end of the canoe, the seats, and the middle brace.

Step 5

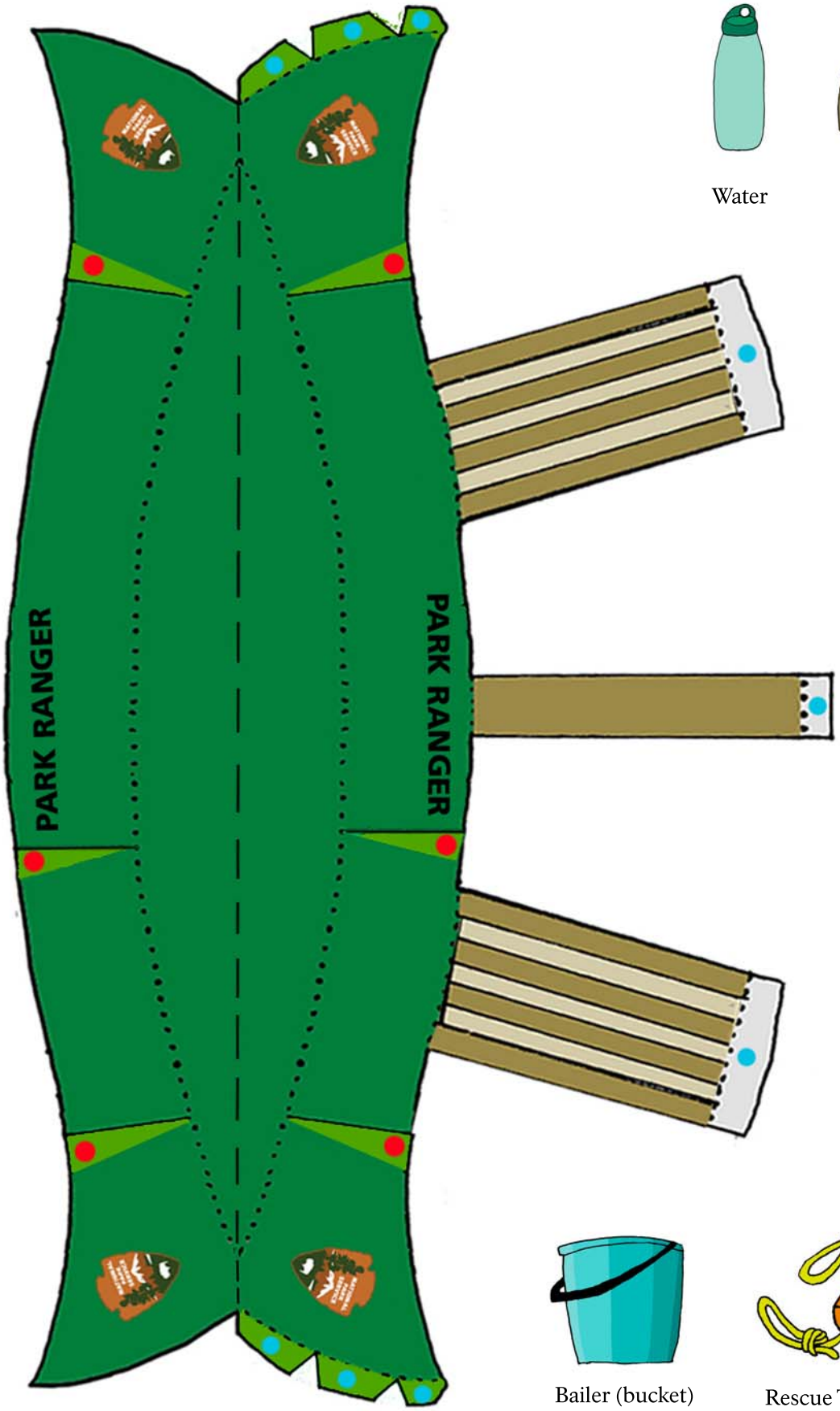

Step 6

Step 7

As you glue the paper together, the canoe will start to take shape. You can fold gently along the dotted line on the bottom of the canoe to shape the canoe.

