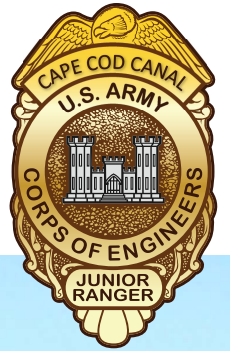




US Army Corps  
of Engineers®

# Cape Cod Canal

## Junior Ranger Activity Book



**This book belongs to:**

---

# How to Become a Junior Ranger

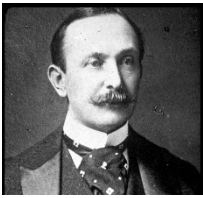
Here at the Cape Cod Canal, US Army Corps of Engineers Park Rangers do many jobs to take care of the waterway and surrounding park lands. They offer educational programs and safety information, serve as stewards of our natural resources, provide recreational opportunities, welcome and protect visitors, respond to emergencies and so much more.

A great way to show that you care about the Cape Cod Canal, is to become a Junior Ranger. To do so, complete the tasks in this activity book, including the Life Jacket Demonstration, and sign the Junior Ranger pledge on the last page. We will then swear you in as an official U.S Army Corps of Engineers Cape Cod Canal Junior Ranger.



**Life Jacket Demonstration:** Show a park ranger or someone who works with a park ranger how to properly put on and wear a life jacket. If you need help they will help you. Use the “How to Properly Fit a Life Jacket” page as a reference. You can use your own life jacket or borrow one from a park ranger. This activity is required to become a U.S. Army Corps of Engineers Junior Ranger. Encourage the adults you love to participate in this activity with you.

# Cape Cod Canal Visitor Center Scavenger Hunt



1) Who paid for the original canal to be built? \_\_\_\_\_

2) What year did it open? \_\_\_\_\_



3) How long is the canal? \_\_\_\_\_ miles

On Average, how many miles does going through the canal save a ship, rather than going around Cape Cod? \_\_\_\_\_ miles



4) What agency currently runs and maintains the canal? \_\_\_\_\_

Please draw the official insignia (symbol or logo) of the agency.

5) At this time, is it closer to high or low tide? ☐ High or ☐ Low

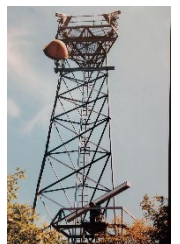
Is the canal's current going east or west? ☐ East or ☐ West

6) What is the maximum predicted speed of the canal's current? \_\_\_\_\_ knots or \_\_\_\_\_ mph



## Room 2

7) Name a technology used by marine traffic controllers to help monitor traffic in the canal? \_\_\_\_\_



8) Ships longer than what size need to contact the marine traffic controller before entering the canal? \_\_\_\_\_ feet



9) Spell your name using the maritime signal flag tiles. What special meaning does the first letter have? \_\_\_\_\_



10) What is the name of the patrol boat in the visitor center? \_\_\_\_\_

Name one job that a patrol boat has: \_\_\_\_\_



## Room 2

11) Before being the Visitor Center, what was this building used for?



12) **Match the boat or ship to what it carries:**



13) Name the three current bridges that span the canal? \_\_\_\_\_

All three bridges were built in the same year. How old are they? \_\_\_\_\_



## Room 3

14) Catch a fish that's 'a keeper'. What kind of fish is it?

How big does it have to be to be a 'keeper'?



