



# **Paddle Your Own Kayak**

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There are several ways to kayak. Kayaking does not always include whitewaters, rapid waters, etc. You can kayak in still rivers, still waters, such as lakes, or even on the ocean and in the sea. You can also use your kayak as a way to surf, or in slow moving rivers. Kayaking can be quite relaxing, especially on inland cruises or quiet waters. Kayaks can take you on rapid events, and often the kayaks are lightweight crafts, especially at the bottom. This adds convenience, since if you capsize, the kayak will automatically right itself. While there are many dangers, head injuries are a major concern. This is why kayaks AWA Safety Codes advise you to wear head gear to protect your head, especially if the boat should capsize. The helmet will help you avoid knocking your self senseless on rocks.

Before you venture off in kayaking, you want to learn basic strokes, rolls, and more. Continue reading to learn more about kayaking, and what you should know to enjoy your adventure. We can start with your choice of kayaks.

## **Choices in How to Kayak**

### **Whitewater Kayaking**

#### **How do I decide if I want a canoe or kayak?**

First, what is it that you want to do? Do you want to use the boat in river cruises? Do you want to travel around the lakes? Do you intend to travel in oceans or a section of a river, which meets the sea? (Estuary) Do you intend to go on white water adventures, or wild water adventures? Ultimately, you have the choice of joining competitions and races.

#### **What is the difference between kayaks and canoes?**

Canoes provide open spaces, which a carrying capacity is broader, while kayaks limit carrying capacities, and the space is enclosed.

#### **What types of kayaks are available to me?**

Single seated kayaks only fits one-person, get it is ideal for those who enjoy traveling extraordinary territories. You can also purchase kayaks, which fold and are ideal for touring. The folding types will offer you sufficient space for your gear and crew. The kayaks that fold enable you to tour wilderness, lakes, or brush striped areas. (To learn more about folding kayaks, check out Folbot Super and Klepper's Aerius II) You also have the choice between rigid kayaks.

#### **How does kayaking affect the body?**

You will be sitting for long strings of time while riding in a kayak. Your knees are often clamped against the kayaks hull. The seated position adds

stress to the lower section of your back, which you will need to make adjustments to accept the pressure.

### **What if I want to race in competitions? How do I decide, which boat is right for me?**

If you want to racing competitions kayaks produce faster speed than canoes. Kayaks are also proven to be more seaworthy. However, canoes have proven to be more stable than kayaks, and you can often paddle a canoe easier than a kayak.

### **How does rigid kayaks compared to folding kayaks?**

Rigid kayaks tend to pull for the waters easier than the folding kayaks. Folding kayaks can be dismantled when not in use, while rigid kayaks do not enable you to dismantle the parts. Rigid kayaks are also cheaper in most instances than the folding kayaks. Furthermore, rigid kayaks tend to move faster than the folding kayaks.

### **What are the most important questions I should consider when purchasing a kayak?**

You want to consider: do you want a one passenger kayak, two passenger kayaks, four passenger kayaks, or six passenger kayaks. If you never kayaked before you may want to take lessons before purchasing a kayak to help you decide on the type of kayak you want. If you purchase a single seat kayak and later realize you want your friend, spouse, mate, etc to come along, you are out of luck.

Usually, kayakers enjoy two or more seats, since the adventures is often more entertaining. In addition, kayaks with two or more seats often move faster than the single seated kayaks. Two seated kayaks are generally more seaworthy than single seated kayaks also. If you choose a two seated kayak, and intend to take another party along with you, you must realize that only one person must take charge.

While the folklores tell us that two heads are better than one, we must ignore this rule in kayaking.

### **Which type of kayak is best suited for lakes?**

Areas where water runs slow, including lakes is best suited for leisure travel.

In conclusion, if you intend to compete or race, you will need a kayak about 13-feet in length. You want to learn more about measurements if you intend to compete in races, since two seated kayaks are around 17-feet long in most instances, which make the kayaks unsuitable for racing. Next, you might find interest in how advanced kayaking works.

## **How Advanced Methods Work in Kayaking**

Before you learn advanced methods in kayaking, you must learn the basic paddle strokes. In the meantime advanced methods in kayaking vary, since most kayakers will adjust to their own method of strokes. One way to learn how to maneuver kayaks in whitewaters is to practice first. Practice will set you up to move toward advanced strategies. You could also practice with an experienced kayaker, which will give you an added advantage in learning.

### **What you need?**

You need strength, balance, and skills to kayak. The best advice anyone could give you, is to advise you to ride with someone experienced until you get the hang of kayaking.

### **Who gets in the boat first?**

It depends, if you are in Europe the rule is both passengers hold equality, i.e. the stern person and the bow person can enter the boat jointly. If you are in the United States, the rule is the stern person enters the boat first, while the bow person holds the boat steady until the stern man is seated. The best deal is for both parties entering the kayak to remain in union and work together.

### **How do I decide where an experienced passenger will sit in the boat?**

It depends. An experienced passenger could work just as well at the bow of the boat. In fact, the experience passenger at the bow could prove to be a keystone to the both of you. In fact, in International Rallies or competitions, the experienced passenger will maneuver the paddles at the bow in many instances. If the water conditions are swift and frequent, the bow passenger



could prove beneficial as well, especially if the person has strength, skill, and experience combined. If the water currents are deep in some areas, and scoops down to sharper frequencies of shallowness in other areas (Read about unpredictable waters), the experienced man at the bow would prove beneficial as well.

### **How do I determine who has the best view?**

The person at the bow of the boat has the best view, yet the stern man can see the whole picture ahead of you, i.e. if he has experience. The bow man has the best view, especially if this person is experienced, since he can look ahead to assess the water conditions, along with rapid changes in water movement to determine the best direction to take.

### **Why do professionals paddle on the incorrect side of the kayak at times?**

Professionals often use a wide array of strokes for the purpose of navigating the kayak in the right direction. Sometimes the paddle will swerve upward on one side of the boat and swerve downward on the other side. This could be that the person paddling is in whitewaters with high currents, which is forcing him to focus on one angle. It could also be that the person isn't ready to change angles at the moment.

### **How do I determine the suited passenger weight?**

It depends. Are you considering whitewaters, or normal waters? If you are considering whitewater kayaking, then the person who weighs the most should ride at the bow.

The passenger at the stern is the man that often views the whole picture, such as dangers in the water ahead of the team. If a passenger panics, and obstacles are visible that pose threats, and if the panicky man is at one end of the boat, thus the overall say rests on the stern passenger. In all, all members aboard the kayak should remain in union and avoid argument. While kayaking in whitewaters, you are already in danger, thus arguing will only increase the danger. Next, you want to decide your trips in kayaking.

## **How Do I Decide Trips in Kayaking**

### **Making the right choice**

Making the right choice is important in kayaking, yet it is not the most important thing you will learn. Kayaking adventures include whitewater adventures, coastal and inland cruises, black water rides, competitions, river travel, and so forth. You can decide, which trip you want to attempt by asking a few questions.

Do you have kayaking skills? If so, how much skill do you possess? Is your skill and knowledge enough to handle dangerous adventures or competitions?

While considering kayaking you need to ask questions. Anyone failing to ask, plan, learn, and practice before going into still or moving waters, is only asking for trouble.

Experts kayakers will tell you from experience, yet these people will also tell you to practice before going into waters. Now ask, how much knowledge, skills, and practice do you have in basic and advanced strokes? Do you know all the strokes? How do you perform the C or J Strokes? What about rolls? Do you know how to escape a, capsized kayak? If your kayak capsizes, what should you do to escape the flipped boat? Do you know rescue drills and trained for these drills?

Capsizing boats is no fun if you do not know how to escape a flip. If you are deciding your trip based on the knowledge and understanding of what you

seen in movies, you made your first mistake. See, the water if you are unable to read it can trip and trick you down the best planned out routes. You must learn and practice the basic strokes at most to prepare a kayaking trip. In addition, you want to learn the Eskimo roll, since this roll will help you escape darn near every capsized that occurs in open waters.

If you know the basic rolls and strokes, including a variety of advanced and basic strokes, you can darn near master any trip you set in kayaking. One man in fact made it in a kayak entirely across an ocean, while another man successfully drove his kayak through hurricane waters. Amazing...

To help you better understand kayaking and a few trips you can take we can talk about cruises and adventures that expert kayakers often take. You can also answer a few questions.

What do you think an expert heading for a gothic V down Whitewater Rivers will do? Which stroke will he use to maneuver his kayak?

How experts escape whitewater river gothic V?

An experienced kayaker will often employ a variety of strokes when coming upon a gothic V in rushing waters. The kayaker remains alert without panicking. He then uses variant moves to manipulate his kayak to safety.

Expert kayakers will also choose proper boat, paddles, blades, equipment, and supplies for various trips?

### **What would you take on a Coastal Cruise?**

On coastal cruises you are heading off to sea. If you do not plan, make a checklist, which includes a stowage plan and deck plan, as well as chart(s) you are in deep trouble. In fact, if you do not have skills, knowledge, plans, intelligence, strength, and the like, we only pray you make your trip safely.

Even if you plan a Stillwater trip, you are at risks, especially, if you do not know basic and advanced strokes, as well as the Eskimo roll. Still, if you put too much buoyancy in your boat, the Eskimo roll may not help you recover capsizing.

How do you plan a kayak trip? You read, learn, practice, and practice some more and then try your first adventure in Stillwater at a short distance. Learn the basics.

## **How kayaking Basics Work**

### **The fundamental techniques of kayaking work**

Kayaking is an interesting sport. Yet before you set off on a kayaking experience you want to know the essential techniques. Before you lower your kayak in the waters, you should consider a couple of details.

#### **Questions in how to kayak:**

First, how do you intend to carry your kayak to the water's edge?

Second, how do you intend to launch the kayak into the water?

Third, how do you intend to seat in the boat without flipping?

Finally, do you own a new or older model kayak? (Hull Registration)

Before you answer these questions you will need to consider a few important details that could spare you trouble later.

First, the Hull Registration is the area you want to seek answers to your question. Why, because under this registration, by law, you have requirements you must consider when carrying, launching, seating, and so on. The manufactures of kayaks are under obligation to record details of hulls and title holders of kayaks and canoes. (Check under the rule kayak and owner protection)

The next rule is one of the more valuable tips anyone can offer you and that is the pre-launching inspections. In other words, each time you take your kayak into the waters, rather before you take the kayak into the water you must inspect the boat for any leaks. The idea is to reduce accidents.

### **How do I carry the kayak into the water?**

First, it depends on what your intentions are. For instance, do you intend to compete in a race? Kayaks that compete in races are often lightweight, which means a single person can often carry the kayak. Few types of kayaks enable you to carry the boat solely, yet you must carry the boat a short distance and then grasp the left side “gunwale” at the middle. Once you have a firm grip lift the kayak onto the hip. You can also lower one side of the kayak into the water. You can continue to lower the boat into the water by pushing the kayak over the length of your thigh. If you have an American Kayak use a yoke to carry the boat over your head.

If you have someone to help you carry the kayak make sure that one person grabs the bow while the other grabs the stern firmly.

### **Tip:**

People who enjoy Whitewater kayaking might enjoy the spoon shaped blades and back paddles to enhance enjoyment.

### **Launching your kayak:**

When preparing to launch your kayak make sure to launch the stern or bow first, while having an attached line to the boat. This will prevent chasing your kayak once it escapes. **NOTE:** Launching the stern first can make your task easier.

## **Boarding**

Single kayakers should lower one foot first into the boat and make sure the foot hits the center area of the kayak. Next, grasp both sides as you lower the body and move slowly to the middle of the kayak. If more than one passenger is riding with you, make sure one passenger at a time boards. The first passenger should board at the stern. The second passenger should have a firm grip on the gunwale. Furthermore, the second party should use the knees to steady the boat. Once the first passenger is seated, the second person must lift the bow of the kayak, positioning self to take a seat.

As for older or new models, the law has stipulations which all conform to the Hull Registration. The most important is to make sure your boat is safe to cruise, race, or float in the whitewaters. Kayaking differs from canoeing, yet most codes and rules are the same.



## **How Kayaking Differs from Canoeing**

Most people who kayak will use sport canoes, which the kayak is lightweight and made of fiberglass. Still, you can purchase other types of kayaks for whitewater sports. The kayak is employed for leisure, or often used in competitive sports. The older boats were made of animal skin, which the Inuit boats held one of two people. Often the kayaks come with double-bladed paddles, which the canoes come with a variety of paddles. Kayaks are also employed for traveling or racing. Canoes generally are used in rivers, or open waters where no danger is present.

Canoes are narrow pointed boats, which are lightweight as well, and the points are identical at each end of the boat. Canoes can be paddled by one, two or more passengers. You can use canoes to travel, fish, or enjoy sporting hobbies. While kayaking or canoeing you must take control and hold responsibility for your own affairs and life, since sometimes the adventure could be dangerous in either event.

Whitewater kayaking is one of the latest sporting events, which while enjoying this sport you must adhere to safety.

### **How do I get out of a kayak if it capsizes?**

First, you want to realize that kayaking differs from canoeing. If you flip or capsize in a canoe you will dump into the water and you are free to swim your way back to shores. If the canoe is in violent waters, you want to avoid grasping hold of the canoe and controlling the boat, rather you want it to guide its own way. On the other hand, if you are kayaking in whitewaters,

remember you are in a closed kayak. If a kayak capsizes you will hang upside down under water. You want to practice holding your breathe for 30 seconds or longer before kayaking. If this is your first time or second time kayaking, wear snorkels. This will help you see while under water.

