

# Lesson 5

## Idaho State Park Water Safety and Water Related Activities

**Theme:** “Water, water, everywhere....”

### Content Objectives:

Students will:

- Read the legend on the Idaho State Parks and Recreation Guide
- Identify which parks have water related activities
- Learn different types of Personal Flotation Devices (PFDs) and why they are important
- Learn the proper fit of a PFD
- Write a creative story about an imaginary water related experience at a state park

### Suggested Level:

Fourth (4<sup>th</sup>) Grade

### Standards Correlation:

- Language Arts
  - Standard 1: Reading Process 1.2, 1.8
  - Standard 2: Comprehension/Interpretation 2.2
- Language Usage
  - Standard 3: Writing Process 3.1, 3.2, 3.5
  - Standard 5: Writing Components 5.2, 5.3, 5.4
- Health
  - Standard 1: Healthy Lifestyles 1.1
  - Standard 2: Risk Taking Behavior 2.1
  - Standard 4: Consumer Health 4.1
- Humanities: Visual Arts
  - Standard 3: Performance 3.1, 3.2, 3.3
- Mathematics
  - Standard 1: Number & Operation 1.1, 1.2
  - Standard 3: Concepts and Language of Algebra and Function 3.1, 3.3
  - Standard 4: Concepts and Principles of Geometry 4.1, 4.3
- Physical Education
  - Standard 1: Skill Movement 1.1
  - Standard 5: Personal & Social Responsibility 5.1
- Science
  - Standard 1: Nature of Science 1.8
- Social Studies
  - Standard 2: Geography 2.1, 2.2

### Suggested Time Allowance:

2 1-hour session(s)

### Materials:

- Idaho State Parks and Recreation Guides** (Free from IDPR)
- Writing paper and pencils/pens
- Equipment to Take and Water Safety Rules Information Sheet
- State Parks Water Facts Sheet
- Assorted sizes and types of PFDs
- Materials for PFD Relay Race
- Copies of Concentration Game - 3 x 5 index cards
- Buck the Water Dog Math and Maze Handouts
- Pocket folders (portfolios)

## Preparation:

- Order **Idaho State Parks and Recreation Guides** (Free from IDPR).
- Invite Park Employee or Boating Safety Coordinator/Educator to visit classroom to talk about water related activities in Idaho State Parks and water safety.
- Find different types of PFDs or photos
- Make copies of Equipment to Take and Water Safety Rules for each student
- Make copies of Buck the Water Dog handouts and maze for each student
- Prepare items for PFD Relay Race
- Pocket folders (each student's portfolio)

## Procedures:

### Session 1:

1. Open the Idaho "State Parks and Recreation Guide" to the legend. Instruct the students to find all of the Idaho State Parks that have recreational activities based on water (fishing, boating, swimming, water slide, ice fishing, ice skating, cross-country skiing, snowmobiling, etc.). List these on the board.
2. Review the State Parks Water Fact Sheet with students. Have them decide which state parks they would like to visit and determine which would be their favorite season to visit that park.
3. Using the Idaho "State Parks and Recreation Guide" legend, have students find all of the Idaho State Parks that have boat ramps. Have students determine which Idaho State Parks allow only boats with electric motors. Have them develop a hypothesis as to why this might be. (Size of lake, noise ordinance, etc.)
4. Have students choose a park from the State Parks Water Fact Sheet. Let them create and write a story about an imagined visit to that park and the water related activities that they participated in. It can be in the present time or during a geologic event that happened long ago. Have students share stories.

### Session 2:

1. Talk about water safety and LAWS. Refer to Equipment to Take and Water Safety Rules sheet.
2. Begin by asking students if they have ever worn a PFD. Have several types and models. Refer to the Types of Personal Flotation Devices (PFDs) sheet. Talk about PFDs and their uses. Ask a few students come forward and model the PFDs and try to put on one that is too small or too large. Discuss the proper way to wear and proper fit. Have a short discussion about different types of PFDs, their color (have students reason why the PFDs are so brightly colored) and why they help us float. Show pictures of different type of PFDs and have students identify them and their use.
3. To reinforce the concept of wearing a PFD and to become familiar with a life jacket, play the PFD Relay Race. This activity will allow the student the opportunity to become familiar with a life jacket and practice putting it on and taking it off in a rapid manner. During this activity you can review the proper fit of a PFD. PFD Relay
4. Sometime previous to this lesson, hand out copies of the Water Safety Concentration Game for students to color, cutout and place on 3 x 5 index cards. Students need two copies of each page so that there are two finished index cards of each item. Have students mix the cards and place them face down and have them try to match the cards with the same item. This activity will reinforce what items to take with you when boating and allow students to test their memorization skills.
5. Finish the session by handing out Buck the Water Dog Handouts and Maze.

