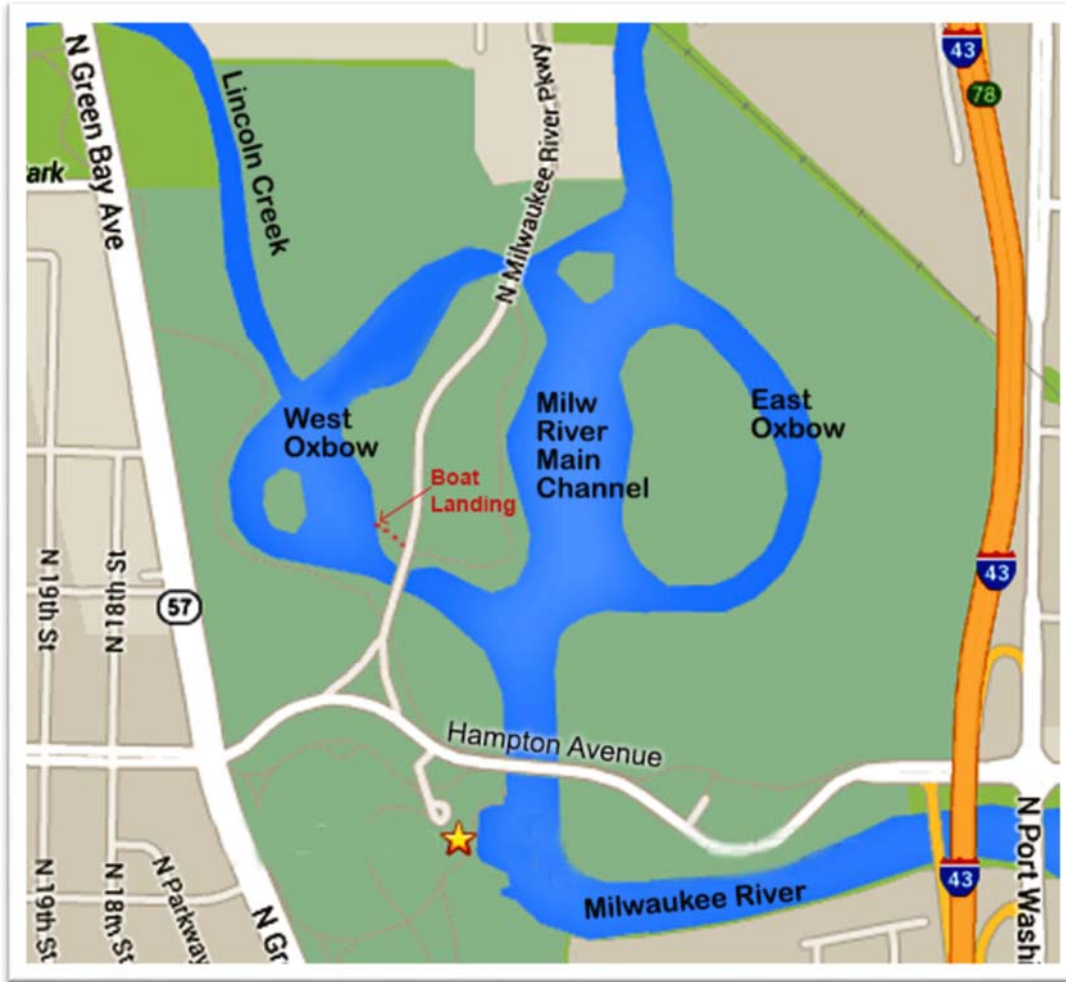


Lincoln Park Friends - Paddler's Guide



Paddling in Lincoln Park is best when water levels are 2-3.5 feet at the NOAA gauge at Estabrook Park.
Google: NOAA Estabrook Gauge. **Always wear a PFD and paddle with care.**

Location Descriptions:

Main Channel:

The shallowest section, difficult in low water, Easy currents otherwise.
This channel was dug by hand by the WPA in 1937-38

West Oxbow:

Where you launch. Upstream paddling to main channel difficult in low-water. Also, it is possible to paddle up Lincoln Creek past Villard Ave.

East Oxbow:

Runs between golf course and big island. Take it slow and enjoy the wetland environment along this hidden treasure. Watch for herons and a beaver lodge.

Lincoln Park is part of sensitive watershed so please help us protect it by practicing Leave No Trace ethics and join us in picking up litter on the shoreline!

Find us on Facebook: www.Facebook.com/LincolnParkFriends

Sign up for our e-newsletter: www.LincolnParkFriends.org

Paddle Safety Checklist

- **Always wear a Life Jacket**

a PFD or “Personal Flotation Device” is required by state law.

- **Dress Right**

- Consider the air and water temperature and wind conditions as well as dressing comfortably so you can move easily
- It doesn't hurt to pack extra clothes in a dry bag if you will be a long way from shelter

- **Plan and Prepare**

- Know your boat and the water you'll be paddling in
- When first learning, try practicing in calm shallow water near to shore or take a safety course
- File a “Float Plan” by telling a friend or family what your plans are.
- Think about how you will launch and land your boat and navigate obstacles
- Check a map and do a site survey where you'll be paddling
- Prepare mentally for an emergency by knowing your action plan

- **Never paddle under the influence**

- Don't imbibe when on or near water
- Alcohol & water recreation are a dangerous mix, a recipe for disaster
- When you are paddling, sharp thinking and reflexes will save your life

- **Paddle with Others**

- The best experts know that paddling alone can be risky
- You can learn new things and share the enjoyment of the outdoors with friends
- Or join a paddle group and meet new friends

- **If you Fall in the Water**

- These tips are geared for Lincoln Park waters. Check local conditions.
- Most places in the park are shallow enough to stand but strong current can knock you over.
- Your PFD should help keep your head above water, lean back and keep your body close to the surface. Angle your head to the nearest shore and backstroke toward shore. If current is not too strong, stand up when you can.
- If you are being swept by the current, point your legs downstream and close to the surface to prevent your feet from becoming entrapped in rocks.
- If close to your boat, you can hold on and float with it if it is safe to do so, but stay upstream of your boat to avoid getting crushed by the current pushing your boat downstream.

- **Where to Get Started**

- Urban Ecology Center has boats to loan for members. Membership is inexpensive
- Urban Ecology Center in Washington Park has beginner paddling lessons.
- Find a friend with a boat and invite them to go paddling.
- Join the Friends of Lincoln Park for a paddling event. Subscribe to our newsletter for info.