15) Up to how many eggs can a lobster lay at one time? \_\_\_\_\_



16) What is another name for the shellfish known as the hard-shelled clam? \_\_\_\_\_

The purple interior of this shell was used by the local indigenous people as a form of currency (money). What was this currency called? \_\_\_\_\_

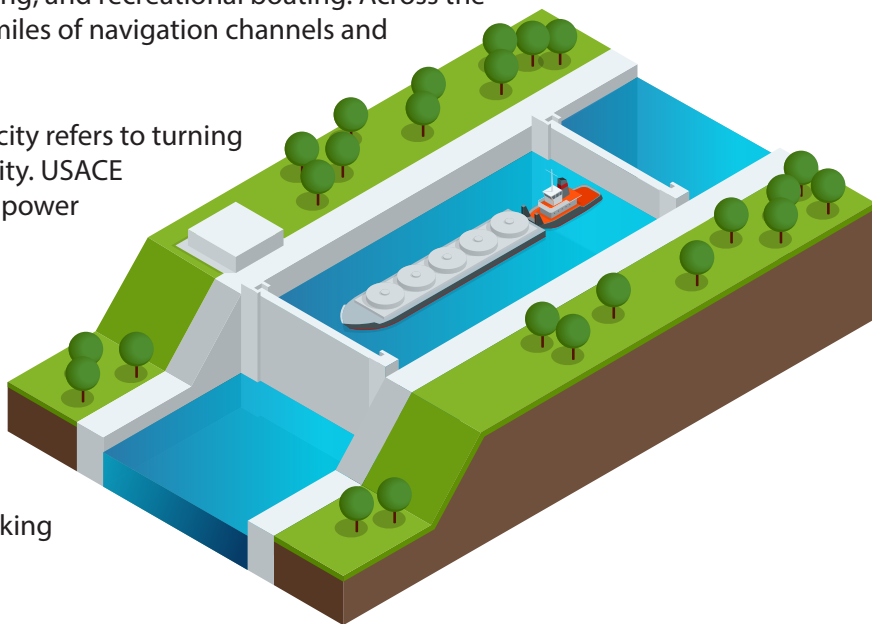


17) What is the difference between a river and a canal? \_\_\_\_\_

# Your National Waterways

Along with the Cape Cod Canal, the U.S. Army Corps of Engineers (USACE) has over 400 lake and river projects in 43 states. You can find the main USACE missions listed below. Every USACE location is different so place a check mark next to the missions that the Cape Cod Canal has.

- ☐ **Flood Risk Management:** The USACE helps control flood risks all over the United States. They take care of over 400 lake and river projects, and built over 8,500 miles of levees and dikes, including hundreds of local flood risk reduction projects now operated and maintained by other agencies.
- ☐ **Recreation:** The USACE is the leading provider of water-based outdoor recreation in the nation. There are a lot of fun things you can do such as hiking, watching wildlife, swimming, boating, fishing, camping, hunting, and biking.
- ☐ **Fish and Wildlife Conservation:** By protecting natural resources, the USACE improves our quality of life. They own and manage over four million acres of land that provides critical wildlife habitat. The USACE also helps with the recovery of threatened and endangered species and is a world leader in controlling invasive aquatic plants.
- ☐ **Navigation:** Navigation was the first USACE mission, starting in 1824 to improve safety on the Ohio and Mississippi Rivers and several ports. The USACE works on navigation channels, canals, harbors, and waterways to keep them safe for national security, shipping, and recreational boating. Across the United States, USACE takes care of 12,000 miles of navigation channels and over 900 harbors.
- ☐ **Hydropower:** Hydropower or hydroelectricity refers to turning the energy from flowing water into electricity. USACE owns and operates 24 percent of the hydropower capacity in the United States.
- ☐ **Water Supply:** A water supply of over 329 million acre-feet is provided by USACE lakes nationwide. A football field including the end zones is 1.32 acres, so that is enough water to cover 249,242,424 football fields with one foot of water. The water supply is used for things such as drinking water and irrigation.



## What Park Rangers Do

**Interpretation/Education:** Park rangers provide educational programs, events, and facilities to help you learn about USACE missions, how to protect natural resources, and how to be safe when in, on, or near the water.

**Environmental Stewardship:** Managing natural resources is an important job for park rangers. They help protect the environment while making sure you enjoy hiking, fishing, and other outdoor activities.

**Recreation Management:** Park rangers make sure everyone can have a great time outdoors by taking care of campgrounds, beaches, boat ramps, picnic areas, and trails that are safe and accessible.