## Assessment Strategies:

- Class participation
- Creative Writing Stories
- Buck the Water Dog Handouts and Maze

## Extension Activities:

- Refer to Idaho State Park 100<sup>th</sup> Anniversary Activity Book for additional activities.
- Learn about other water related activities such as electricity generation, lumber transportation, and shipping.
- Study the use of water in park by humans (showers, drinking water, restrooms etc.) wildlife and plants.
- Study the creation of lakes and rivers by glacier movement, man-made, Bonneville and Missoula Flood.
- Wear It Poster Contest

## Resources:

- Idaho State Parks Guidebook** (Paperback) **Author:** Bill Loftus **Publisher:** Tribune Pub Co **Date Published:** 1989 **ISBN-13:** 9780960750658

- ❑ **Idaho State Parks and Recreation Guide FREE** Idaho Department of Parks and Recreation Regional Service Center contact information: PO Box 83720 • Boise, ID 83720-0065 • (208) 334-4199 or online at [www.parksandrecreation.idaho.gov](http://www.parksandrecreation.idaho.gov)
- ❑ **Idaho Department of Parks and Recreation Homepage** [www.parksandrecreation.idaho.gov](http://www.parksandrecreation.idaho.gov)
- ❑ <http://watersafety.usace.army.mil/safepassage/>
- ❑ <http://www.watersafetycongress.org/>
- ❑ <http://www.safeboatingcouncil.org/>
- ❑ <http://education.usace.army.mil/index.cfm>
- ❑ <http://www.usps.org/newpublic2/index.html>

Headquarters in your area:

North Idaho Field Bureau Chief  
Idaho Dept. Parks & Recreation  
2885 Kathleen Avenue, Suite 1  
Coeur d'Alene ID 83815  
208-769-1511  
Fax: 208-769-1418

South Idaho Field Bureau Chief  
Idaho Dept. Parks & Recreation  
5657 Warm Springs Avenue  
P.O. Box 83720  
Boise ID 83720-0065  
208-514-2400  
FAX 208-334-3741

East Idaho Field Bureau Chief  
Idaho Dept. of Parks & Recreation  
4279 Commerce Circle, Suite B  
Idaho Falls ID 83401  
208-525-7121  
FAX 208-525-7123

## Equipment to Take and Water Safety Rules

When preparing to go out on the water for some recreation fun, it is important to take the legally required equipment with you. This is the same for if you are fishing, boating, jet skiing, water skiing, sailing, kayaking, tubing or rafting. The most important thing to take with you is a Personal Flotation Device or PFD. The following are the legal requirement for PFDs.

- ❑ All recreational vessels must have at least one Type I, II, or III personal flotation device that is U.S. Coast Guard-approved, and of the proper size for each person onboard or being towed. Sizing for PFDs is based on body weight and chest size.
- ❑ In addition to the above requirements, vessels 16 ft. in length or longer (except canoes and kayaks of any length) must have one Type IV U.S. Coast Guard-approved PFD onboard and readily accessible.
- ❑ New law in 2002! Children 14 years of age and younger, onboard vessels 19 feet or less, must wear an approved life jacket when the vessel is underway.
- ❑ Seaplanes, sailboards, and certain racing vessels are exempt from the above PFD requirement. Fly fishing float tubes do not require PFDs on lakes less than 200 surface acres. Fly fishing pontoons do require PFDs on all Idaho waters.
- ❑ Each person riding on a personal watercraft must *wear* a U.S. Coast Guard-approved personal flotation device
- ❑ Each person being towed behind a vessel must *wear* a U.S. Coast Guard-approved flotation device.
- ❑ Beside being labeled "U.S. Coast Guard approved," all PFDs must be:
  - *In good and serviceable condition.*
  - *Readily accessible*, which means you are able to put the PFD on quickly in an emergency.
  - *Of the proper size for the intended wearer.* Sizing for PFDs is based on body weight and chest size.