Canoes is easier, since you can roll the canoe and attempt re-boarding, however kayaking you want to learn how to use what is called the “quick release” tool if built-in to the thigh straps. You want to use the quick release alongside with your spray skirts, as well as with your thigh straps. Experts can often release their bodies from kayaks in four seconds, or ten seconds depending on how much practice the person had before kayaking.

In kayaks after releasing the straps and spray, hold both sides of kayak and pry your body out lightly. Next, clear the feet, moving them carefully out of the kayak. Now you are free to swim.

### **What are the key points to keep in mind when my kayak capsizes?**

The key point to keep in mind if the kayak capsizes is to remain calm. You should also avoid rushing if the boat capsizes. As long as you relax and remain calm the waters will work with you.

### **How do I estimate weight distribution and stability?**

First, you want to realize that shallow sketched boats or vessels, such as canoes (lightweight ones particular) are sensitive to distribution of weight. This is true both when the boats are floating on water, and while boarding the boat. The main thing you want to keep in mind while kayaking is to load the board slowly, as well take your time while floating in whitewaters.

## **How do I estimate distribution of weight, stability, and gravity while kayaking?**

Realize that all boats, including kayaks base its gravity of center weight on total weight of both passengers and boat. In other words, the term in kayaking “Center of Gravity” is described as “The spot” where the complete amount of weight of the kayak, and all its passengers and gear, could put produced and/or placed on the boats hull. Next, learn more about paddle positions.

## **How Kayaking Positions of Paddles Work**

Most times you will see passengers paddling kayaks from a seated arrangement. However, it is sometimes unwise to paddle in this position, since the center of gravity is often higher than it would be in a kneeling arrangement, especially if you are traveling in a canoe. In a kayak on the other hand, you have no other alternative but to remain seated while paddling. Kayaks have closed spaces where the body is seated, which often includes thigh straps and knee straps.

Those who kayak generally choose the double bladed paddles. Unlike canoe paddles, the double bladed paddles, is a single device with paddles on both ends. Still, some people will choose canoe paddles for kayaking, which is not always a good idea.

Paddles originated from implements of blends and are used to push against water, which at one time was called propulsions. The object is to propel the kayak, canoe, and/or boat. Most kayak paddles are longer propulsions, which have blades on both ends, and rarely do the paddles have handles. Canoe panels often are made of metal, fiberglass, or wood. The paddles have shafts (Rods), which include handles and rigid blades.

While kayaking the passenger(s) should hold the double bladed paddles with both hands. The paddles should be held apart at a distance. If you are just traveling, or cruising in a kayak, you will maneuver the paddles in a backward motion. Alternately, the twin blades of the paddles would dip into the water, at both sides of the kayak.

### **How do I choose paddles for my kayak?**

This article is not intended to help you to choose paddles for your kayak. However, keep in mind that oars are different from the paddles. For instance, most boats may have oars, which are supported by the boats. The lightweight kayak paddles are ideal, since the paddles do not support the boat. Most kayak paddles are 32-ounces in weight, or 2-pounds. Some paddles weigh less. In addition, a kayak paddle may come with different colors on both sides of the blades. The colors are intended to help the passenger signal and guide the kayak.

### **How do I decide the best strokes to take while paddling?**

It depends on you, the kayak, and types of paddles. However, you can choose the bow strokes, which is the traditional stroke, or the backwater stroke. The J-Stroke is one of the modern methods for paddling a kayak. Expert kayakers and/or canoeists may use a variety of paddling methods, yet these people know how to interpret and forestall the waters ahead of them. Overall, half strokes is the basic method of maneuvering kayak paddles.

Other types of stroke methods may include pushover (Sometimes called pry-away), reverse quarter sweeps, forward sweeps, draw stroke, and so on. Some people may invent their own methods, which works best for them.

### **Tips:**

While paddling or using a particular stroke, remember that power of both arms should apply smooth meticulous stroking methods. In addition, try to

keep the strokes as close to your kayak as possible. Remember, most times the paddle beams move from side to side in a near perpendicular plane.

**Further help:**

While kayaking, bear in mind that power is not applied at the time the blade(s) pass the hip area. As well, power is not applied at what time the left hands drop downward near the gunnels level, (Gunwale) which then the blade should resurface. The blades sweep forward in a feathered arrangement. The edge of the paddle leading, should slightly remain upwards, since it will touch waves of water, and will sliver through the water, or else bounce off the water. Learn the rescue drills!

## **How Rescue Drills Work in Kayaking**

### **Coastal Cruising Rescue Drills**

Now that you kayaked across rivers, lakes, Inlands, bays, you probably instilled the notion in your head to voyage the coastlines. True kayakers tend to crave new water experiences. Most true kayakers would enjoy the challenge that the sea could bring.

If you are one of these people it is our hope that you have sound experience that will back you along your journey. If you've ventured the Inlands, lakes, rivers, and so forth, as well as the white/black waters, then you know that the waters could lead to fatalities and severe injuries. While you hear reports in newspapers about kayak incidents, realize that most of the kayaker injuries and/or fatalities are because the kayak did not follow "ALL KAYAKERS" rules. In fact, the majority of reports show that during a capsize the passenger(s) left their boat. The boat is your support. Floating in the middle of the sea without a boat...we won't go into details. Now we can learn rescue drills, which assuming you are experienced, you probably already have the drills down pat. Still, for those of you still learning, the details could perhaps offer you new information.

#### **How rescue drills work:**

Preparing for all contingencies at sea is the first and foremost step you will take. You can prepare by imaging yourself at sea and picturing high and low tidal waves. Visualize how you will handle the situation. Now, visualize a hurricane or tornado claiming your path. How will you handle the situation?

The rule of thumb is to practice strokes and rolls in calm waters before venturing off to sea, and mastering the Eskimo roll.

### **How many drills must I master?**

Three...

Master the Eskimo Roll contemplatively. Number one, I will repeat this one last time, master the Eskimo Roll. The second rescue drill is to master the “Two man Eskimo rescue,” and then the “three man,” Eskimo rescue. The only way the Eskimo rescues will fail you in most instances, if you go down with sail. In other words, coastline cruisers take sails, rigs, and daggars along their trip, which is smart. However, if the winds are high and you fail to drop you sail, you should pray, since the Eskimo Rolls may not work in your favor.

### **How do I prepare to master the Eskimo rolls?**

You practice in all sorts of waters. In addition, you practice the tactic in water while using your paddles, and then without your paddles. The key to mastering the Eskimo rolls is to pre-practice, practice, and then practice some more. If you plan your sea trip ahead of time, set up a master schedule that will include practice time as frequently as possible. Choose your paddles!



## **How to Choose Kayak Paddles**

### **Kayaking**

#### **How do I choose kayak paddles?**

First, you must understand that having the correct paddles for your kayak is as important as having the right kayak.

When you have the correct paddles you will find more enjoyment in kayaking, as well you will not feel fatigue when you finish your experience.

Experts tell us there is a rule set that helps us to determine the correct paddles. We can consider the rule now. You will need to start by considering your height and arm length, since everyone is different.

#### **Kayak paddle rules: How to Choose**

Length: Length is important.

Stern passenger rule: standing firmly on the ground, place the tip of the paddle blade at your feet with the grip leveled at eye length.

Bow passenger rule: You will need a paddle somewhat shorter than that of the stern operator. Level the paddle matching the mouth:

#### **Type of Kayak Paddles:**

Various types of paddles are available today; however wood is still the most common type. The types of wood include Sitka Spruce. Spruce wood however is a bit harder to locate. Sitka spruce paddles are light, yet strong, yet after many usages the wood tends to split. Maple paddles is heavier, yet

many kayakers enjoy this type of paddle more so than other types. Ash paddles is heavier yet, offers flexibility more so than other paddles. Ash paddles tend to spring, which assists in lessening the shock of lethargy, especially at the onset of paddling. Ash is a type of wood that is sometimes laminated.

**Choices:**

Wood: Sitka Spruce, Maple, Ash

Aluminum: Lightweight and strong

Laminate:

Double paddles

Aluminum paddles have a tendency to dirty the hands quickly, since aluminum paddles are often light and made of strong material.

Laminated paddles provide a variety. You can purchase laminated paddles, which you can utilize with alloy shafts, alongside wooden blades. The combination provides strength, which arranges the blade to meet the alloy shaft alongside the ribs of ash wood. This is idea for cruising, while you will need other types of paddles to compete.

### **What type of blades is suitable for me?**

It depends. The shape of blades will depend on what you intend to do with your kayak. For instance, if you intend to race, you might consider the square-tip blades. The spoon shape, modified or beaver tail blades is ideal for cruising. Each blade has a round corner. In addition, beaver tail blades are commonly employed in zigzag ski racing or kayaking. (Slalom)

Overall the blade type will depend on your level of stamina and strength. Experts recommend that you experiment with a few types of paddles to decide which product is best suited for you.

If you select the smaller blades and the blades are not suited for you. You will end up getting less water to pull your strength, while if you choose the longer blades; you could very well pull more water against your paddles than you have strength to perform.

In other words, balance is essential in kayaking, choosing paddles, as well as choosing blades.

### **How should I choose if I ride in the kayak alone?**

Solo kayak riders tend to choose the double blade paddles. You want to keep in mind that paddles longer than usual is best when you ride alone. In addition, you want to consider that you will need to learn how to feather along with the kayak. In other words, the double paddles are idea for those riding along, yet you will need superb balance to master the kayak.

Overall, the basic kayak paddles is the double blade styles. Next, learn how to choose the best paddles for sea cruising.

## **How to Choose Paddles in Sea Cruise Kayaking**

### **Paddles and more**

Coastal kayak cruising is a kayakers dream. Kayakers enjoy exploring all waters. Your checklist before voyaging through the sea should include paddles. Sometimes kayakers loose paddles on sea trips. Your checklist should also include emergency equipment, which could save your life. Flares, compass, proper attire, rudder, repair kit, lifejacket, spray cover, deck layout, and stowage plans is all types of emergency items you want to carry along your journey. Don't forget your navigation chart(s) and make sure the plans are laid out to help you cross the sea route you intend to cover. You want to take your time preparing a sea cruise in a kayak to make sure you cover all details. Test is ideal, since if you make sure that all your equipment works in calm waters, you will know that the equipment will endure variant waters as well.

### **How to choose paddles:**

If you plan to travel long distance through the sea, the small bladed paddles will suffice. The primary paddles should have rigid shafts. Slalom or whitewater paddles is ideal for kayaking through the sea. The GRP model is a type of paddle you want to consider. The British made paddles will provide you strength and weight. Jointed paddle sets are ideal for spares. You want to strap the spare paddles to the deck of the boat securely, which will provide easy access.

When venturing the sea you want to paint your kayak paddle blades. The ideal color is bright orange. (Florescent) Before you venture into the sea,

make sure you test the paddles durability. The test will spare you trouble along your coastal cruise.

### **How do I decide the proper length?**

You should test length prior to kayaking. The best solution is visiting stores that sell a variety of kayak paddles. You can stand the kayak paddles up in front of you and test the length. If the paddles feel comfortable, then you will know which length best suits you. Your arms and height should be compared to the length. In addition, you want to test the blades, as well as the loom to make sure the paddles are suitable. If you feel any discomfort, test another set. Do not take the cheap way out. Cheaper paddles tend to break, which is not a good deal when you are traveling the sea.

While you can repair cheaper paddles with kits, the expensive paddles if you can afford it will provide you additional support.

Outside of paddles, you want to consider rudders. Kayak rudders are important. Each kayaker has his own idea, which rudder works better than the other rudder. Experts often recommend however, the foot operated rudders. You can toss in an “over tern rudder blade,” which will add support.

Coastal cruises tend to wear down kayakers. The sun places more stress on the kayaker, which is why most kayakers on a sea journey will carry along sails and rigs. According to experts, lateen sails and rigs are ideal for coastal cruises. The masts are short. The cords on lateen rigs and sails tend to group, which the ropes and cords will collect lines and rigging of the kayak. This adds security. The sails will shield you against harsh sun.

In addition to sails and rigs, you want to toss in a quick release system to help you drop sail quickly. Leeboards and/or a twin system, is another item you want to consider while planning your coastal cruise in kayaks. Dagger boards can help protect you from the winds. If in the event the winds increase, your dagger will offer you protection.

## **How to Choose Your Kayak**

### **Whitewater Kayaking**

#### **Why should I choose a proper kayak?**

Before you can choose a kayak suited for your experiences ahead, you must first know what your purposes are. If you intend to kayak down rivers only, then rigid kayaks may work best for you. If you want to travel lakes, rigid kayaks are ideal as well. If you want to whitewater race then you might consider the folding kayaks. Choosing the right kayak depends on you and what you want, yet you must also consider capacity weight, stability, seaworthiness, balance, etc when choosing kayaks. Kayaks tend to limit space, since the seating arrangement is enclosed. This is important to you.

#### **How do I decide if the seating is right for me?**

If you sit down in the kayak seat and find yourself fitting loosely, you are in the wrong kayak. Passengers should fit comfortably in kayak seats without sliding, scooting, or fitting loosely.

#### **How do I know what model to choose from?**

First, how many passengers are you intending to haul? Single seat kayaks, and multiple seat kayaks are available. You can also purchase kayaks, which fold. The folding kayaks are ideal for anyone intending to tour the waters. Single passenger seats are intended for those who intend to explore still water territories, yet the one seated kayaks could handle different types of adventures. The folding kayaks often efficiency, since you have space for your crew and gear combined. Folding kayaks are often used in



competitions, wilderness tours, brushed stripe areas, lakes, etc. The Klepper and Folbot are folding kayaks, which few experts recommend.