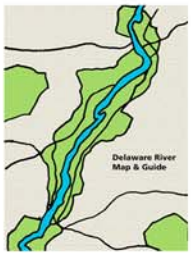
Canoe and River Supplies

When you load the canoe with supplies, make sure you balance the load so the canoe will stay afloat.
(not shown: hat, whistle, river shoes)



Water

Food



River Map

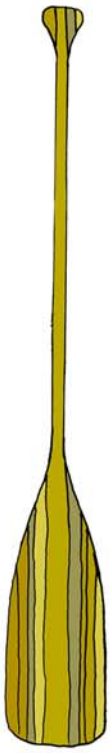
First Aid Kit

Sunscreen

Rope

Radio

Dry Bags



Paddle

Bailer (bucket)

Rescue Throw Bag

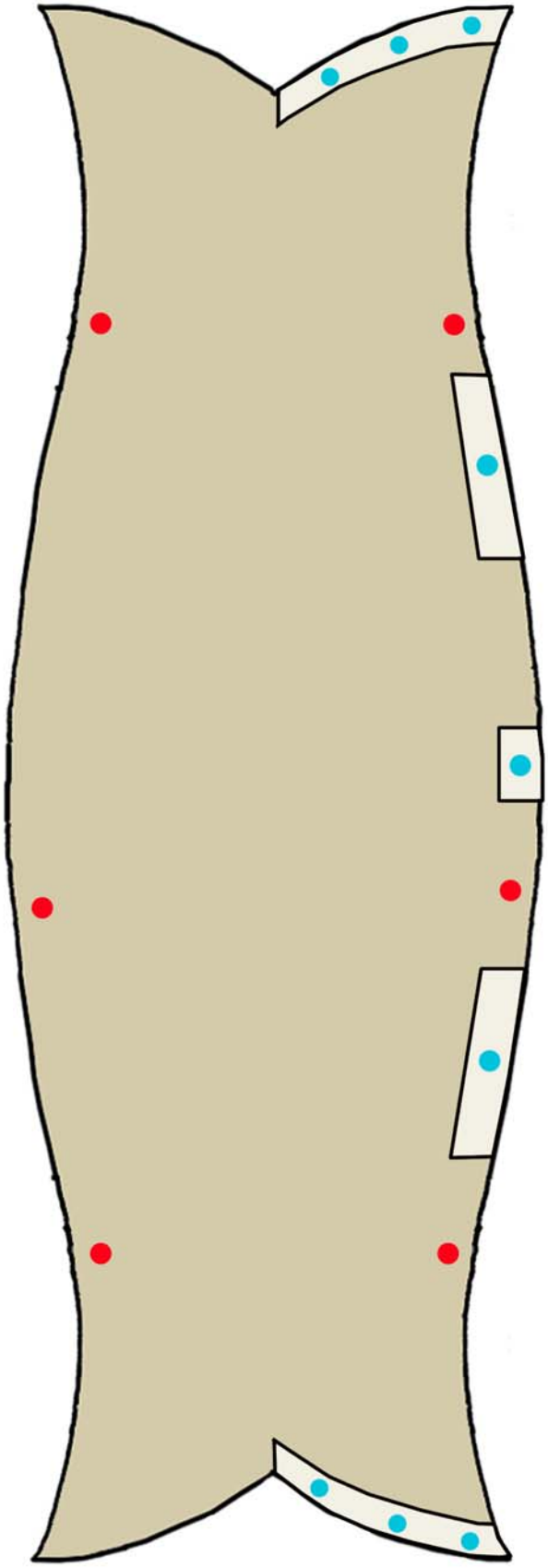
Life Jacket

Contact Information

Delaware Water Gap National Recreation Area
HQ River Road off Route 209
Bushkill, PA 18324
www.nps.gov/dewa
Visitor Information: (570) 828-2253

Upper Delaware Scenic and Recreational River
274 River Road
Beach Lake, PA 18405
www.nps.gov/upde
Visitor Information: (570) 685-4871
River Conditions: (845) 252-7100

Lower Delaware Wild and Scenic River
Write to:
NPS Wild and Scenic Rivers
200 Chestnut Street
Philadelphia, PA 19106
www.nps.gov/lode
Visitor Information: (215) 597-1655

Be a Junior Ranger online at http://www.webrangers.us/

Inside of Ranger Canoe