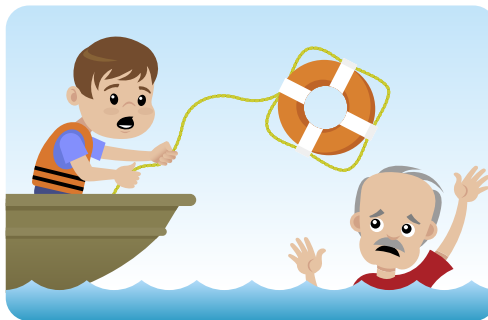
**Visitor Assistance:** Park rangers enforce rules on USACE land and water to keep you and other visitors safe. They also will help answer your questions and provide assistance whenever possible to help ensure you enjoy your visit.

# Water Rescue Tips

**REACH:** Hold on to the dock or your boat, then reach your hand, a boat oar, a fishing pole, or whatever you have nearby to the person in the water.



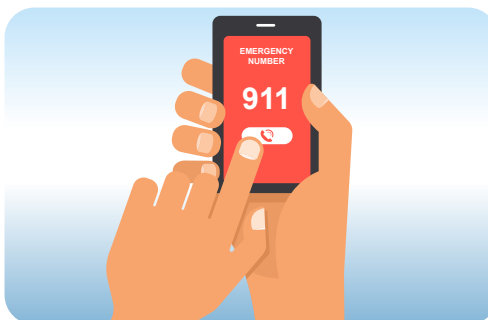
**THROW:** If you can't reach far enough, toss things that float for the person to grab such as a life ring, life jacket, cooler, tackle box, etc.



**ROW:** If in a boat, use the oars to move the boat closer to the person in the water, or call out to a nearby boat for help. Don't use the boat's motor close to a person in the water; the propeller could injure them.



**DON'T GO:** Don't go into the water to save someone unless you are a trained lifeguard. The person that is drowning could hold you under water, and you could drown too. Yell, call 911, or go for help.



**Learn First Aid and CPR.** When giving CPR to a drowning patient, remember to give them rescue breaths and compressions. Giving them breaths provides them some oxygen, which they are lacking.

Why is it important to wear a life jacket while in, on, or near the water?

If someone in the water needs help, what should you do?

R \_ \_ \_ C H, \_ \_ H \_ \_ \_ W,  
\_ \_ O \_ , D \_ \_ N' \_ \_ G \_ \_

Scan the QR code below to watch "**Safe Passage**". The award-winning, 36-minute video for kids grades K-6 provides water safety lessons in an entertaining way.



## Be Aware of Shallow Water Blackout

Avoid playing breath-holding underwater games and other breath-holding activities while swimming or in the water because it can lead to shallow water blackout. Shallow water blackout results from low oxygen to the brain. A person basically "blacks out" or faints in the water. Shallow water blackout can affect even physically fit swimmers. It is especially seen in competitive swimmers, snorkelers, or those that free-dive, but it can also occur when someone doesn't know how to breathe properly when swimming or floating.



# Bicycle Safety

Here are some helpful tips that will keep you safe while riding a bicycle.



Always wear a properly fitted bicycle helmet.



Check your equipment, control your bike, and don't ride your bike at night.