While kayaking the passengers are often seated for extended time. The knees, feet, and hips often are the prime focus to kayakers. The knees tend to clamp the boats hull, which can lead to uncomfortable arrangement. In addition, kayak seats tend to add stress, especially around the lower back. For the most part, you will need to find the seat that feels right for you.

Rigid kayaks move faster than the common folding kayaks, yet the rigid kayaks have issues you want to consider. Rigid kayaks will pull water with ease most times, yet you cannot take apart a rigid kayak as you could a folding kayak. In other words, you can dismantle the folding kayaks. If you are looking at price, the rigid kayaks are the direction you want to take.

When choosing a kayak, you want to know how many passengers you intend to carry in the boat. Experts recommend that you experience in training kayaks or rentals before buyer your own kayak. This will help you get a feel of the different types available.

The two seated kayaks are ideal, even if you do not intend to haul another passenger. The two seated kayaks will move fast, and allot you added space for gear. In addition, if your plan is to voyage the sea, thus two seated kayaks has proven more seaworthy than the single seat kayaks.

**How do I decide which type of kayak I will need if I plan to compete?**

Competition kayaks length is important. The length should be 13-feet or slightly lengthier. You will need to check with the people managing the competition to learn more about accurate length. Two seated kayaks however, do not meet the standard length often required in whitewater kayaking, or competition that is.

**What type of material should I consider?**

Today, fiberglass, glass, wooden, aluminum, and other materials are available. You have to check the market, yet fiberglass is common today. The material will also decide on your intentions. The overall experience of kayaking will bring you ashore.

## **How to Come Ashore in Kayaking**

### **Safety tips included**

If you coming ashore at a beach or flat land area it are relatively simple to rest your boat on land, especially if you have a partner: While coming ashore on flat land, angle your boat to the right. The person seated at the bow of the kayak can step out of the board and pull the kayak slightly onto land. You will lose stability if you try to drag the boat too far onto the shore. You could also damage the hull of your kayak. Once the bow passenger is on dry land, the person at the stern moves forward preparing to jump off ship, which he succeeds:

The kayak at this time will lift from the waters. If you are preparing to come ashore at a dock, move your kayak alongside the dock first. Both passengers at this time will exit the vessel near the center of the boat. (Amidships) If more than two passengers are in the boat the third passenger can exit first. Otherwise, all three passengers can gather in a group near the center of the boat, which the bow passenger will then exit. The bow passenger can then secure the vessel while using a painter to dock the boat.

You are now on shore.

Coming ashore is a replica of boarding kayaks. When you are preparing to come to shore use the basic steps you took when boarding your kayak. You want to avoid capsizing while coming ashore, so think before you exit your boat.

Boarders tend to put their center foot into the kayak and/or canoe first while using both hands to grip the boat for support. Your weight will always affect the boat, which the bow generally lifts from the waters.

Kayaks are sporting canoes. The canoes are often lightweight and made of fiberglass. People use kayaks for leisure, travel, competitions, whitewater events, inland travel and more. The material is delicate, yet built to last. However, if you fail to launch, carry, or come ashore correctly, you can damage your boat.

**Now we can discuss safety tips:**

Always carry CGAPSD aboard ship. (See Coast Guard Approved Safety Device)

**Tip:**

Always wear a lifejacket when kayaking, since proper buoyancy and lifejackets combined could give you extra support when capsizing.

Never hurry when boarding, or coming ashore in your kayak, especially in shallow draft kayaks. The lightweight vessels are sensitive to weight dispersal. When you move inside a shallow draft kayak, it is important to remain calm. If you want to change your seating in a kayak, take your time and do it as gently as possible. Exiting a kayak should fall under the same guidelines. If you move outside the limits of the boats gravity, you can flip the vessel easily. Keep this in your mind when boarding, coming ashore, and exiting your boat.

**Tip:**

Never leave on a kayaking trip with fear. Leave your fears behind and pick them up later. In addition, do not play guessing games in water, learn, practice, and practice some more before you attempt a full kayaking trip.

Kayakers tend to learn basic and advance strokes before attempting to kayak. This is smart sense each detail you learn could save your life. In addition, ALL kayakers should master the Eskimo roll before attempting a kayak trip. The Eskimo roll can help you recover from nearly any capsized situation. If you plan to travel in pairs, or groups, make sure all of you learn the Eskimo Roll together and remove any doubts, confusion, etc. In other words, harmonize the Eskimo roll together. Next, learn how to consider kayaking trips.

## **How to Consider Kayaking Trips**

### **What you should know**

Kayakers do not go into waters without learning or practice. That is a smart person who wants to learn how to kayak will not go into open waters without skill, knowledge, observation, balance, education, and sufficient practice. Maybe you seen in the news about kayakers were injured, or even died from their adventure. Why do you think these news reports come out? Likely, the kayakers dismissed rules, failed to learn and practice first, or else left their kayak during capsizing. (Flip)

Did you know that advanced kayakers can actually make it across hurricane waters? Did you know an advanced kayaker can make it entirely across an ocean or sea in a kayak? It's been done and recorded in history.

The first thing a kayaker will do before hitting open waters, still or moving is to consider how he will get his boat to the edge of the waters. He will next consider how he will launch his vessel. The next thing he will do is consider boarding the boat without capsizing.

### **The HULL REGISTRATION:**

Do you have a new kayak or a rental? Either way, a kayaker will consider the registration, simply because safety rules apply. The registration will inform you that a wise man will always inspect his vessel before launching out to sea. Even if you have never used your new boat, a wise man will conduct a "Pre-launch inspection."

Now, you want to know why reports in the news tell you about accidents midstream while kayaking...it is because the kayaker ignored the Hull rules, i.e. pre-launch inspecting before he entered the waters. Likely, he thought, "I am sure my boat is seaworthy." In kayaking, there is no such thing as sure.

How do I carry my boat to the ledge? First consider, is the area high? Are you launching from a dock? Do you intend to launch your vessel from a jetty?

Are you prepping for a competition race? Most competitors' boats are lightweight. This enables them to carry the boat to the edge of the waters single-handedly. Single boats can be grasped with one hand at the gunwale (ledge of the kayak) and another hand in the center of the boat. You lift the boat onto the hip, which is convenient, since you can also launch your vessel into the waters while in this position. You merely drop one end into the water and then push the boat over your (either one) thigh into the waters. You will need a yoke if you intend to carry the kayak over your head, i.e. the standard boats.

If you have a modern vessel and another passenger both of you can carry the boat to the edge of the water. One person can handle the boat at the center, while the other person can grab hold of the stern or bow. If you choose this method you can also launch your kayak into the water successfully. As for boarding, you will always place one foot into the center of the kayak first, while using the boat to support your weight. Boarding kayaks is tricky, so you want to lower your body into the cockpit, and move toward the center of the boat simultaneously. The bow will lift, which prepares you for position.

### **Yes, but how can I consider kayak trips?**

If you are reading this article how to board, launch, carry, and follow rules, you should not be planning a trip at this time. Instead, you should be reading the articles that tell you how basic and advanced strokes work. You should also read how to perform rolls to escape capsizing. Do you know how to cross bow rudder?



## **How to Cross Bow Rudder in Kayaking**

**This guide is designed to teach advanced kayakers how strokes of the paddle work in kayaking. If you are not experienced, you will need to read the basic strokes before attempting the rudder strokes.**

The cross bow rudder strokes are similar to the bow rudder strokes. Yet, there is a slight difference. The bow passenger performs this act on the opposite side in which he normally paddles the kayak. The cross bow rudder stroke unlike the bow rudder stroke does not give you the time to switch hands. During this action you must rotate or swivel your body. While in position prepare to swivel your body around toward the opposite direction, and then cross the bow. At the same time you want to scoop the blade downward toward the water. To avoid ensnaring your hand between the gunwale and blade, make sure you bring the lower hand up, and place it on the shank (shaft) a few inches. Keep the paddle gripped near the armpit (left) and make sure the paddle's blade dips into the water at a 40 degree angle.

### **Tip:**

You can use the sweep strokes at a 90-degree angle and reach the same affect you would get from the cross bow rudder method. Sweep strokes are commonly used by kayakers and canoeists to turn the boat slightly without interrupted the direction.

### **How sweep strokes work?**

You have choice. The first choice is to push over the bow. The second choice is to drive the kayak forward. The third method is to pull the stern toward the paddle.

### **How do other types of kayaking strokes work?**

Well, it depends on the stroke in which many are employed in kayaking. For instance, the stern rudder stroke is similar to the bow rudder strokes. The bow rudder is the process where the bow passenger uses his paddles to steer the boat in the course which he is paddling the kayak. The stern stroke is often utilized when the stern passenger cannot use the J-stroke method to redirect his kayak. Sometimes the direction the kayak is headed needs readjustment, thus the kayaker will employ the stern stroke to redirect the boat. Unlike the bow rudder stroke the person paddling the kayak will reverse his sweep and take a 120-degree angled turn rather than a 40-degree turn.

### **Tip:**

If you need to make an immediate turn while kayaking the bow rudder strokes is ideal, yet a draw stroke would be more beneficial if you spotted a obstacle in the waters that could cause damage. The bow rudder strokes will slow the kayak.

Kayaks are sport canoes, which are often lightweight and made of fiberglass. The boats are utilized in whitewater rafting, leisure, and often in competitive sports. The older models were made of animal skin, which \*Inuit boats held one or two passengers, which both would use double-blade paddles to control the kayak. Sometimes people use kayaks to travel or race.

### **Facts:**

\*Inuit is Artic people, or people from Greenland. The members of these

lands lived in coastal areas of the Arctic, Greenland, and Canada. The languages of Inuit descendants constituted languages of three branches. The branches included the Eskimo Aleut family.

Canoeing has dated back for centuries, which the kayak is a form of canoe. Today, people are enjoying whitewater kayaking, traveling, cruising, and more. In fact, the Internet has posted many sites that offer vacations that include whitewater kayaking. Kayaks are far more dangerous than canoes, since kayaks have closed seating arrangements, which you are often strapped in with knee and thigh straps. If you capsize (flip) the kayak, you had better learn steps to take to save your life.

## **How to Cruise in kayaking**

### **From Inland to the Sea**

Kayak cruising is an adventurous sport, which many trained kayakers will take at some point in their experience of kayaking. Advanced kayakers often cruise rivers, lakes, oceans, inlands, and the sea. Each event offers them a new reward. After cruising so many rivers, kayakers tend to challenge riskier waters. With this in mind, we want to learn about the cruises, and help you decide if you are experienced enough to take the next challenge.

For example and inland cruise may include camping, site seeing, adventure, strange habits, and so forth. In addition, kayakers on cruises tend to plan ahead, and prepare drivers, paddles, routine, family, camping gear, equipment, area, emergency gear, etc.

The first thing you should have down when considering kayaking cruises is to know the rivers. The Colorado River for example evolves hustling and bustling in some areas, yet in other areas the water is placid. If you plan to tour for a day, you want to consider your type of kayak and/or canoe. You will not need in most instances a race kayak, or slalom. The folding kayaks then, is ideal for day tour kayaking. If you are planning a tour, you may find tourist departments a source of good news. The Chamber of Commerce and Department of Conservation may also offer you some helpful advice. You will also need to develop skills before kayak cruising.

Foremost, you want to train and practice for you event. If you are not prepared, or lack skills, it could increase danger.

For the most part inland cruises include outings. Often kayakers on inland cruises will enjoy picnics, camping, BBQs, etc. With this in mind you want to train and practice living in the great outdoors.

In addition to nature based enjoyment, inland cruises include snakes. With this in mind you want to prepare ahead, as you would prepare your trip. Water moccasins, rattlesnakes are all in most inland waters. Rather rattlesnakes play on the lands in the closest proximity of the waters. All snakes will give you warning, which you must learn to heed the warnings ahead of time. You can practice observation, hearing, and listening skills to prepare. In all, the only critter in the inland waters you want to give more attention to is the amphibian whale shark. The whale shark is large and his body is spotted, which he is often found in warm oceanic areas around the world. The white spotted creature has a dark body which measures up to 15m and 50 feet in length. You want to give special attention in inland cruises to this fellow, since unlike all other amphibians, he could care less. Are you ready to cruise the coast?

## **How to Cruise the Coast in Kayaking**

Kayakers at one point tend to venture off to the sea. Kayakers after going down an exciting and adventurous Inland cruise tend to desire learning how kayak works in sea cruising. Before you venture off on any kayak trip, you will need to learn basic and advanced strokes, as well as rolls.

Sea or coastal cruising is a rewarding adventure. The thing you want to keep in mind while coastal cruising is that the sea is long and wide, which means you need to set a limit on the time you will spend kayaking. One man in the 1950s challenged the ocean in a kayak. This man was able to cross the entire waters while kayaking through the waters. The Klepper's kayak helped this man, Lindemann successful cross the ocean.

Before you start your journey across the sea you want to make sure you have a fitting spray skirt and Bilge keels to support your trip.

### **What you should do first.**

You should prepare before starting your journey. Preparing will include angles. If you prepare angles, you will avoid risky kayaking. At the start write a checklist.

### **Checklist:**

Navigational chart

Extra paddles

### **Cardinal Rules in Coastal Cruising:**

Kayakers should adhere to the cardinal rules. The rules include: Only take, at most three passengers when cruising the coastal seas. The passengers should have trained in swimming, and have learnt the Eskimo Roll. The Eskimo roll will help you reload in the event you capsize the kayak. Always, (all passengers) wear a lifejacket. The ideal jacket should include plastic whistles.