### Key things to look for in a Personal Flotation Device

- 1) Check the label for U.S. Coast Guard approval.
- 2) The PFD comes with recommendations for the proper wearer size (Adult, Child, Infant, etc.) and weight recommendations.
- 3) Choose the proper type of PFD for the activity (Flat water, swift water, waterskiing, etc.)
- 4) PFD should fit snugly, but not so tight as to restrict breathing or mobility. A good way to check, especially on children, is to have the wearer hold their arms straight up in the air while pulling up on the shoulders. The PFD should not come off over their head.
- 5) Lastly, a PFD is the same as a seatbelt in an automobile. It can't save your life unless it is WORN.

Good water safety begins with learning to swim and always wearing a life jacket (PFD). Do you know what to do if you fall in the water? If you should fall in the water, remember the following:

- 1) Stay with your boat, even if it capsizes.
- 2) Keep your head out of the water and stay calm.
- 3) Leave your clothes and shoes on - they will help you keep warm

Another important set of rules to remember if you are going to play on or near water is **LAWS**.

- 1) **L** - Life Jackets - Use them
- 2) **A** - Alcohol - Don't drink and boat
- 3) **W** - Weather awareness - Know before you go, keep an eye on the sky, and don't go if it might blow.
- 4) **S** - Stay Afloat - Know how to stay aboard and what to do if you can't.

A good boater always plans their trip before they go and is knowledgeable about fire safety, hypothermia and remembers not to litter. Some other equipment that you need to take with you when you go boating are:

- ❖ Life Jackets/PFDs - one for every passenger plus one extra
- ❖ Fire extinguisher (for power boats)
- ❖ Oars or paddles
- ❖ Anchor and line
- ❖ Gas can with extra fuel (for power boats)
- ❖ Whistle or horn (to signal for help) - Sound device
- ❖ First aid kit
- ❖ Basic tools
- ❖ Flares or other signals
- ❖ Flashlight
- ❖ Garbage bag
- ❖ Bucket/pail
- ❖ Rope

## **State Park Water Fact Sheet**

### **Bear Lake State Park**

Bear Lake State Park is located in a high mountain valley in the extreme southeast corner of Idaho. At 5,900 feet elevation, the park offers a wide variety of both summer and winter recreation opportunities. Bear Lake itself is 20 miles long and 8 miles wide with half of the lake in Idaho and half in Utah.

All that inviting water is hard to resist. Swimmers will enjoy a two-mile-long beach on the north end of the lake, plus a 1-1/2 mile beach on the east side. The gradual slope of the lake bottom provides an enormous swimming area. Anglers can try for a native cutthroat or lake trout in the summer. In the winter, they can come back with buckets and nets when the Bonneville Cisco run. The fish is found nowhere else on Earth.

During the winter, the park grooms almost 300 miles of snowmobile trails in the surrounding high mountains.

### **Bruneau Dunes State Park**

Bruneau Dunes State Park has the tallest, 470 feet high, single-structured sand dune in North America. The small lakes at the foot of the dunes provide an excellent bass and bluegill fishery. Sport fishing from non-motorized boats, canoes, rubber rafts and float tubes is a popular activity.

### **Coeur d'Alene Parkway**

Walkers, hikers and bikers love this linear park that follows the north shore of beautiful Lake Coeur d'Alene. The Coeur d'Alene Parkway lies along the north shore of Lake Coeur d'Alene, following Centennial Trail east from Coeur d'Alene to Higgins Point. At Higgins Point there is a boat-launch facility, a picnic area overlooking the lake, and docks. Over 1,000 feet of public shoreline parallels the path. There are many fishing opportunities.

### **Dworshak State Park**

Dworshak State Park is located among trees and meadows on the western shore of Dworshak Reservoir. A boat ramp and handling dock provide easy launching most of the year. A fish-cleaning station is nearby to help with the day's catch.

Nearby Dworshak State Park, is the Dworshak dam. It is a straight concrete gravity dam with a structural height of 717 feet, and a crest length of 3,287 feet at elevation 1613. The dam is located on the North Fork Clearwater River at River

Mile 1.9. The dam is the highest straight-axis concrete dam in the Western Hemisphere, and the 22nd highest dam in the world. Only two other dams in the United States exceed it in height.

The reservoir has a gross storage capacity of 3,453,000 acre-feet, of which 2,000,000 acre-feet is used for local and regional flood control; and for at-site and downstream power generation. At elevation 1600, the reservoir is 53 miles long, has a surface area of 19,824 acres, and extends into the Bitterroot Mountains. The reservoir provides substantial recreational and wildlife benefits, and transportation for timber.

### **Eagle Island State Park**

Eagle Island State Park is a 545-acre day-use park that features a popular swimming beach, a grassy picnic area, and a waterslide.