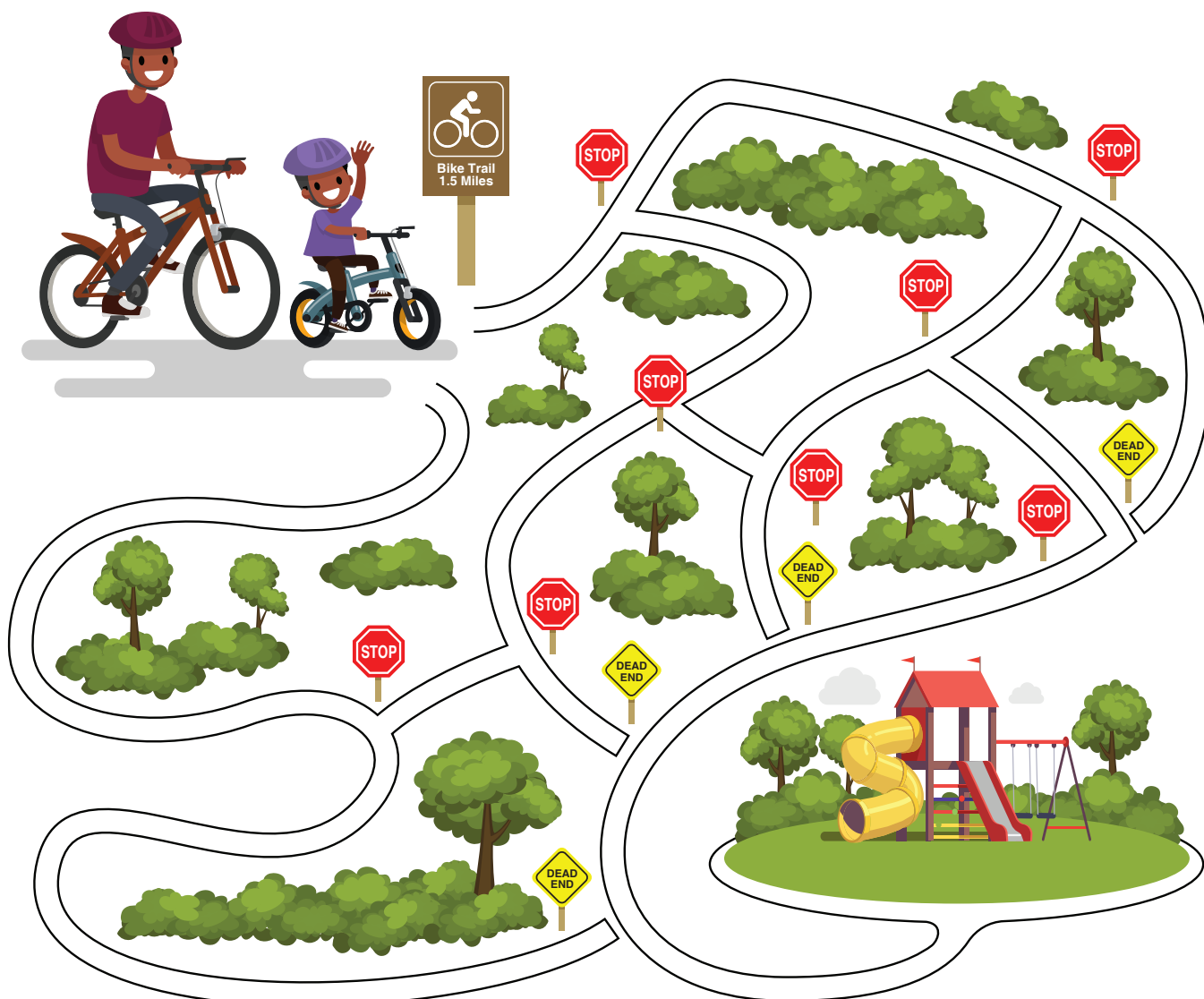
Go with the traffic flow, not against it. Ride on the right side of the road in the same direction as other vehicles.



Obey all traffic laws, stop at STOP signs and traffic lights, yield to traffic, stay alert at all times, and look before turning.



If you need to cross a street, walk your bike across; don't ride across it.



Draw a line to help the bicyclists find their way to the playground.  
Stay on the bike trail! Be sure to stop at STOP signs.

# Make the Right Choices Maze

Junior Rangers are role models that set good examples for others by playing it safe and respecting the parks, wildlife, and other visitors. Complete the maze by choosing examples that are good behaviors.

**START HERE!**

Should you go near the water alone OR with an adult?

