

All I Need to Know about Kayaking I Learned from Momma

Chapter 3

When, in the dog days of summer, you would go out to play as a kid, didn't your Mom always tell you to be back before dinner? According to Mom-logic, if you failed to show up, it meant that you were either injured or kidnapped, and that she was fully justified in calling the police. Little did you know at age seven that Mom-logic is also the logic of safe paddling.

When you go for a long paddle by yourself or in a group, it is always a good idea to leave a "float plan" with someone on shore. A float plan is a description of the course you plan to take and the time you expect to return. It might also include a description of your kayaks and the safety equipment you are carrying. That way, if you get into trouble on your paddle and fail to return at the appointed time, someone on shore will know that you need help. If there is reason to believe that you have encountered an emergency and are not just running late, the person on shore can then contact 911.

So listen to Momma and come home before dinner, or whenever you say you'll come home in your float plan. It's safer that way!

Say tuned for more sayings from Momma.