### **Farragut State Park**

Farragut State Park, the original home of the Farragut Naval Training Station, is located on Idaho's largest body of water, Lake Pend Oreille. It is 65 miles long, and 1,150 feet deep in some regions, making it the fifth deepest lake in the United States. It is fed by the Clark Fork River and the Pack River, and drains via the Pend Oreille River.

The world-record Kamloops, a hybrid Rainbow Trout, of 37 pounds was caught in Lake Pend Oreille. The lake provides rainbow trout, lake trout, perch, crappie, bass and whitefish.

### **Harriman State Park**

Harriman State Park is a 16,000-acre wildlife reserve that is home to trumpeter swans, moose, sandhill cranes and more. The Henrys Fork of the Snake River, which meanders through the park, is world famous for its catch and release fly-fishing.

In the wintertime, brightly clad skiers take advantage of the groomed and ungroomed cross-country ski trails. Winter is also a great time to stay over night in one of the parks yurts.

Approximately 1.3 million years ago, a huge volcanic eruption created an ash layer hundreds of feet deep. The ash layer was compressed into rock known as Mesa Falls Tuff. Later eruptions fill the area with basalt lava flows. For 500,000 years the Henrys Fork of the Snake River has been carving the canyon where Mesa Falls is located. The Mesa Falls Tuff forms the ledge that the falls cascade over. Upper Mesa Falls is 114 feet high. Mesa Power Company built Big Falls Inn between 1912

and 1912. A dam and power generation plant were planned but never built. Instead the area became a tourist attraction and the Inn became a stage stop and hotel for travelers going to Yellowstone National Park. In the summer it is a popular tourist attraction and fishing site. Wintertime activities include cross-country skiing and snowmobiling.

### **Hells Gate State Park**

Hells Gate State Park is the gateway to both Idaho's Lewis and Clark country and to Hells Canyon, the deepest river gorge in North America.

The Snake River is perfect for personal watercraft, jet boats, powerboats and water skiing. Hells Gate Marina offers more than 100 slips on a daily to yearly basis with boat fuel and a place to dock, as well as a public boat launch, convenience store, restrooms and plenty of parking.

Anglers come from all around to enjoy the famous steelhead runs of the Snake, Salmon and Clearwater rivers.

### **Henry's Lake State Park**

Henry's Lake State Park has 6,000-acres of water. Cutthroat trout, averaging three to five pounds; cutthroat-rainbow hybrids of up to 12 pounds; and brook trout up to three pounds abound in the waters of Henry's Lake. This provides a sport fishery that challenges the float-tuber and is equally exciting for a 10-year old dunking a worm over the side of the family boat. Excellent stream fishing can also be found in the nearby Henry's Fork, Madison and Gallatin rivers.

Boaters should be cautious of the lake's unpredictable weather. Winds can make the surface choppy.

### **Heyburn State Park**

Heyburn State Park has 2,333 acres of water along with its 5,500 acres of land. The park is located at the southern tip of what most people think of as Coeur d'Alene Lake but it is actually three different lakes together. The lakes making up this portion are Chatcolet Lake, Benewah Lake and Hidden Bay, with the shadowy St. Joe River meandering along the eastern boundary of the park. Fish for pike, bass, or pan fish in the lakes.

The Coeur d'Alene Indians were the first inhabitants of the area now known as Heyburn State Park. Then, as today, the lakes provided an abundance of fish, the marsh areas had plentiful waterfowl and the heavily timbered slopes and open meadows were ideal habitat for deer, bear and upland birds.

The Trail of the Coeur d'Alenes, a 72 mile paved bike trail, goes right through Heyburn State Park. You can bike or walk the 3100-foot bridge/trestle across the St. Joe River to the other side of Lake Coeur d'Alene.

Heyburn State Park offers a totally unique experience. Take a leisurely sail on the lakes aboard the cruise boat Idaho. There are regularly scheduled cruises, or charter a cruise for a special event.

The Rocky Point Marina offers a public boat ramp, store, fuel dock, restroom and parking. Moor a boat at Rocky Point Marina or at the Chat Marina. Rent a rowboat, kayak, canoe or paddleboats for an excursion on the water.

### **Lake Cascade State Park**

Lake Cascade State Park is nestled in the majestic mountains of central Idaho. This large park provides diverse and exciting recreational opportunities throughout all four seasons.