Go Alone

With Adult

Should you hit a snake with a stick OR leave it alone?

Hit With Stick

Leave It Alone

⚠ This is not the right thing to do. Go back and try again! ⚠

Should you put out a campfire before leaving OR leave it burning?

Put Out

Leave It

Should you pick up your trash OR leave it where it is?

Leave It

Pick It Up

⚠ This is not the right thing to do. Go back and try again! ⚠

Should you let your dog run free OR walk your dog on a leash?

On Leash

Run Free

Should you wear a life jacket OR inflatable floaties?

Wear a Life Jacket

Wear Inflatable Floaties

**FINISH!**

Great Job, Junior Ranger!

# Show a Ranger how you Properly Wear a Life Jacket

Life jackets are designed to help you float while in the water and can save your life, so make sure that your life jacket fits you properly. They come in many styles and colors so choose the right one for you and your water activity.

## 1. Check the Label

The label will tell you if the life jacket is Coast Guard approved, size of the life jacket, and what activities the life jacket can be used for. Sizes range from infant to extra extra large. Adult life jackets will not work for children and should not be worn by them until they weigh about 90 pounds.

## 2. Check for Damage

Check for broken parts, mold, and rips in the fabric.

## 3. Put Life Jacket On and Fasten It Up

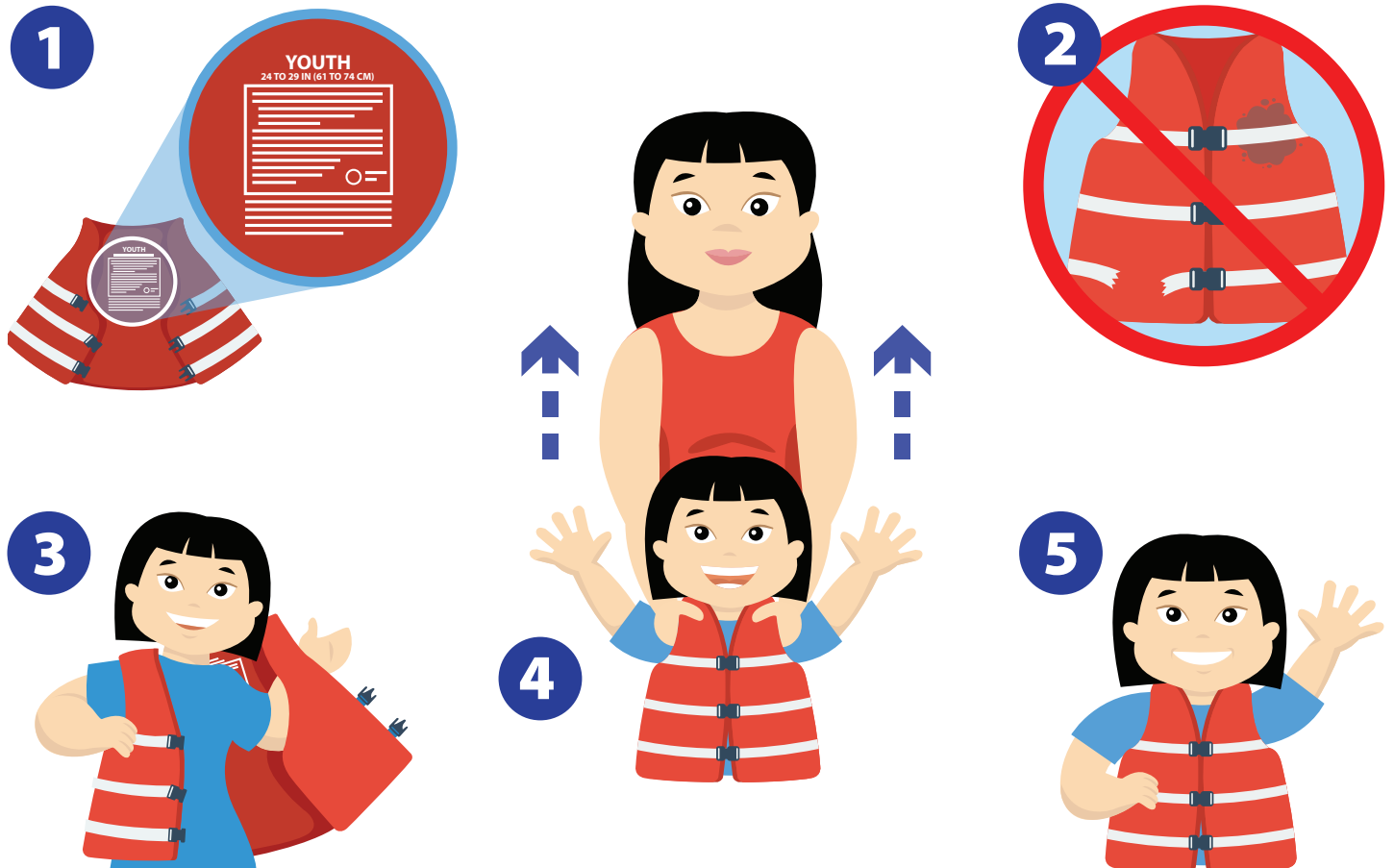
Fasten up all buckles, zippers, and straps. Adjust straps so that the life jacket fits snugly.