The rule of thumb is to practice all strokes, rolls, and so forth before you journey off to sea. Before you journey off on a coastal cruise, make sure you listen to the weather, to prevent entering hostile waters.

Coastal cruising requires a great level of stamina, since the journey is often long. You want to prepare through training programs to build stamina. Building stamina will help you through the long journey, since you will use your paddles often.

### **Sun:**

Coastal cruising involves a great deal of sun. The ideal kayak is the folding kayaks, since few have sails included, otherwise you can purchase necessary attachments to install your own sail. Kayaks with sail attachments will include dagger boards and accessories.

The dagger is similar to keels or center boards. The daggers will provide stability, while helping you to maintain an upright position. If you have a Dutch cargo barge kayak, you may have to build onto the boat to install a

sail. This is the exceptional kayak that does not come with attachable sail necessities.

### **How do I decide which type of sail to attach to my kayak?**

The Chinese junk rigs, jib, and mainsail is not the best choice, rather you should go with the lateen sail. Still, you need to consider the kayak's model and refer to your manual to decide, which sail is best suited for your boat. Arabs built the lateen sails. Lateen sails use shorter mast, which can provide you support if the wind spills swiftly and causes an unsuspected storm. Lateen sails will provide added reefing support as well. Reef is a section of the sail, which gathers and ties down to reduce the surface of sailing.

### **How do I handle waves?**

You will need to learn all methods employed in kayaking before cruising through the coastlines. Your best bet is before journey the sea on a full trip, is to plan a short route to understand the waves of the sea. You can practice in lakes as well to get an ideal of how waves of the sea work, since lakes are similar in many ways. Now we can head off down an inland cruise.



## **How to Inland Cruise in Kayaking**

Inland cruising is an admired adventure by many. On inland cruises kayakers and canoeists alike carry along camping gear. During the trip the kayakers will stop in various areas and camp for a short time before proceeding on their inland cruise. An inland cruise is a relaxing adventure, which is often done on rivers. Inland cruises was popular during WWII, however changes occurred that slowed inland adventures. Still, kayakers, canoeists, and those enjoying outdoors sporting carried on inland cruises by standing up for nature.

Unfortunately, rivers and lakes are contaminated, since unbiased lawmakers allow factories and other businesses to dump waste into the waters. This affects our system immensely, since natural resources are destroyed. In time, the unbiased action may lead to our death.

Overall, if you want to kayak on an inland cruise you will need to learn basic strokes, along with a few helpful advanced strokes. You may want to learn a few rolls as well, since any water you enter into with a boat, presents risk.

Before you go on an inland cruise, learn about the rivers in your area. Many towns have canoe and kayak training facilities. You may want to venture your area to learn what is available to you.

Before you venture off on a river trip, you want to plan. The planning should include extra people, since you will need someone to drive you to the location, and pick you up where you stipulate. You will also need someone

willing to meet you along your trip, so that you will have access to your picnic or camping gear. Kayaks are small, so you can only carry a few items along the trip.

An inland cruise is all about enjoying the outdoors. If you enjoy adventures, an inland cruise is ideal, especially if you plan to enjoy camping along the route.

### **How do I decide which kayak is best suited for inland cruises?**

The slalom is ideal if you like feisty trips. You want to learn, practice, and prepare your self if you kayak on an inland cruise. The Eskimo roll is the ultimate choice for those intending to slalom kayak down an inland river. The Eskimo roll will help you during capsizing. If you should flip your boat, you can use the Eskimo roll to regain control.

### **What should I carry with me outside of camping equipment?**

It is up to you. If you enjoy hunting or fishing, then you will need equipment that enables you to enjoy your sport. Hunters should only kill what they intend to eat. Remember, these critters are living, breathing creations. You will need to plan a stop, if you plan to fish or hunt, since fishing in a kayak is not a good ideal. You will need both hands to control the kayak at all times.

### **How do I protect myself from snakes?**

Get out of your kayak and run fast. Just kidding!

Inland cruises include rattle snakes. The snake will give you a warning prior to you meeting him face to face. You want to avoid approaching any snake in inland waters. You can take along with you a snakebite kit, which can help you in the event an incident occurs. If you heed the snakes warning and stay away however, the snake will leave you alone. The only true critter you want to watch out for while kayaking in the inland rivers is the unfriendly whale shark. This amphibian does not care if you heed warning, it will attack anyway.

### **How should I handle problems, such as getting stuck in Inland Rivers?**

Rarely does this occur. However, you should try to fit a survival kit into your kayak to assist you in the event you do get stuck. Learning how paddles and paddling works in kayaking can save you trouble.

## **How to Paddles and Paddling Work in Kayaking**

### **Self Help Tools to Successful kayaking**

Cars have engines, which pull capacity weight, including your own. Kayaks do not have engines, accept the paddles and the passenger steering the boat. In other words, the paddles are the motor that determines your outcome in kayaking. The paddles and you use energy to direct the vessel in the correct direction. The motivated power and energy helps you to thrust forward, steer, and manipulate your kayak, guiding it in the right direction. You will shove forward through waves, turn, and possibly capsize if you do not learn proper paddle and paddling methods in kayaking.

In fact, if you do not have paddles, your best bet is to grow fins, since you will not go far in your kayak. Experts recommend that you purchase quality paddles, rather than focus on cost. Quality paddles could provide you stability, security, and added safety while kayaking. The wooden paddles or inexpensive paddles tend to crack over repeated usage, which could put you in danger.

The first thing to do is to decide, which paddle shapes is suited for you. Doubled bladed paddles are ideal for kayakers. The blades are set at angles around 90 degrees. In addition, doubled bladed paddles tend to have fixed shafts. The concept or design is to give the featured points to the top blades, especially useful in forward strokes.

Once you get the feel of kayaking, it should not take you long to decide on the best paddles and paddling methods that suit you. To help you learn a few details on paddling we can provide you points to remember.

Points:

You want to learn both forward and reverse quarter sweep strokes, mastering the strokes so that you feel comfortable at all times while using your paddles to perform this action.

If you are new a kayaking you may want to wear sport gloves to protect your hands from blisters. If at first your arms start to tighten while using the paddles, avoid overloading, or under loading the muscles. Avoid panicking, since the emotional reaction will only present risks.

Experts will often tell you before you attempt kayaking (Beginners) you should learn, practice, and proceed. Kayakers tend to workout to build muscles, since they are aware that it takes stamina, strength, etc, to kayak. At first, if you are not use to kayaking, you will experience stress at the muscles. Especially so in the areas you work the most. This is called muscle building. It is a natural response to a new experience. Just ride with it. Try to plan your first trip so that you travel a short distance.

Before you attempt kayaking you should learn the basic strokes. The tactics applied in all strokes include applying power of both arms to maneuver paddling. You want to make the strokes as close to the kayak as possible as well. In addition, the shaft of your paddles should move in a perpendicular

plane. When you punch forward with your paddles, while using the left arm, make sure the arm crosses the body correctly.

The left arm should extend outward over the water, which should end with the stroke. Once the blade of your paddle passes your hip, you should not use power. The left hand should drop at this point downward and near the ledge of your vessel (Gunwale), which the blade should surface. You will now use your paddle to force the blade to sweep in a feathered method, forward. Keep the lead edges of the blade slightly lifting up from the water? This will prevent hazards. Next, learn the Eskimo roll.

## **How to Perform the Eskimo Roll in Kayaking**

### **Self guide to success**

ALL kayakers must learn and master the Eskimo rolls. In all, three rolls define the Eskimo roll, which include, one, two, and three man rolls. The three man roll is important, yet various other methods are often employed to escape capsizing. (Flipping of the boat)

If you are new at kayaking, learning the Eskimo roll could prove helpful throughout your trip. In fact, all experts know and use the Eskimo roll in every adventure they take. The Eskimo roll originated from missionaries traveling to Greenland in the late 1700s. However, in the 1920s a man named Pawlate corrected the method missionary Greenlanders employed. This brought the Eskimo roll to a new name, which commonly kayakers will call the righting roll. It didn't take long however, that new comers to the kayaking world, invented the Pawlata Roll, which is a variant of the Eskimo roll.

In addition to the Eskimo roll, you can roll your kayak while using your hands during capsizes. You can learn how to use the hands properly, which will form a, 'no-paddle,' Eskimo roll. Flat water, sprinting kayaks is the only time you should not use the hands to perform the hands only roll. The boat is fragile.

The start of learning Eskimo rolls is to make sure your footrest is secure. The kneepads should brace your knees, and the seat should feel snug. If you

slide sideways or backwards in the kayak, then you are sitting in the wrong boat.

You will also need to purchase a spray skirt. The skirt should feel comfortable. Neoprene tends to sell the best line of kayak spray skirts. Kits are available.

The skirt should fit snugly about your ribs and hips. Once you put the skirt on and step into the cockpit you will fit the skirt about the Coaming. (Learn about Cockpit Coaming)

Most times it doesn't happen, but in the event you capsize and need to leave the vessel in a hurry, you can use a quick release supplied in your kayak to exit the ship. You should wear scuba masks, and proper gear while kayaking at all times. Once you learn the Eskimo roll however, you can use the scuba mask if you choose. It isn't necessary if you master the Eskimo roll. If you are kayaking make sure you have floatation devices, buoyancy, and floating devices.

If you flip your kayak, the golden rule is to lean over the boat and brace the boat tightly to the right. You want to use an instructor if you never kayaked to learn proper strategies in the event of capsizing.

Eskimo rolls depend on hip movement and the way you maneuver your paddles. When practicing the Eskimo roll, be sure you use your mask, until you master the tactic. Take a deep breathe, and prepare to lean forward while feeling the feet and knee pressure. You want to practice as much as



possible to remove fear. When capsized in a kayak, you want to avoid guessing and fear. In fact, when traveling anywhere in a kayak you want to avoid panic, fear, and guessing.

Once you start feeling your body parts, you will need to swim. Your head should go toward the hull of the boat. Learn to practicing breathing before you attempt the Eskimo roll to help you avoid fear. You want to prepare to shut off the quick release, and slowly pry your body from the boat, floating down, and then swinging the feet outward and in a clear direction. You want to learn to roll left and/or right while mastering the Eskimo roll. Position your paddle again, to learn more about strokes.

## **How to Position Paddle and Strokes in Kayaking**

### **Self Help tools**

Position of paddles is important. We are assuming you followed the kayakers rule and purchased a set of quality paddles. If you did not, then position is the same anyways. Kneeling positions tend to produce higher volumes of gravity at the center. While you may think paddling while seated is the correct position, you want to consider gravity to make sure. Of course, in kayaks you will remain seated, but proper seating is as important as paddling positions. If you kneel in your boat you are adding stability. Since kayaking could be a dangerous event, most kayaks are built with cockpits. Unlike canoes, kayaker's seat in the boat, which means that the back and legs do not have the support a canoeist, would have? Canoeists can kneel, which supports both the legs and back. Most kayakers must adjust to discomfort about the back and lower section of the body.

Canoeists generally wear knee pads on kayaking adventures, yet kayakers must wear feet, knee, and thigh straps. In kayaks you must balance the boat with your weight, so then you want to steady your body at the center of the vessel. The effort will increase stability. Now, you can practice holding your paddles in position. First, you should have purchased paddles that fit your likings. In addition, kayakers tend to prefer doubled bladed paddles with spoon shaped paddles. Various other types of paddles and blades are available however, which depends on you as to what feels comfortable. If the paddles and blades feel uncomfortable, likely you will find it difficult to adjust to a proper paddling position.

As for strokes, you want to learn all basics and advantage strokes to protect you in both still and moving waters. The golden rule of expert kayakers is to respect the wind and waters. Most kayakers will employ a variety of tactics or strokes to maneuver in various situations. The kayakers will plan ahead; realize the expectancies could happen at any given moment. The best word of advice is to never go into waters thinking that you are safe.

Experts learn and practice before they step into kayaks. The experts learn how to read waters, as well as anticipate the unexpected. Most times experts only need to make half strokes while manipulating various situations in water. The bow stroke is one of the traditional methods kayakers will use. The bow stroke coupled with the backwater and the J-stroke can help you move along smoothly. Modern strokes are employed when kayakers wish to turn their vessel. The draw stroke, pushover (pry-away), reverses and forward quarter sweeps is a few modern strokes that experts employ for manipulating their kayaks.

Most times if two people are in the kayak, the two will work the strokes simultaneously, while allowing the stern person to lead. The experts will then employ the J and diagonal draw tactics jointly while incorporating the back padding strokes. Once the passengers learn the quarter sweeps, they will often turn the sweeps into a half mood manipulation. The expert then uses the sculling strokes, which moves to the C-stroke. The C is a replica modified of the J-stroke.

If you are just starting before you attempt the outside pivot and bow rudder strokes, you want to take classes. The strokes are unbalanced.

While paddling in a seated position you want to make sure you apply smooth power with both arms, while using proper strength. Balance is the overall key to kayaking successfully. If you are uncoordinated, we recommend you learn to balance self before stepping into a kayak. The new skill learnt will provide you added safety. Prepare for emergencies!

## **How to Prepare for Emergencies in Kayaking**

### **Coastal Kayaking**

Preparing, testing, practicing, and learning is the best thing you will ever do before kayaking. In addition, learning all details of kayaking, including strokes, rolls, gear, and more will spare you trouble. If you learn all you can about kayaking before attempting a trip and practice what you learn, likely your sea journey will be a rewarding experience. On the other hand, if you are like some people who think that “If God wants me to die,” then I will die, then likely you will endure twists and turns. In other words, these people tend to think that learning, practicing, and all that other good stuff is a waste of time. If it’s your time, then you will die no matter how much skills and knowledge you possess. This is far removed from truth and reality.