Popular for all types of boating, prevailing winds on the water make it especially well suited for sailing and windsurfing. Rainbow trout, Coho salmon, and small mouth bass and perch can be caught from the shore or by boat in the summer or through the ice in the winter. Ski their cross-country trails in the winter or stay in a Yurt.

### **Lake Walcott State Park**

Lake Walcott State Park is located at the northwest end of the Bureau of Reclamation's Lake Walcott Project, a welcome refuge on the edge of Idaho's high desert. Water skiing, power boating, windsurfing, sailing and bird watching are only a few of the activities that will make your stay at Lake Walcott enjoyable. The refuge extends upstream approximately 25 miles from the Minidoka Dam along both shores of the Snake River and includes all of Lake Walcott. It encompasses 20,699 acres, over half of which is open water and some small marsh areas. Swimming is not allowed.

### **Lucky Peak State Park**

Lucky Peak State Park has three units located near Lucky Peak Reservoir. Discovery Park is a popular roadside park to picnic in, walk your pet or fish the Boise River. Sandy Point, below the foot of Lucky Peak Dam is most popular for its sandy beach and clear, cool water.

The Discovery Unit is a great place to picnic, fish, and relax among the magnificent trees and the rocky canyons that offer beauty and solitude. This section of the Boise River is an excellent flat-water area often visited by canoes and kayaks. You

can usually see waterfowl, songbirds, or even a resident owl during the summer while Bald Eagles are common in the winter.

Spring Shores is situated on the shore of Lucky Peak Reservoir. The facility includes a full service marina, which provides long-term moorage, fuel, convenience store, marina supplies and recreation equipment rentals. The large parking lots provide access to two boat launch ramps with ample parking for trailers.

Lucky Peak State Park administers the Idaho City Area Back Country Yurts program. The yurt is a circular, Mongolian-style domed tent 20 feet in diameter with a plywood floor, hardwood lattice sidewalls and a clear Plexiglas skylight. This fully insulated shelter is designed to withstand high winds, snow loads and summer heat. It has a framed-in lockable wood door and windows with screens and storm flaps. Covered entirely by waterproof canvas, the yurt is an aesthetically pleasing and comfortable place to stay, even in the dead of winter. Other parks with yurts are Ponderosa, Harriman, Winchester, and Lake Cascade.

### **Massacre Rocks State Park**

Massacre Rocks State Park is situated on the Snake River and covers approximately 1,000 acres. Canoes and kayaks are available to rent for fun on the river, and special events are routinely held. Bird watching is exceptional here as well, with over 200 species identified annually. There are over 300 species of plants for viewing also.

The park is rich in geological history. Volcanic evidence is everywhere. The Devil's Gate Pass is all that remains of an extinct volcano. The prehistoric Bonneville Flood shaped the landscape of the area, rolling and polishing the huge boulders found throughout the park. The flood was caused when eroding waters broke through Red Rock Pass near the Idaho/Utah border. Lake Bonneville, which covered much of what is today the state of Utah, surged through the pass and along the channel of the Snake River in a few short months. For a time, the flow was four times that of the Amazon River. It was the second largest flood in the geologic history of the world.

### **Old Mission**

The park offers picnicking under tall trees, fishing and a chance to explore the Mission and its unique history. The trailhead of the 72-mile long Trail of the Coeur d'Alenes is found at the park, creating easy and instant access for bicyclists, runners, walkers and other park visitors.

## **Ponderosa State Park**

Ponderosa State Park covers most of a 1,000-acre peninsula that juts into beautiful Payette Lake near McCall. Located at the north end of Payette Lake lays the largest public sandy beach. Canoe rentals are available at the west side day use area.

Popular for all types of boating, prevailing winds on the water make it especially well suited for sailing and windsurfing. Rainbow trout, Coho salmon, and small mouth bass and perch can be caught from the shore or by boat in the summer or through the ice in the winter.

The park has 6 boat launch ramps, various campgrounds and facilities are dispersed around the lake's forty-one square miles of surface water and 86 miles of shoreline.

Home to one of Idaho's Premium Nordic Ski Grooming opportunities, Ponderosa State Park boasts 14.3 miles of groomed trails - 23 kilometers. Nordic trails range from recreational to competition to accommodate all abilities.

The park also has 3.4 miles of designated snowshoe trails through the forest that offer viewpoints of the lake. Hike, bike, kayak, canoe or stay in a Yurt. There are several ways to have a great time at Ponderosa.

Winter activities include Nordic skiing on one of two USSA-certified cross-country courses.

