

PADDLE BOSTON



COLD-WATER PADDLING

Spring and Fall are enjoyable times to paddle yet cold water temperatures make being out on the water significantly more dangerous than at other times. Before taking a canoe or kayak out on the river or ocean, please read the article listed below. Remember that children are particularly at risk in cold water. Limited wetsuit rentals are available for adults and older children.

Date: _____

Today's Water Temperature:

Charles River in Newton: _____°F Boston Harbor: _____°F

I have read and understand *Off-Season Boating, Cold Shock and Hypothermia* by Chuck Sutherland.

Print name _____

Signature _____

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Signature _____

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