You will need emergency gear to take along with you on a coastal cruise. The gear should include flare, compass, lifejacket, deck layouts, clothes, bail, chart(s), rudder, spray cover, waterproof covers, spare paddles, and so forth. You will also want to make sure you can attach a sail, dagger, and rig to your boat. Stowage plans is vital.

Stowage plans should include floatation devices, and/or foams. The overall objective however while preparing to kayak across the sea is to plan with stability and balance in mind. Don’t forget safety. Coastal cruises will test your kayaks performance. While preparing to travel the sea, make sure you prepare a checklist.

**Emergency gear:**

Water bottles are a must. If your kayak will hold gear that meets your checklist, carry with you an air mattress. In addition, carry a marine radio, sleeping bag, food and bags, gear for sailing and storms, tent, wash gear, gear for cooking and eating, fuel, compact stove, fly, lantern/lamp, and so forth. You do not want to overload your boat, yet you do want to take enough supplies in the event stowage occurs.

The next thing you want to consider while preparing a journey through the coastlines is weather. Make sure you take time to listen and know the weather before you venture into the sea. Carrying a marine radio was mentioned for a reason as well. The radios often have frequencies that will help you tune into weather forecasts. You can also contact your local airport before you head off on your voyage to learn the weather forecasts. Airports tend to have accurate readings, and their frequencies reach a broad range.

Well, this concludes emergencies, yet you can always learn more about backup plans and kayaking. Kayaking in the sea also requires that you learn, acquire skills, practice, and learn all strategies in kayaking before taking your trip. If you follow the pro kayakers rule you will have a safe journey. However, if you want to put your hands in the seas reach without following the pro rules; then by all means avoid kayaking. We have enough deaths and reports of injuries in this world without adding to the list.

In addition to emergencies, you want to learn drills for rescues and recovery. Advanced and basic strokes, along with particular rolls can help you re-

board capsizing, but in major dangerous situations, the strokes and rolls may not suffice

If you ever seen surfing adventures, or high tidal waves, you are aware that the waters present extreme dangers. If the ways succeed higher than particular levels, strokes, rolls, and all that other good stuff you learnt may not help you, unless you have accuracy and balance. We encourage you to read more about rescue drills before venturing off to sea. Read the waters in kayaking!

## **How to Read the Waters in Kayaking**

**Kayakers** or at least the pros learn how to read the waters ahead of time, and often anticipate all expectancies to occur when boarding their kayak. Kayaking can be a dangerous sport, yet if you follow the golden rules of pro kayakers, likely you will come out on top. Most kayakers after getting down the basics, and acquiring skills to help them survive will venture off into the sea, oceans, and foreign lands to expand their adventures. Pro kayakers tend to enjoy new challenges, which often include inland and coastal cruises, as well as white and black water voyages. In fact, you have never kayaked until you enjoy whitewater, black water, inland, and coastal adventures.

The cardinal rule of any pro kayaker will discuss various. Yet, most will tell you to plan, learn, listen, observe, hear, practice, train, etc. If you plan to venture off into the coastal shores, you want to include in your learning, how to sail. The sails will shield you against harsh attacks of the sun. Sails will also shield you against blistering winds, yet if the winds are high, you will need to drop sail immediately.

Still, you want to read the waters, and learn the waves before you venture off into kayaking wonderland. Understanding how the waves work can help you avoid complications along your journey. In addition, you want to learn how to control the waters and wave to help you avoid capsizing. (Flipping) If you plan a trip on the coastal shores, bear in mind, visual limitability is your outcome. You want to learn tactics to better your observation skills.



### **How do the waves form?**

The waves form when the waters react to wind hitting the top of the waters, and interrupting its resting. The wind travels, hitting the waters at rapid speed, which causes ongoing interruptions. To read the waters, you must know how the weather will be before you take off. If the weather forecast predicts calm winds, then the amount of interruptions the water will experience is minimal.

The key of all pro kayakers is these people respect both the wind and waters. Unlike manmade events, the water and wind comes from natural resources, making it one of the most powerful sources on the earth. Disrespecting the wind and waters could put you in grave dangers. Wind touching water could cause the waves to control your kayak, and even destroy both you and your vessel.

The sea gravitates toward the shorelines. In most instances, the waves of the sea are aggressive. The waves tend to present many dangers throughout the coastline, which rock toward the latitude in the direction you are heading. The winds overlay the older waves by replacing the waves with newer ones. This action imposes upon the sea, which confuses the seas direction. It does not know which way to turn.

Waters have rocks at the bed of its foundation. The rocks in the sea, as well as other waters are obstructive, which can pose great dangers ahead. Your best course of action before you venture into any water is to learn about the waters, and use your navigational chart(s) to route your trip. Along with

charts you want to learn the Eskimo roll, and all strokes if possible to help you experience a safe and fun trip.

In addition to the Eskimo roll, you want to learn and master the Eskimo bow grab, alongside the Raft T. Deep Sea experiences should move you to learn the H, and other maneuvers in kayaking.

The strokes include the telemark. The telemark has variants, including the high, low, and slap recovery. Addition strokes include the scull and draw.

In addition, you want to learn and increase balance. Balance is the ultimate tool you will use in any situation on water. You will learn balance through practice and training. To learn more about reading waters, view books in your local library that will help you master natural gravitation.

## **How to Relate to Kayaking**

Kayaking is an adventurous, exciting, and dangerous sport. Kayaks require that you fit your body into a seat toward the center to balance the boat. Kayaking requires balance, consistency, observation, strength, skill, etc, to help you avoid capsizing and other dangers. Kayaking is a sporting fun, which often the boats are light weighted. Many kayaks today are made of fiberglass, which has enhanced stability. Often kayakers will enjoy leisure travel, cruising, whitewater adventures, coastal and inland cruises, and more while kayaking. Sometimes kayakers join dangerous sports, including long distance and sprint racing. Kayaks will often hold one or more passengers, which understanding the difference could help you stay alert to the boat you will need for your adventure.

In addition, kayakers commonly use the double bladed paddles with the exceptions.

### **How do I choose a kayak?**

First, realize that canoes stem from the Indian creation one hundred years earlier. Today, more than sixty producers distribute kayaks and canoes. Kayaks like vehicles have a variety of models; as well kayaks are made from a variety of materials. The questions you should consider then include:

What shape of kayak would I like best?

What size or length is idea for me?

How many people do I intend to ride in my kayak?

Do I need a one passenger seat? Do I need a two seat kayak?

How do I intend to use the kayak?

What skills do I possess to maneuver a kayak? What degree of skills do other passengers have to operate the kayak?

You can purchase smaller kayaks, which the length is around 12 feet, and up to sixteen feet in size. Keep in mind that kayaks come with paddles, which often is easier to control with the 18 foot kayaks.

Beginners, or those who have employed kayaks, but it has been a while may benefit from the fifteen to 17 foot kayaks. You can carry more than one person in the larger kayaks.

Smaller kayaks or canoes move slower than the larger kayaks. However, the rate of maneuvering the smaller kayaks rate higher than the larger kayaks. The sixteen foot kayaks or canoes are often lighter, which two people can ride comfortably. If the water conditions are safe, you can carry another person in particular kayaks.

Seventeen footers can carry three people along with your gear comfortably. The longer kayaks generally are employed in sporting events, such as races, or in recreational programs. If you want a kayak for cruising, thus the seventeen or 18 footers will suffice.

### **Do the kayaks have adjustable seats?**

It depends on what you buy. Some kayaks may have adjustable seats, while others may have non-adjustable seats. Still, the seats maybe divided with a thigh brace. A knee brace maybe available as well.

### **Do kayak owners need gear that protects them during experience?**

Sure, most kayaks owners may invest in Neoprene Spay Skirts. The bottom edges fit about the raise lip in the cockpit, which forms a waterproof seal.

What types of gear is available?

Well, you have to cruise the Worldwide Net to learn more about the types, yet some gear includes the knee pads, and quick release thigh straps. The gear includes a foot bar and seat.

Kayaks, or the interior section of the cockpit often are customized and provides both knee and thigh braces. The leather lace supplies support.

### **What other types of kayaks should I consider?**

Well, the longer kayaks with waterline lengths, is often best in open waters, and anywhere speed will become a blade to your paddles. You might also consider the wide and narrow kayaks. Slalom whitewater kayaking is something else you might find of interest.

## **How to Slalom Whitewater Surfing Kayak**

### **Kayaking in Whitewater Races**

Near the late parts of the 1940s Slalom became America's favorite canoeing sport. Since then slalom is now one of the most challenging kayaker and canoeist sport most favorable to man. During the event the kayaker's ability to handle his vessel is tested beyond normal kayaking sports.

#### **How it works:**

Slalom whitewater surfing is a zigzag race, where competitors follow a winding course, while zigzagging through obstacles. Generally, the kayaker must race through an 800 gauge course to complete slalom requirements. In the event, the kayakers are stressing turbulent and agitated whitewaters until the finish line. Wild water events generally include flags and poles, whereas the kayaker must pass through each object without hitting the poles or flags. In whitewater surfing, generally in five minutes you can complete an 800 gauge run. In slalom whitewater surfing the kayaker must pass through gates, which are set up for a purpose. The purpose is to make the kayaker's trip a bit more adventurous. The gates also mark the path that kayakers are expected to take in slalom whitewater surfing.

If a kayaker fails to meet gate requirements, thus he will receive a penalty per each gate he fails to negotiate properly. Time is against the kayaker in this sporting event, and with each gate penalty points, he loses more time. International competitors are often disqualified if the kayak touches a gate.

The poles or gates are marked. Some of the gates have variant colors, which more points are subtracted if you touch the gate. At the start of the competition, the kayakers are timed.

Today, Singles Kayak K-1 replaces the older version, which took place in 1965. (F-1)

In the competitions today, all single kayaks qualify for competition, yet the boat must measure 13.12 feet. The beam must be at least 23.6 inches, or short of two feet to qualify for the competitions.

### **How do I choose paddles for slalom whitewater surfing?**

You can choose a paddle based on your liking, however purchasing the best on the market is ideal if you intend to win at whitewater competitions. Many kayakers tend to choose double bladed paddles.

### **What about seating?**

You should fit snugly in the seat of your kayak. If you are loose, you will slide, scoot, and possibly slip from the boat. Snug seating will also help you to focus on kayaking, rather than stressing over the problems of seats. You will also want to sit low in the seat to ensure stability. You can purchase hip pads that will provide you additional support.

### **Do I need knee pads?**

Yes, you will need knee grips to provide you extra support and control, especially when you lean forward in the kayak.

**Will I need a footrest?**

Yes. You want adjustable footrests so that you can use the foot during paddling.

**How do I decide what clothing to wear?**

To consider clothing, think practicality, safety, waterproof, warmth, and movement.

**Do I need a hat?**

Yes, but you will need a crash helmet. Why do you think they outlaw motorcycles in most states without the usage of helmets? The head is at high risk of injury and/or fatality during slalom whitewater surfing. You should consider the helmets that offer added padding to promote safety.

**Should I wear a lifejacket?**

Yes, if you have any sense you will wear a lifejacket. You will also need a spray skirt, and proper paddles in slalom whitewater kayaking. Lifejacket rules states that you must wear a lifejacket with minimal buoyancy at 13.2 pounds. You may want to check with the judges for updates on lifejacket buoyancy weight.



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## **How to Sprint Race in Kayaking**

### **Racing to the finish line**

Whether you are training in long distance races were sprint racing, you will need proper training. Without training in practice you may be the next person in the headlines reported in newspapers and on television, which could read: kayaker accident causes death or injury.

We don't want this to happen. If you never read about Venue de Milo, you may want to read the book now. The book discusses loss of life, busy wars, etc. Sprint racing runs along the same lines. Spring racing requires that you build power to produce so that your stamina and energy can measure out to the event you are about to join. Sprint racing demands high volumes of energy and strength for an extended timeframe.

During sprint racing events, the kayakers tend to feel overloads of stress on the muscles, which sometimes make them feel like tossing in the towel, yet the kayaker, must muster up the strength and stamina to finish the race.

A dedicated trainer is the ultimate winners in most sprint races. If you are not prepared to dedicate your time and energy to training, try jogging instead of sprint racing. You must train with a selfish mind to join and win sprint races. Training is the process of forming new habits that move to good health, fitness, strength, stamina, and energy. If you cannot breathe freely, or if your body is not up to par, training selfishly will help you reach the goal it will take you to kayak sprint. In summary, unless you are prepared to make

sacrifices and undergo some suffering, you may as well stay out of sprint racing.

The first step before you prepare to sacrifice is to ask now: do I have the natural abilities it will take to join in sprint racing? If you have doubt, apply at your local college to study philosophy. Doubt is not something you must have in your mind when considering sprint kayak racing. You must remove all doubts, fears, and learn to avoid panic and guessing. Kayaking makes no room for any of these emotional responses.

Once you decide your abilities, next consider how much time you are ready to spend to reach your goal. Are you prepared to work at least three full hours daily, or longer? If you are not prepared to devote your time, then get out of the kayak now and join a craft hobby program.

After you conclude, and determine that you have the abilities to join in sprint racing, you may want to learn more about kayaks. For instance, flat water kayaks tend to fall in the line of style more so than performance. Whitewater is fast moving waters, which rapid currents and speed, as well as torrents demand faster boats. Stability is a big issue in whitewater sprint racing as well.

When considering kayaks for sprint racing, you also want to think hull. The hull is the part of the boat that keeps the kayak on track. You want to consider kayak hulls for racing along the lines: balance, strong, technique, overflow of energy, even, neat, rudders that are foot driven, etc. Style is not important in sprint racing, yet a nice, neat boat is demanded.