## **Priest Lake State Park**

Priest Lake State Park is along the eastern shores of Priest Lake, a 10-mile long, over 300 foot deep lake.

Noted for its extremely clear water, fed by streams cascading from the high Selkirk peaks, the main body of Priest Lake extends north south for 19 miles. A two-mile thoroughfare connects the main lake to the remote Upper Priest Lake that is accessible only by foot, mountain bike, or boat. Priest Lake State Park is 2,400 feet above sea level.

Summer visitors enjoy the large sandy beach along the lakefront. Camping, fishing, boating, waterskiing, hiking and picnicking are some of the more popular activities.

In the wintertime, park visitors can enjoy anything ranging from boating and fishing to snowmobiling, snowshoeing and cross-country skiing. In the winter, Indian Creek Unit offers access to over 200 miles of marked, groomed snowmobile trail and a myriad of cross-country skiing opportunities.

## **Round Lake State Park**

Round Lake State Park is situated in 142 acres of forest surrounding a 58-acre lake at an elevation of 2,122 feet. The lake is the product of glacial activity dating back to the Pleistocene Epoch.

Echoing across the lake is a strange chorus of bullfrog and duck calls, red-winged blackbird screeches, odd splashes and plops, and the sound of children playing on the beach.

Round Lake State Park also provides opportunities for cross-country skiing, ice fishing and ice-skating.

## **Thousand Springs State Park**

Thousand Springs State Park meanders through Idaho's picturesque Magic Valley and encompasses six units with breathtaking scenery; Billingsley Creek, Earl M. Hardy Box Canyon Nature Preserve, Malad Gorge, Ritter Island, Vardis Fisher, Crystal Springs and Niagara Springs.

The Malad River crashes down stair step falls and into the Devils Washbowl, then cuts through a beautiful 250-foot gorge on its way to the Snake River, 2-1/2 miles downstream.

Billingsley Creek is located in the Hagerman Valley. Before it became an Idaho State Park, it was known as the Emerald Valley Ranch, used primarily for agriculture. The park offers spectacular wildlife viewing and excellent fishing throughout the year.

Box Canyon flows at a rate of 180,000 gallons per minute. The natural area offers views of the springs, a hiking trail and viewing platform that overlooks a 20' waterfall.

The newest addition to Thousand Springs State Park, Ritter Island, is nestled alongside the picturesque Snake River, between two magnificent springs; the property provides a sense of serenity and solitude.

Tumbling down the canyon side at 250 cubic feet per second, Niagara Springs is a sight you won't soon forget. The churning water is the icy blue of glaciers. The springs are a National Natural Landmark and part of the world-famous Thousand Springs Complex along the Snake River.

The park provides your best opportunity to drive into the 350-foot-deep canyon, but be cautious: The road is narrow and steep. Do not risk it in a motor home or while pulling a large trailer. Once inside the canyon, there is year-round fishing in Crystal Springs Lake. Wildlife - especially waterfowl - is abundant.

### **Three Island Crossing**

Three Island Crossing State Park is located on the Snake River at Glenns Ferry. Oregon Trail pioneers knew this spot well. It was one of the most famous river crossings on the historic trail. Pioneer travelers used the crossing until 1869, when Gus Glenn constructed a ferry about two miles upstream.

### **Trail of the Coeur d'Alenes**

The trail nearly spans the Panhandle of Idaho as it runs along rivers, beside lakes and through Idaho's historic Silver Valley.

This gentle grade and smooth surface trail has 20 developed trailheads and 17 scenic waysides that have picnic tables and benches. Dispersed along the trail are 36 unique bridges and trestles that cross mountain creeks, whitewater rivers and tranquil lakes.

The middle section of the trail follows the tranquil Coeur d'Alene River, passing fifteen small lakes and marshes loaded with waterfowl. The west end of the trail lies along the shoreline of scenic Coeur d'Alene Lake for six miles. It crosses a 3100-foot bridge/trestle to Heyburn State Park.

### **Winchester Lake State Park**

Winchester Lake State Park surrounds a 103-acre lake, nestled in a forested area at the foot of the Craig Mountains, just off US 95 adjoining the town of Winchester.

The most popular activity at Winchester is fishing for rainbow trout, which are planted annually by the Idaho Department of Fish and Game. Fishing for bullhead and smallmouth bass is also popular. The lake provides excellent nutrients and supports large populations of all three species. Small boats are allowed; gasoline engines are not. In the winter, enjoy cross-country skiing, ice-skating, and ice fishing or a stay in a yurt.

