

KEEP IT CLEAN

Clean water helps people, plants, and animals thrive. Fish swim in it, birds hunt in it, and communities depend on it every day. As you explore the wonders of water, think about the small ways you can help keep it clean for everyone who shares it.

WATER QUALITY

The cleaner water is, the better life can thrive. Some organisms are very sensitive to pollutants. We call these life-forms *indicator species*.

Can you find any of these indicator species in the water? *How clean do you think this water is?*



Mayfly Larva



Amphibians



Crayfish



Riffle Beetle

VERY CLEAN SLIGHTLY CLEAN SLIGHTLY POLLUTED HEAVILY POLLUTED

PROTECTING WATERSHEDS

Water is always on the move! Gravity pulls it downhill from mountains to creeks, into rivers, and eventually the ocean. This journey is called a **watershed**, and what happens to water here can affect everything downstream.

Write down ways you protect waterways!

HOW DO YOU KEEP IT CLEAN?

TRACK your hike at
kidsinparks.com
and get **FREE** prizes!



Visit our website to find more TRACK Trail™ adventures near you!

Thanks for joining us today!



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SET A COURSE FOR ADVENTURE!

Lakes and rivers hide secrets that can only be uncovered from a boat. A hidden world of wild plants and animals, spectacular views, and unforgettable moments are waiting for you to pick up your paddle.

WILD WATERS

Hop into a canoe or kayak and explore the water up close! From your boat, you might spot fish, turtles, birds, and other things hidden from shore. Use this guide to help you discover more on your paddling adventure.

 **Perching Birds**
Kingfishers



 **Soaring Birds**
Osprey & Eagles



ABOVE WATER

Look for wildlife soaring in the skies above, perched in the trees along the banks, or hanging near the surface of the water.

Birds



 **Wading Birds**
Herons & Cranes

 **Swimming Birds**
Ducks & Geese



 **Mammals**
Otters, Beavers, & Muskrats



 **Insects**
Dragonflies & Water Striders



Herps

 **Amphibians**
Frogs & Salamanders



 **Reptiles**
Turtles & Snakes



SAFETY FIRST

CHECKLIST



FLOATATION ☐



SUN/UV PROTECTION ☐



WHISTLE ☐



DRY BAG ☐

FISH

 **Largemouth Bass**



 **Trout**



 **Channel Catfish**



 **Sunfish**



 **Mollusks**
Mussels & Snails



BENEATH THE SURFACE

Animals under water can be difficult to see. Take a break in calm water and see if you can spot anything moving below.

*pro-tip: polarized sunglasses can cut down glare on the water and help you see underneath.

PADDLING SKILLS

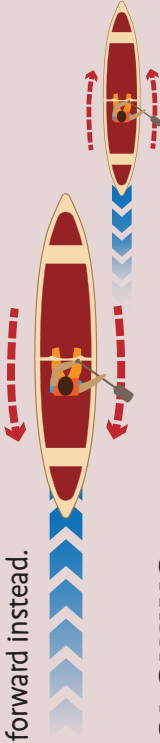
STABILITY

Stay centered in your boat and keep your weight low. Move slowly and smoothly so the boat stays balanced. A steady paddler is a stable paddler!



MOVING FORWARD & BACKWARD

Dip your paddle in the water near your feet and pull it back alongside the boat. Switch sides every few strokes to keep moving straight. To move backwards, push your paddle forward instead.



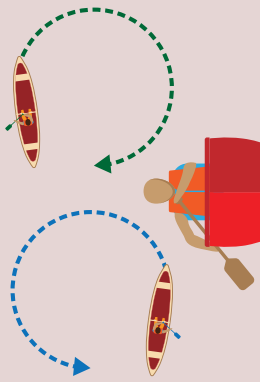
SLOWING

To slow down, take smaller strokes or stop paddling. To stop faster, drag your paddle flat in the water beside the boat.



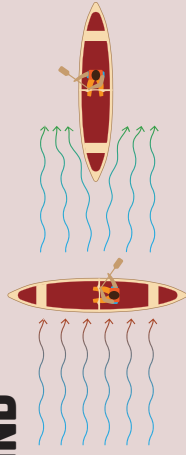
TURNING

To turn, paddle more on one side of the boat. Paddle on the right to turn left, and paddle on the left to turn right.



CURRENTS/WIND

Water and wind can push your boat off course. Paddle into the current or wind to stay on track.



OBSTACLES/HAZARDS

Risk: Damage



Rocks

Risk: Entanglement



Submerged Logs

Risk: Capsize



Swift Currents