You want to check with International Canoe and Kayak Federation and regulations to learn more about shape, weight, design, etc. K 1, 2, 4, and C 1 and 2 were the kayak types posted, but each year new updates come available. In addition, at one time the 100 second races was a top hit, yet today, in kayak sprint racing the seconds to complete a race has changed.

## **How to Steer and Stroke in Kayaking**

Kayaking is becoming one of the most popular sports today. Nearly, every channel you turn on television or in a newspaper has something to say about kayaking. In harmony, we will discuss how to steer and stroke, including bow rudders in kayaking.

### **How to Steer and Stroke in Bow Rudder Style...**

Bow Rudders is the control employed in kayaking that helps the person paddling the kayak turn in the direction, which the person paddling is seated. The steering strategy is employed to avoid obstacles, especially last-minute problems. The bow passenger often has the widest view in kayaks. The bow passenger generally spots dangers ahead quicker than the stern passenger, and will use the bow rudder method to avoid problems. The paddle is often fixed in this stroke and steer method. Once the bow rudder hits the water, the bow passenger will not withdraw his paddle.

### **Practice:**

Practice the bow rudder method in slow moving waters before trying the procedure in waters flowing swiftly.

### **How does the bow rudder stroke work?**

You will need to slant forward. Put your right arm toward the front of you. Grip the paddle with your left hand, and hold it near your body, and beneath the pit of your right arm. Turn the blade of your kayak paddle so that it falls vertically into the waters. Make sure the shaft is angled properly. The shaft should angle at 30 degrees to the imaginary kayak structural elements

\*(Keel) line. The shaft can also angle at 40 degrees. You will experience a great amount of pressure coming from the water when the paddle turns into a bow rudder. DO not panic, and keep the right arm on the outer surface of the ledge of the kayak. (Gunwale) You can use this strategy to brace and prepare for the pressure. If you are in shallow waters, take care to avoid launching the paddles into the water and hitting objects that could increase dangers.

### **How does the steering work?**

Well, the steering works when the water is trapped amid the paddle blade and bow, and when the action forces the kayak in the direction the paddle is directing. At this point you want to brace yourself, since the force is often physically powerful. The action will also cause the kayak to slow.

### **Tip:**

The standard bow strokes and/or draw strokes will cause the same actions as the bow rudder method.

### **How do the draw stroke methods work?**

Draw strokes is the action taken to move the kayak toward the same side as the paddle. The draw stroke gives you the ability to make sharper turns. To perform the draw stroke you will need to glide the right hand roughly six inches up toward the throat of the paddle. Once in position, you pitch the paddle blade at a “right angle” toward the water and onto the “keel line” of the kayak. Make sure the blade is aligned and your right arm is completely stretched. Also, make sure the left hand is bent, and your hand is in the frontage of your face. At this point the paddle blade should be plunged into the waters



Next, pull inward with the right arm, and push outward with the left. At this point the paddle blade should be around six inches away from the kayak. Finally, with your left hand, move the paddle toward the bow and then downward, while lifting the sharp edge (blade) of the paddle from the water.

\*Keel is the nautical structural element of the boat, which stretches along the center lines of the boats bottom and to the bow and stern.

Next, you want to learn kayaking language.

## **How to Understand Kayaking Language**

### **Self help tools**

Understanding kayak language can help you avoid problems, especially if you have the basics of kayaking learnt. Of course, if you ventured off to take classes in kayaking, likely by now you know what words to look for in kayaking. If you are not familiar with kayak language, continue reading.

#### **Abaft:**

Abaft, means either behind, to this stern, toward, to rear, etc. These terms applies to kayakers, canoeists, nautical crafts, etc. Aft and astern is another way of relating to abaft.

#### **Abeam:**

Abeam means to the right angle, into the center “of the fore and aft line of a” craft:

#### **Aboard:**

All aboard: This typically means everyone is a board the craft, or an indicator for everybody to load, since the kayak is about to leave station.

#### **Adrift:**

Adrift means that the kayak is drifting loose, or mooring: this is typically an indicator that trouble is ahead.

#### **Afloat:**

Typically afloat means the kayak is not grounded, and that it is suspending waterborne.

Aground:

When a kayaker hollers aground, he means that the kayak is on a river, sea bed, and is touching shallow areas, such as shoal, reefs, or land. The boat at this time is not waterborne.

Ahead:

Ahead is just what it sounds like, except the kayaker is alerting another passenger of something ahead of the ship.

Amidships:

Amidships is the term kayakers use to let passengers know that something is near the center of the kayak, between the stern and bow. This is typically an indicator to redirect the boat slightly.

Astern:

Astern could mean that something is at the back of the boat, or approaching the rear of the kayak. See abaft.

Back paddling means to move the paddle backwards in motion, while using reverse strokes to maneuver the blades from the bow and stern of the boat.

When the winds start to change directions, and move in against the movement of the sun, a kayaker will holler out, “backing of the wind.”

## Bail:

Your sound off bail, this means you will need to remove water from your kayak. You should always carry a bailer with you on kayak adventures.

If you hear the term beam ends, be aware. Beam ends mean that the vessel is turned on its side, or flung on the beam side.

The term “bear off, or bear away,” means to move your kayak away from a particular area. It could also mean shove the boat into the waters preparing to launch.

Beat or beating is a common term used with sailors, yet, on coastal cruise events, kayakers will often attached sails to their boat to protect them against the wind and sun. This term then, means to sail in the direction of the winds.

Kayakers hollers out, “Before,” is telling you that something may be in front of you, such as a drop, Boulder, rock, etc. Kayakers using the term, ‘Bend to,” is telling you to secure sail, ropes, etc.

If you intend to venture off into a variety of kayaking experiences, you will need to learn the terms that can protect you from danger. Of course if you are riding alone, the terms may not do you any good, especially in no one is around to hear you call out. Still, knowing the terms with spare you, since you will understand kayakers’ language that will help you know what to do next.

Compass is one thing you want to learn for sure, especially if you intend to cruise through the coastal or inlands. Compass is a navigational tool that will help you find your directions through the waters. Feel the waves!

## **How to Understand Waves in Kayaking**

### **The Tidal Waves in Coastal Cruising**

Understanding waves is essential if you plan to voyage on a coastal cruise, especially in a kayak. Most experts learn how to read the waters before taking the journey across the sea. In fact, you will need to learn how the wind affects the waves before venturing off into the sea in a kayak. For now we can discuss how bow, stern, beam, and side waves differ to help you better understand how kayaking and sea cruising works. If the waves are hitting the bow of your vessel, you have a bow wave, yet if the vessel shifts and the waves hit the stern, then you have a stern wave. When the vessel is turned at 90 degrees you will experience beam waves, or else the wave could target the bow or stern. It depends on the direction your kayak is pointing, which determines the wave.

When the sea works in an opposite direction, i.e. the wind and tidal waves, you may experience a combination wave. (Bow, stern, beam, etc) The combination waves often occur when obstruction areas affect the waves.

### **How can I tell if my kayak is seaworthy?**

When venturing off on a sea cruise in a kayak, you want to make sure your vessel is seaworthy. Bow waves will show you better than tell you the level of stability your kayak offers. If you can paddle through small tidal waves with little effort, then you have a good boat. If the boat is in good condition, the kayak will smoothly top the waves. (Tip: You can add wave deflectors to the bottom of your boat to fight the waves)

If the bow of your boat is shallow, and the deck is too flat, likely your boat is not seaworthy, since the waters will spurge upon to the deck and into your cockpit. Experts recommend that you test your boat prior to adventuring the seas.

### **How do I escape steep waves?**

You want to lean forward as much as possible while maneuvering your paddles. The paddle blade should dip 1/3 downward into the waters. You can pull your body weight while reversing the blade. (See ski-pole rudder strokes to learn more)

#### **Tip:**

Mark your lifejacket and paddles to provide an easy spotting solution. Kayakers typically, and should use three boats while traveling the sea. In other words, do not travel alone.

Sometimes, in coastal cruises, you will come upon areas that will dim visibility. You want to practice high-intense observational skills to maneuver in areas that block your sight.

### **How do I decide which wave works in my favor?**

The stern wave is your best wave, especially if you learn first how to maneuver and use tactics to escape the waves. When stern waves slow your path, you will need to use force while thrusting your body forward and paddling simultaneously. You want to focus on the stern paddle while maneuvering through stern waves.

Stern waves can prevent dangers if you do not stay in front of the waves. You may want to learn more about water skiing to add new tactics to your kayaking methods.

A beam wave is essential to understand, as well as the tactics you will need to employ while battling these waves. You will need to practice the high and low telemark strokes to master beam waves. You should learn the sweep stroke, and the proper methods for leaning forward to master beam waves. A beam wave in respect is often high tidal waves.

Before you journey off to sea, make sure you learn and practice all details of kayaking, since you do not want to be the next story, “Only the Sea Will Tell.”



## **How Waves in Coastal Cruising Affects Kayaking**

**We are assuming you have all strokes, rolls, and other details down.**

Now that you adventured in kayaking, it is probably time to explore the seas. True Kayakers tend to venture on many journeys, which include Inland and Coastal cruising. An inland cruise is one of the most enjoyable adventures anyone could take, yet the sea brings a rewarding feeling.

Before venturing off on a coastal cruise you want to plan ahead, as well as learn the cardinal rules. You will also need to read information on sailing. The sail will protect you against the harsh sun. The most important thing you want to do before journeying off to sea is to take a short venture to learn the waves.

When considering waves you want to understand how sea waves function. You will also want to learn how you can control the waves to avoid capsizing. Whitewater kayakers tend to learn patterns of the wave before journeying off to sea. Kayakers on coastal cruises have limited visibility.

The waves often form when reactions between the water's surface experiences wind interruptions. The wind travels at rapid speed, and distance, which means you will experience unexpected interruptions on the journey.

Waves then must be respected. You want to act like the waves are a higher authority and give the wind and waves, the up most respect it deserves. Disrespecting waves and wind is foolish, since the winds hitting the waters

could cause waves that will destroy both you and your kayak. Coastal cruising waves tend to gravitate toward the shore, which most times the waves are aggressive. Shoreline waves tend to present danger when the coastlines are rocky toward your latitude. The wind tends to overlay new waves, which impose on other waves. In other words, the sea is confused as to its direction.

In addition, the sea has underwater rocks, which are often obstructed. The action can pose great dangers. You want to learn to use wisdom and navigational charts before you venture off on a coastal cruise.

In addition to learn wisdom and navigational charts, you want to get down the basic strokes and the Eskimo Roll before venturing off to sea. In fact, learning all strokes in kayaking could prove beneficial on coastal cruises. The strokes should include the telemark high and low, slap recovery, and so forth. Balance is vital while kayaking, which learning the strokes can help you achieve the balance you need to successfully succeed your journey.

You want to learn the scull and draw strokes as well. In addition to learning all strokes before you venture off to sea, you want to learn the Eskimo bow grab tactic. The paddle grab will also help you along your coastal cruise. In addition to the grab moves, you want to learn how to use the Raft T and the deep sea H maneuvers as well. Do not forget the Eskimo roll, which is one of the most valuable rolls you could ever learn in any kayaking event.

Overall, learning all kayak techniques can spare you from dangers, including dangers presented in hostile waters. In fact, people have lived through kayak adventures during hurricanes, since these people knew what they were doing.

In addition to reading waters, knowing all details of kayaking, etc, you want to learn the bow, stern, and beam waves. A side wave is something additional you want to learn before venturing off on a coastal cruise in a kayak.

Wisdom, teaching, knowledge, strength, and skill has kept many men alive while coastal cruising in kayaks. Learn before you venture. Get out those double blades and let's cruise.

## **Kayaking in How Double Blades Work Advanced Techniques**

Double bladed paddles for kayaks work similar to the double bladed paddles used in canoes. When three passengers are in a kayak, double bladed paddles make it easier to maneuver the boat. You can use fewer basic strokes easily with double bladed paddles in kayaking. You should set the double blades at a 90 degree angle. The reason is to feather the blade out of the water when it comes frontward. You can paddle harder, or use one blade on a single side of the kayak, to turn the boat.

### **How do I stop the kayak?**

If you want to stop the kayak, you can use one side of the blade or the other to back paddle.

### **How do I move faster?**

If you want to kayak to move faster, you can move one side of the blade frontward and use the backpedaling strokes on the other side.

Kayaking is a sports canoe, which each stroke is similar in canoeing and kayaking. If you are starting out, it is recommended that you practice with someone more experienced before attempting to kayak on your own. Kayaking is a dangerous sport, yet a fun sport, and that you practice before you attempt kayaking, you can reduce risks.

### **What types of strokes should I learn?**

Draw strokes, recovery strokes, Duffek strokes, forward strokes, and so forth, are all basic strokes employed by amateur and experienced kayakers. The ideal is to learn the basic strokes first, practice the strokes, and move on to the advanced strokes.

Advanced strokes include the steer and stroke, Stern and Bow rudder, C and J Stroke, cross bow rudder, skull strokes, brace stroke, and so on.

### **What should I do when the kayak flips?**

The first thing you want to do is to practice holding your breathe 30 seconds or longer. You should wear goggles, or mask when first learning to kayak. Unlike the canoes, in a kayak if you capsize (Flip), you will be emerged underwater upside down while strapped in the kayak. You will have feet, knee, and thigh straps securing you. Accordingly, you want to learn how to wiggle your way out of the straps to free yourself from the flip. Practice, practice, practice...no one can say this enough. Kayaking is dangerous, and you must practice before attempting to kayak on your own.