# PFD Relay Race

Materials needed: two PFDs of the same type-preferably type II, two pieces of rope or something to designate finish lines.

1. Divide group into two equally numbered teams.
2. Place a PFD in front of the first person in line.
3. At "Go", the first person in line puts on the PFD correctly.
4. This person then runs across to the opposite finish line and returns to their team.
5. Upon return the person removes the PFD and gives it to the next person in line.
6. This is repeated until each person has run the race.
7. The team that completes the activity first wins.

Modifications to the race might include having additional PFDs available so that team members have to decide and choose which PFD would be the best fit for them. Have some available that are too large or too small, but be sure to have one that will fit. Let team members each go three times. Increase the distance to the finish line or place obstacles that the team members have to go around, through, over or under.



Help Buck make his way to the 100<sup>th</sup> Birthday Party for Idaho's State Parks

Woof! Woof! I am Buck, a Siberian husky- and I love water! I mean any kind of water, from snow to lakes and rivers. My love of water started at Harriman State Park in Eastern Idaho where I pulled a dog sled. Once the snow melted, I wanted to learn how to wakeboard because I wanted someone to pull me around. (Woof, woof, dog humor.)

I would like to attend the 100<sup>th</sup> Birthday Party for Idaho's State Parks, but I need your help to get there. Please do the math problems. Once you have the answer, match the letters to the numbers and check your Park fact sheet. Then follow the clues to show you where I am on the first leg of my trip. This could be a long journey.

3 E	5 L	8 K	2 E	9 H
+ 4	+ 6	+ 1	+ 5	+ 7

6 R	11 N	54 Y	28 A	21 S
+ 8	+ 15	+ 12	+ 31	+ 16

**CLUE:** Boaters should be cautious of this lake's unpredictable weather. Winds can make the surface choppy. This lake is also a well-known trout fishing lake.

**Where Am I?**

<u>16</u>	<u>7</u>	<u>26</u>	<u>6</u>	<u>7</u>	<u>66</u>	<u>11</u>	<u>59</u>	<u>9</u>	<u>7</u>	State Park
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**FUN FACT:** The name of this Park normally is not *spelled* with an apostrophe to show possession, even though it's not "grammatically" correct. To the next clue!

Ok, you found me! From Henrys Lake State Park to... Oh no, where am I!  
Follow the clues. I can't be far--or am I?

5 A      7 R      3 N      6 E      9 O  
X 1      X 2      X 4      X 3      X 5

8 S      9 P      6 D      5 O      8 T  
X 3      X 8      X 10      X 9      X 12

5 K      32 T      18 P      9 E      1 A  
X 4      X 3      X 4      X 2      X 5

2 R      12 S      5 A  
X 7      X 2      X 1



**CLUE:** This Park covers most of a 1,000-acre peninsula. Popular for all types of boating, prevailing winds on the water make it especially well suited for sailing and windsurfing.

**Where Am I?**

72    45    12    60    18    14    45    24    5

24    96    5    96    18            72    5    14    20

Henrys Lake State Park



Help Buck make his way to the 100<sup>th</sup> Birthday Party for Idaho's State Parks

Woof! Woof! You found me again! Now, for the last leg of the journey... This park is not only the oldest state park in Idaho—it is also the oldest in the entire Northwest. People have been coming to this park to fish, swim, and hike long before it even became a state park in 1908. To find out where I am headed for the grand Idaho State Parks Birthday party, please do the math problems. Once you have the answer, match the letters to the numbers on the bottom of the page to spell out the last park on my journey.

$\begin{array}{r} 7 \text{ E} \\ - 3 \end{array}$	$\begin{array}{r} 15 \text{ T} \\ - 9 \end{array}$	$\begin{array}{r} 20 \text{ K} \\ - 10 \end{array}$	$\begin{array}{r} 5 \text{ E} \\ - 1 \end{array}$	$\begin{array}{r} 21 \text{ H} \\ - 10 \end{array}$
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$\begin{array}{r} 8 \text{ R} \\ - 6 \end{array}$	$\begin{array}{r} 11 \text{ T} \\ - 5 \end{array}$	$\begin{array}{r} 33 \text{ Y} \\ - 12 \end{array}$	$\begin{array}{r} 10 \text{ A} \\ - 9 \end{array}$	$\begin{array}{r} 12 \text{ S} \\ - 7 \end{array}$
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$\begin{array}{r} 12 \text{ R} \\ - 10 \end{array}$	$\begin{array}{r} 17 \text{ N} \\ - 9 \end{array}$	$\begin{array}{r} 54 \text{ A} \\ - 53 \end{array}$	$\begin{array}{r} 10 \text{ U} \\ - 7 \end{array}$	$\begin{array}{r} 11 \text{ B} \\ - 2 \end{array}$
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$\begin{array}{r} 10 \text{ P} \\ - 3 \end{array}$
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**Where Am I?**