## 4. Check for Proper Fit

Lift up on the shoulders of the life jacket. Make sure it does not come up above your chin or ears. It should feel snug, yet comfortable. A properly fitted life jacket keeps your head and shoulders above water. You will be able to swim with it on too. It is recommended that you perform a test wearing your life jacket in shallow water with an adult within arm's reach.

## 5. Please Wear It

A life jacket only works if it is worn properly. Take the time to be prepared. Make sure you have and wear a life jacket that fits you properly when in, on, or near the water.



# Doing Your Part

Here are some things that you can do to help make your visit more enjoyable, and to help parks so that others may enjoy them too.

## Follow the Rules

Know the rules and learn about the area you are visiting. Stop by a visitor center, office, or campground entrance station to get a copy of the rules and regulations. Ask someone like a park ranger if there is anything you should be aware of during your visit.



## Leave It Better Than You Found It

Whether it's at your campsite, along a trail, at a beach, or boat ramp, if you see trash, even if it's not yours, please pick it up and dispose of it.



## Be Careful With Fire

Where fires are allowed, use fire rings and grills that are already there and keep your fires small. Be sure to put out campfires and grill fires completely. Adults should always be involved in building, burning, and putting out fires at your campsite or picnic site.

## Remember Your Best Friend

If you bring your dog along on your visit, remember that they might not act the same as they do at home because they are in a new environment. While in the parks, your dog must be on a leash and is not allowed on the sand portion of a swimming beach. Remember to pick up after your pet and dispose of it properly. Not all dogs are natural swimmers. They need a life jacket too.

## Be Kind to Others

Be kind and respectful to other visitors and remember that they are in the parks to enjoy the outdoors too.

## Have Fun and Play It Safe

When on, in, or near the water having fun, make sure an adult is watching you. Remember to wear a properly fitted life jacket and encourage others to do so too.



# Want to Volunteer?

If you would like to volunteer at this U.S. Army Corps of Engineers site, visit [www.volunteer.gov](http://www.volunteer.gov).

## What would you like to do at the canal?

# U.S. ARMY CORPS OF ENGINEERS

## CERTIFICATE OF ACHIEVEMENT



## HONORARY JUNIOR RANGER

### *Principles of Membership*

I, \_\_\_\_\_ pledge that as a Junior Ranger  
I will do my part to keep the parks and waters safe and clean.  
I will always remember to put safety first whenever I play  
outdoors and not take risks that put me or others in danger.  
I will care for the environment and keep it clean for us all.

Date \_\_\_\_\_

\_\_\_\_\_ Park Ranger, U.S. Army Corps of Engineers