If you do flip, do not leave your kayak. The boat can offer you support. In the event that you do flip, try to use the kayak as support to guide you to the shores. An expert kayakers rule is to never, panic while leaning, or capsizing. Panic increases the risks, which could cause harm to you. While newspapers rarely report accidents or deaths from kayaking, it can happen.

If you are deep waters you will not have to worry about hitting your head on rock's, however in shallow water you want to be careful. It is wise to wear head gear. In the water, you may want to secure any gear you have a board the kayak. In the event you flip, you want to swim to the bow and/or stern of the boat. At the same time, pull the kayak lower with the weight of your body, and energetically swim forward a short distance.

We can discuss more about flipping later, since the main issue right now is to learn how to use double bladed paddles to prevent capsizing. In conclusion, you want to learn on again, the basic strokes in kayaking before attempting advanced strokes.

**Tip:**

Check out your local area to find out if any kayaking services are available to you, which includes instructors who can teach you the basic strokes in kayaking. Learn to exercise to help enhance your kayak experience.

## **Kayaking in How Exercise Works in Racing**

### **The power of the body**

You mastered the strokes, rolls, skills, and so on and kayaking, which had built strength of your body, yet do you have enough strength to carry on in a race. Sprint racing and long distance races require maximum strength. Halfway through the course you will wear down if you do not have enough strength, or the natural resources down to help you regain strength.

Exercise is vital. Kayakers preparing to race will work out daily, conform to a diet, and take care of themselves to prepare to win. Kayakers preparing for races tend to read as much materials available to them about the muscles, strength training, resistance, cardiovascular exercise, and so on. Kayakers' use the same by volume of muscles and a boxer will use in a match. Only you're not hitting a person, your hitting something much more powerful, called water. While man can fight man, it is never easy to fight nature.

The bodies first and foremost necessity is air, which comes from oxygen. If you know anything and all about kayaking, you know where is of capsizing is a potential. At what time you capsizing a kayak, you are strapped in first of all, an upside down in the water. You want to learn, practice, and training exercises that include breathing techniques.

Kayakers realize that the second requirement of the body is water. The body in fact is made up of vast volumes of water. When you exercise, you sweat, pores develop, and water is lost. You want to make sure that you bath daily after exercising to restore the body's water. Bath in cool, lukewarm water,

instead of hot water, which will help restore moisture. You can also practice for your kayak event by bathing in Coldwater. Coldwater will help you adjust to the waters you may face in the race.

In addition, you want to master swimming. Many areas have pools where you can practice. In addition, you can practice rolls, strokes, rescue, and more in a swimming pool to prepare for racing. You want to get in the habit of drinking water, instead of other liquids. Juice is fine. If you smoke, stop or at least slow your intake. Kayakers rely on healthy lungs to survive various kayaking adventures.

You will also want to adjust your body to the sun. The body requires a certain amount of Sun daily. Try hanging around in the sun at least one hour daily, and gradually work in more time. Think of balance when you work to join kayak racing.

Nutrition is the essential alongside exercise. You will need plenty of proteins, along with other nutrients to maintain strength and overall health. Meat today is one of the worst foods you will ever eat, simply because FDA has allowed harsh chemicals that damage the body. Fish when not only run when they see you capsized in a kayak, simply because they think you're bigger fish, but also, fish like people fear for their lives. Yet, fish is a healthy nutrition. Unfortunately, our government allows dumping in seas, oceans, rivers, and lakes, that now even fish is sometimes unhealthy.



Squids and cod are healthier than clams, lobsters, or oysters. Cheese, soybeans, eggs, and so forth will provide you proteins your body needs as well. You want a balanced diet and exercise routine to prepare for kayaking racing.

**Exercise:**

Exercises preferably were you have fresh air and daily before you eat breakfast. Include in your exercises stretches, specifically for the back and legs. You also want to include leg pulls, chest expanders, stationery runs, deep breathing, and so forth while preparing for kayaking races. The rescue squad in kayaking!

## **Kayaking in How Rescues Work**

### **Miscellaneous tips in kayak rescue**

Capsized kayaks could present dangers, especially if the boat is a ways from the shore. Staying with your kayak is the best solution; since you will have buoyancy that will help you survive capsizing. In addition, you can perform the press swing, i.e. press down on your kayak and flutter kick until you reach the gunwale at the center of the boat. You want to try to reach the center of the boat, or as close as possible. When you reach the gunwale at the center, roll over with the shoulders and arms supported on the gunwale. Swing your legs over the other ledge of the boat. (Gunwale)

Kayakers can tire out in water adventures. If you capsize and feel exhausted from the efforts you put into kayaking and recovery, make sure you attempt to gain support from the kayak. Stay in the center of the boat, and brace the kayak without letting go. If you are exhausting when you capsize, keep in mind you will need to regain strength fast, since in kayaks you are strapped with feet, knee, and hip straps. You will need to hold your breathe, while wiggling your way out of the boat.

Learning the forward strokes, reverse stroke, backwater, J stroke, high kneeling positions, and more can provide you rescue before and during capsizing. If you are traveling with other passengers, i.e. if other kayakers are in their own boats, you want to learn recovery steps to rescue your fellow kayaker.

IF someone is in a boat that capsizes, you want to approach the rescue attempt with caution. If the flipped passengers are in a panic, it could lead to disaster if you rush over to help them. Sometimes, you have to perform actions that appear mean, such as using your paddles to ward off the water bound people. The idea is to protect you from capsizing, which is logically, since if you have two boats flipped, you may not be capable of helping each other. You want to talk to the person in the water as clearly as possible. Let them know in advance the steps you are attempting to pull the person(s) from the water. You want to ask the person(s) to grab hold of you paddle and hold onto the blade until strength is restored. Once the person(s) regain strength, only then should you allow them to board your kayak. (Single kayaks may not allot room for additional passengers, thus you want to learn single kayak rescues)

Sometimes kayak accidents occur, where the party in the water loses his strength entirely. The person is at risk of drowning. You want to proceed with rescue by luring your boat as close to the man down as possible. You will need to lift his trunk first into your boat, and then the remaining section of his body. If you have two men down, you will have to use skill to save them both.

To avoid capsizing learn advanced and basic strokes and practice each stroke until you master them. For instance, the basic forward stroke is often utilized when two passengers are working together. Learning the stroke can help you turn away from dangerous areas.

You can use reverse and/or backwater strokes to slow or even stop a kayak. The J stroke will help you to right the kayak while attempting a turn. In addition, learn the Eskimo, one, two, and three man rolls to prevent events that lead to rescue. ALL kayakers should know how to skillful, use the Eskimo rolls, specifically the one and two man rolls.

## **Kayaking in How Rolls Work Advanced Techniques**

Kayaking involves strokes, rolls, maneuvers, skill, experience, intelligence, and more. The Eskimo and Screw roll is something you want to consider. As well, you might find the Pawlata roll of interest as well. The Eskimo roll is common in whitewater kayaking competitions. Since the roll is common the screw roll is important to learn. During whitewater kayaking competitions the kayakers are often in shallow waters. The ideal is to avoid bumping into a competitor. In addition, in the event you flip your kayak, it is important to save time by recovering from the flip. In addition, you want to avoid challenging the current that caused your boat to flip.

The screw roll is convenient, since you will not have to shift the holding position of your paddle. You want to keep in mind that when currents flip kayaks, the current can snatch the paddle from your grip. The ideal is to lean forward with the current. Leaning forward will protect your face and body from injury. The screw roll then works left to right. The screw roll has its downfalls, since often the end of the kayak paddle tends to catch on the boat. You can resolve this problem however, by using the paddle and tossing it over the Coaming. In other words, while seated in the cockpit, push the paddle down and use back hand as a prop, while using the other hand to lever to sweep the paddles toward the outside.

### **How is the Pawlata roll conducted?**

The kayaker generally holds his paddle in normal position. The goal is to get the paddle to touch the frontward deck. The passenger will then use a clean

sweep maneuver, stroking the paddle in a wide curve at the same time working to redirect his kayak.

### **How should I use my body during a screw roll?**

This is a modern issue that many kayakers ask. If you are kayaking in whitewater competitions, the judges demand that you employ proper body movement. To get started the chest should face the paddles during an overturn. (Capsize) The hip movement is essential to understand as well. This is where the storm roll comes into play. The storm roll works in a similar way as the Pawlata roll, yet during the storm roll you must dip the paddle deeper into the water at a right angle and toward the surface.

If you are a starter in kayaking, you want to practice, learn, practice, and learn some more before venturing off into the waters. Learning the various rolls and strokes can save your life. Whitewater, wild water, black water, rivers, seas, oceans, lakes, and the like all pose dangers. Even if the waters are still, you have risks ahead of you often. You want to learn more about reading waters to avoid or reduce the risks while kayaking.

The Eskimo Roll then is a method used in kayaking, which the passenger(s) use in righting capsized boats. The principle of the Eskimo roll is to right capsize kayaks as quickly as possible.

Canoes and kayaks differ. Kayaks have a compartment, or seating arrangement that requires you to use feet, knee, and thigh straps. Learning the proper rolls and strokes can save your life, since if a kayak flips, unlike the canoe you will need to figure out how to release your body from the straps as quickly as possible. If you capsize during a kayak adventure, make sure you try to stay with your boat. Most kayak accidents reported in the news is because the kayaker panicked and allowed his boat to drift. You want to avoid guessing and panicking while kayaking. Prepare to choose your sea equipment.

## **Kayaking in How to Choose Sea Equipment**

After you master the strokes, rolls, and all details of kayaking you will need to learn about equipment before venturing on a coastal cruise. Choosing the proper equipment also includes choosing the right kayak. Most experts agree that the Eskimo kayaks is ideal for sea cruising. The Nanuk Kayaks is Eskimos replica, which this kayak has proven to be a seaworthy vessel. Still, you want to learn more about different types of kayaks, since the US K-1 is also ideal for sea cruising. The “K-1 Prijon Combi 435” has proven to successfully handle sea cruises.

During long coastal cruises you want to choose a kayak that enables you to install sails. Typically, the folding kayaks offer you this ability. The Keppler is a type of folding kayak you may want to consider. In fact, a man crossed the ocean in a folding Keppler, and successfully made his destination. Folbot is a folding kayak that has proven seaworthy as well.

### **How do I decide what to take on my trip?**

If you planned ahead as recommended, you should have a checklist. The checklist should include, flares, bail, repair kit, stowage plans, buoyancy, stray cover, lifejacket, navigational chart(s), spare paddles, sail rig, layout of deck, rudder, compass, clothes, etc. You should also have a forecast of the weather handy.

### **What should I do first before venturing on a sea cruise?**

Before you venture on a sea cruise you want to practice rescue techniques. Use your chart(s) to take notes of sea areas that pose risks. In addition,



practice recovery or rescue steps prior to, and on the same day you plan to cruise.

### **How to decide which equipment to select?**

Take along with you a bailer, which is a container to remove water from your kayak in the event you capsize.

Buoyancy provides resilience during capsizes. If your boat should flip, the bags will prevent your boat from trapping too much water. You want to place the bags in areas of the boat where gear and you are not taking up space. You want to learn the proper structure of buoyancy, since overloading, or one bag could hinder you from re-boarding your boat during capsize.

### **How can I protect my chart(s) from water damage?**

Along with your chart(s) make sure you take along a waterproof protective cover. The charts could save your life. Make sure the chart(s) is marked properly and that you check them consistently along your journey.

### **How do I decide on proper kayak clothing?**

Learn from the experts. Wetsuits is ideal and is recommended by most experts. A hooded parka (waterproof) is a warm, thick jacket, which is waterproof and includes a hood. Consider the hooded parkas as well.

### **Should I travel in a single or double kayak?**

If you are traveling alone, you can still use double kayaks, which according to experts will travel smoothly in waters. You should plan a kayaking trip

however, that includes other members traveling with you. Traveling the sea alone is not always a good ideal, unless you are an extreme expert.

**What about emergency gear? How do I decide what to take?**

Check your checklist. On the list you should have listed flares, deck layout, repair kit, camping gear, lifejacket, spare paddles, etc. While all items listed are vital, you want to key in on deck layouts. Your deck layout should include security to all other emergency items listed, as well as drinking water. If you planned ahead, you know that you will burn a lot of energy in kayaking through the sea. This means your thirst may come frequent, prepare water.

## **Kayaking in How to Choose Whitewater Competition Paddles**

### **Past the amateur**

If you want expert paddles, prepare to pay a high cost. The inexpensive paddles often will not last, and if you are in whitewater competitions you put yourself at risk, since the cheaper paddles could break under the force of the waters.

In whitewater kayaking the kayakers are generally experienced, and has past training, which they have the basic strokes and the Eskimo Roll down. If you intend to join slalom competitions, then you want to consider maneuverability. The basic and advanced strokes are designed to help you maneuver through whitewaters, thus knowing what move to make next. The Duffek stroke is another tactic employed by professional kayakers.

### **Why are we discussing strokes?**

Because the strokes make a difference in deciding which paddles to choose from in kayaking competitions: When you join whitewater competitions, you must use paddles that help you to maneuver the kayak through obstacle courses. Often gates are labeled and put, which if you touch the gates, you loose time and points. The strokes could, since the common telemark stroke maneuver can help you get through obstacles courses in competition, providing you have the correct or fitting paddles. Typically, kayakers will use double bladed paddles. Still, the design and fit counts. The Telemark stroke enables you to maneuver through kinetic energy while making the shortest turn through rushing waters. In addition, telemark strokes; include

the high and low strokes. We can talk about the telemark stroke in a moment.