$\overline{11}$   $\overline{4}$   $\overline{21}$   $\overline{9}$   $\overline{3}$   $\overline{2}$   $\overline{8}$        $\overline{5}$        $\overline{1}$   $\overline{2}$   $\overline{10}$

Heyburn State Park



## **IDAHO DEPARTMENT OF PARKS AND RECREATION BOATING PROGRAM POSTER CONTEST**

The Idaho Department of Parks and Recreation is pleased to announce an Idaho Boating Program “Wear It” Poster Contest. This contest will be directed toward all of Idaho’s 4<sup>th</sup> grade students. **Sorry, but the deadline for this year’s contest was April 14, 2008. Check with us for next year’s contest, or have your own contest for your students.**

### **Why Participate?**

It’s too hot! It doesn’t look cool. I know how to swim. Nothing is going to happen to me. These are just some of the many reasons people claim they do not wear their life jackets. But with approximately 700 people drowning each year from recreational boating accidents, it is imperative for you to wear your life jacket at all times while you are on the water. Much like a helmet to a biker or skate boarder, life jackets are an essential part of your boating safety equipment and should be worn at all times while on the water. The Idaho Boating Program believes safety lessons learned and practiced at an early age serve to protect individuals throughout life; therefore, the primary goal of this contest is to teach students to wear their life jacket and be safe when near or in the water.

### **Submission Requirements**

The contest theme is “Wear It.” Entries must be original and should depict safe boating and the use of life jackets.

The back of each entry must *clearly* list the student’s name, school name, and teacher’s name. Omission of this information will disqualify an entry.

An entry form must accompany each set of entries. All information requested on the form is important, so please make sure it is accurate. An incomplete or unsigned entry form will disqualify the set of entries. (Photocopied entry forms are acceptable).

All entries become the exclusive property of the Idaho Department of Parks and Recreation Boating Program. The Department has the right to display or otherwise use the submissions and modify any poster for future reproduction. Suggestion: you might want to take pictures of the artwork prior to submission. **The poster entries cannot be returned.** If students include written messages in their artwork, encourage them to use clear, bold letters.

## **Size and Materials**

Posters must be no smaller than 8 1/2" x 11" and no larger than 16" x 20". White paper for background is preferable. Students may use construction paper, plain bond paper, drawing paper, or art board. Crayons, felt pens, colored chalks, paints, water colors and grease pencils may be used. Artwork is not limited to these materials, so encourage student creativity.

## **Awards**

Awards will be presented in three regions: North, South and East. The winners of each region will be entered in the state competition. Once a winner is selected, their poster will represent the state throughout the year. Winning entries will be displayed in a "Parade of Posters" during the National Boat Safety Week (May 17<sup>th</sup> thru May 23<sup>rd</sup>, 2008) and posted on the Idaho Department of Parks and Recreation's website. Each region winner will receive a T-shirt and life jacket. The state winner, chosen among the three region winners, will receive a T-shirt and an education savings bond.

The classmates of each winner also win! Each student in the winner's class will receive a magic mood pencil and safety balloons.

The winner's teacher is not forgotten either! A gift certificate for educational classroom materials will be awarded to the teacher.

## **Teachers**

We are delighted to have your students participate in the 1<sup>st</sup> Annual "Wear It" poster contest. We will supply you with additional skills and knowledge that you may consider presenting in your lesson plan. You can also call upon your community Marine Deputies to help teach boating safety.

For additional information please contact:

Kim Jackson  
Idaho Department of Parks and Recreation  
Boat Education Safety Coordinator  
[kjackson@idpr.idaho.gov](mailto:kjackson@idpr.idaho.gov)  
(208) 514-2417

**Contest Deadline: Sorry—it's over for this year, but check with us early next year to participate in the 2<sup>nd</sup> Annual "Wear It" poster contest.**

(The deadline for receiving entries was **April 14, 2008**. Entries must be mailed or delivered to: )

"Wear It" Poster Contest  
Attn: Kim Jackson  
5657 Warm Springs Avenue  
Boise, Idaho 83716