When choosing kayak paddles you want to consider turns, obstacle courses, strokes, positions, and the like. If you are preparing to join a competition, you should have the basic strokes down, as well as the advanced strokes, since you will use a variety in kayaking.

Now we can consider that the telemark strokes include the high and low maneuvers, yet we also must consider the variations of the telemark, such as the bow rudder strokes. The bow rudder is often used when the kayaker wants to change direction, yet wants to maintain his speed.

Choosing paddles then you want the size that fits you best. Choosing the correct paddles is important. If you choose to right paddles it could add to the adventure you will experience, as well as reduce fatigue.

Overall you want double bladed paddles, which give you the ability to feather in some positions and use force in other positions. Aluminum paddles are sturdy and lightweight, while wooden paddles is the most commonly used paddles. Aluminum tends to dirty up the hands much quicker than other types of paddles. Laminated paddles are also available, which these paddles are designed to utilize with wooden blades. As the general rule, competitors prefer the square tipped blades. Be careful when selecting wooden paddles, since some, such as the Sitka Spruce brands tend to crack after so much usage.

The best way to choose kayak paddles is to visit a store that sells kayak products and test the paddles yourself. Testing paddles will help you get a feel of what you may prefer. You also want to consider the blades. Choosing the blades will depend on your stamina and power. If the blades are too large, Whitewater kayaking will wear you down quick. Likewise if the blades are too large, you will also tire out quickly.

The overall notion in choosing paddles and blades is to think balance. Since kayaking requires skill, power, and balance, you want to get blades and paddles that provide the same effect. Again, the cheap paddles are a waste of time if you intend to win in Whitewater kayaking competition.

## **Kayaking in How to Decide**

Kayaking is a canoe, which is often used in leisure, recreation, sports, racing, cruising, and so forth. Overall various types of kayaks are available to choose from. In fact you have around sixty or more producers that manufacture kayaks today.

Kayaking is a fun adventure, yet you must have skill and balance to maneuver the kayak. When you decide to go kayaking one of the best tools you can take with you, is knowledge of which choice of kayak works best for you. The smaller kayaks offer better maneuvering, while the lengthier canoes are ideal for great water adventures.

Outside of length, you will also need to consider the shape of the kayak. For instance, if the kayak has a wide and flat bottom, it's relatively easy to maneuver since the platform is stable. Round bottom kayaks is often narrow, as well this type of kayak offers less stability.

The narrow kayaks however are easier and faster for paddling, especially if you are in the middle of the kayak. The longer kayaks are fast as well, and if the kayak does not have knees, you have better moving ability. The kayaks with knees often will not ground when waters are shallow. Shoe knees or flat kayaks provide protection than that of the fin kneel kayaks.

Kayaks are fun toys for the great whitewaters. Kayaks are smaller canoes, which propel. The double bladed paddles propels as the passengers are

seated in position. Many kayaks today are come included with desk, which derive from frames and sealskins.

The stumpy end kayaks tend to ride well with the waves. The kayaks will ship through less water than the sharp end kayaks. The freeboard kayaks with higher ends will often cause the passenger to propel harder through the waters. This is true if the wind is blowing harder than usual.

If you are starting out the low-profiled kayaks is the way to go. Kayaks with underwater shapes, as well as rockers are ideal, especially if the center of the boat is deeper and a rise is at the stern and bow, since these boats will move with less effort. Most experts choose the “paddling thwarts” since more support is available.

### **How do I choose the material?**

Well, it depends. What do you like? First, the weight of most boats is contingent with the materials chosen. If you choose glass reinforced plastics (GRP), aluminum, or fiberglass then you have lightweight material, which is made to last. Most 17 footers weigh around 80 pounds, while lighter weight kayaks weigh around 60 pounds.

Wooden canoes or kayaks tend to have framed canvases. Often the wooden canoes and/or kayaks are heavier in weight. Still, you can find lighter weight kayaks made of wood. The downside with kayaks and canoes is they often absorb water, which adds to the weight.

The advantages of wooden canoes and kayaks are today they are made of longitudinal strips, which produce strong and solid boats. The clink-built boats have a hull built to handle a succession of planks, which overlap. This is the original start of the Rob Roy kayaks.

Today, many of the kayaks are made of fiberglass. The purpose is that the builders believed that the material was sturdier and would absorb less water. Still, some issues arose, which brought forth the GRP canoes and kayaks. In other words, this is a popular brand as well. This type of material is cheaper than many other types of materials.

### **How do I decide which paddles to purchase?**

Well, like choosing the canoe or kayak you have to contrast and compare. Next, learn more about escaping capsizing.



## **Kayaking in How to Escape Capsizing Advanced Techniques**

Capsizing is the process of flipping a kayak and/or canoe. Most of the reports you hear in the news, or read in newspapers, relating to accidents in kayaking is because most of the people panicked in left their boat. When capsizing, leaving your kayak is foolish. The kayak can provide you support to manipulate back to the shore.

When you flip a kayak, you are upside down in the water, and strapped into the boat. If you panic you increase danger. You should practice holding your breath 30 seconds or longer, while practicing how to wiggle free from the feet, knee, and thigh straps. If you are new at kayaking, wear proper gear.

### **How do I maneuver in the waters if my boat capsizes?**

If the water is deep: the first thing you want to do, after saving your life of course, is to secure any unfastened gear. The action will prevent loss. Once you free up unfastened gear, swim toward either the stern or bow of the kayak. At the same time, you want you use your body weight to lower the kayak beneath the water. Next, robustly swim a short distance, which will start the kayak floating again.

Now, swim near the center of the vessel and commence rocking the kayak gently. The action will cause waves, which can work in your advantage if you time yourself correctly. Good timing will help you maneuver the kayak, freeing the boat of water.

Once you stabilized the kayak, you can bail out of the situation or using your hands. If you are riding in a kayak alone you will need to learn how to steady the kayak, whilst re-boarding the boat. If you are riding alone in your kayak, you want to take extra caution while re-boarding the boat. You want to re-board near the center of the kayak. As you began to re-board use the crawling movement with your feet, an act like a fish when you re-board the boat. In other words, jump into the seating area as quickly as possible. (Shorter arms apply) If you have longer arms, you can place both of your hands on your side of the kayak to re-board. Shorter armed kayakers will need to jump aboard like a fish, yet you will need to skillfully slide the hips aboard the ship. Take a deep breath, and swing the legs and knees aboard the boat. Holding the gunwale high with your elbow can help you support while re-gunwale the boat back into the waters.

If two passengers are a board one of you needs to steady the boat while the other passenger boards the boat. Once the first person is in the boat he then can balance the kayak to help the second person board.

To word of advice: before you attempt kayaking you should always practice, train, etc, to prevent injuries and/or fatalities. Kayaking is a sporting canoe adventure. Most times you are traveling in lightweight, fiberglass canoes. Kayaks are generally used for leisure, travel, or in competitive sports. Beginners should consider two seated kayaks, since experts tell you these kayaks are easier to maneuver in waters than the one seated kayaks.

**Additional information:**

Learning the basic strokes, advance strokes, and learning how to combine the strokes through practice is ideal before attempting kayaking. In various areas, you can find programs that will train you how to kayak properly. If you have a friend that owns a kayak, and is experienced, you may ask him if he will train you. Practice and training makes sense before kayaking. Now you can move onto glide, slide, and stroke.

## **Kayaking in How to Glide, Slide, and Stroke**

**Kayaking** is a dangerous adventure, which requires skill, intelligence, balance, observation, etc, to maintain a proper standing in rushing waters. One wrong move could put you under waters, which is why you want to wear scuba gear and proper attire. Kayak seating differs from canoe seating. In kayaks your feet, knees, and thighs are strapped into a small seating area. Most kayakers wear spray skirts as well. You want to learn how to breath properly while emerged under water, as well as learn how to maneuver in order to escape a capsized. (Flip) Learning the tactics will help you avoid harm or potential death. Furthermore, you want to wear proper crash helmets while kayaking.

Now we can learn how to glide, slide, and stroke in kayaking. We can start by learning the ferry glide. The ferry glide is ideal for competitive sports, yet anyone can benefit from learning how to use this glide. The ferry glide is ideal if the kayak starts to move backwards. You can use the strategy to redirect your boat. The ferry glide requires that you employ the current force to work in your favor, while you work against the strength of the current. You want to use strong and steady backstrokes on the opposite side you intend to direct the boat. The action will direct your boat in the opposite direction you to glide, yet you can use the back paddle at this point to redirect the kayak. You can back paddle on one side, and then shift the action to the other side. At this point you should have redirected your kayak.

Ferry glide maneuvers are ideal for downstream traveling, yet you can also use the tactic while moving upstream. The tactic shifts slightly if you are

moving upstream. Moving upstream at what time you notice your kayak shifting directions, apply one strong, forward stroke to redirect the kayak. You can use another stroke in the same fashion, stroking in the opposite direction you intend to go. Learn more about the back and forward methods to maneuver the ferry glide properly.

While using the ferry glide in differential currents, try to lean the body toward the direction where the water is moving fastest.

### **How do I recover from capsizing without leaving my boat?**

If you are in a competitive sports race, you want to learn how to use the sweep strokes to manipulate your body and boat simultaneously in an effort to flip the boat back into position. The sweep stroke is a forward manipulation, which enables you to shift directions while continuing floating forward. If you want to push your kayak out of a chief current, without shifting directions, the sweep stroke is the way to go.

### **How sweep strokes work.**

You will start the sweep stroke in your normal position. To start, raise your left hand toward your chest. Avoid shifting your hand grip on the paddle. You want to keep the right arm as straight as possible. In position, move your body anticlockwise. The right hand will now extend forward as far as you can reach. With the right arm aligned straight, the paddle should now dip into the water. Move your paddle in a half moon direction, and the body clockwise while using the hips strength to maneuver in the kayak. Now, lean your body slightly in the direction the kayak is turning. The blade is your stability, so you want to use your paddle blade to make the half circle

movement, as accurate as possible. Now you are ready to glide, slide, and stroke your way through moving and still waters while kayaking.

### **Kayaking in How to Launch and More**

When launching a kayak or canoe you have to consider where you are launching. For instance, are you launching from a dock, high bank, or a pier?

Once you decide where you will launch your kayak, you can then consider the easiest methods. Overall, if you are launching from a pier, dock, or high bank it is simple, unless the drop is deeper than average. Overall, lowering the boat into the waters, lower the stern first, since it is the best solution for launching kayaks or canoes.

### **How to launch and board from a pier?**

If you are launching the kayak from a pier you want to keep in mind that the bow passenger will board the kayak first, and then the stern passenger follows. Boarding from piers means that the passengers load the boat at amid-ship point. The steady descending pressure is the first step to launching and boarding the boat. You want to avoid launching and boarding kayaks at angles. If two people are boarding the boat, the second person can hold the kayak in place while the first person boards.

Launching kayaks from docks is generally harder than launching from beach areas, or piers. If you can find a flat area to launch your kayak, this is ideal, yet you want to avoid dragging the kayak over rocks, since it could cause damage.

Kayak owners often launch in a couple of ways. One of the common ways is the Wet Foot launch. The person will load the kayak into the water while avoid rubbing against any hard obstacles, such as rocks. A rule of thumb is to put your gear in place before launching your kayak. Few people find boarding the kayak before launching easier. If you elect to go this route, make sure the bow is in the water first.

When you carry your kayak to the edge of the water, or launching the kayak you want to consider a couple of details. Under the Hull Registration laws, you are required to follow instructions while carry, or launching kayaks. The most essential rule you want to uphold is the pre-launch guide. In other words, you want to check your kayak before launching it into the water. This will help you avoid problems, such as leaks in the boat.

If you have a smaller kayak you can carry the boat solely, yet few kayaks require that you employ more than one person to carry the boat into the water. You want to read the instructions available with your kayak purchase to decide the best method in launching your kayak. For instance, sometimes you can carry the kayak on the hip to the water edge, while other times four men carry the boat with two on each side gripping the middle area of the boat for carry. You can also drag the kayak to the water edge, or into the water, yet you want to avoid rocks, or objects that will cause damage to the boat.

For the most part you want to lower the stern into the water first, and then the bow, yet in some instances, depending on the boat type, you may want to

lower the bow into the water first and then the stern. Check your user manual to learn more, since only you know what type of kayak you own. To board the kayak you want to step one foot to the center of the boat while grasping hold of both sides of the boat. Lower the body and then move toward the middle of the boat slowly.

### **Kayaking in How to Maneuver your Boat**

If you intend to learn how to maneuver your boat, you will need to learn basic skills in kayaking, including strokes and the Eskimo roll. Today, millions of people are taking interest in kayaking, simply because various resources are working hard to restore our land back to its natural origin. If you are one of those people interested in kayaking, then learn first how to steer, stroke, and maneuver your ship.

### **How to Steer, stroke and maneuver your kayak...**

**First**, you want to train with an expert to learn how to maneuver the bow rudder, and other particular strokes. The bow rudder is employed by experts, which they will use this stroke along with a variety of basic strokes to redirect their boat. The ideal is to avoid obstacle courses in changing directions. Bow rudders tend to work best in last minute situations. In a kayak if two or more passengers are riding, the bow man has the broadest spectrum of viewing what's ahead of you. The bow man can see danger sooner than any other passenger aboard. With this in mind, if you have a primary bow man in mind, make sure he knows the bow rudder move thoroughly. The bow rudder is fixed, which means it could affect steering dramatically. While performing the bow rudder, the bow man should never



withdraw the paddle from the water. To practice this move you will need an instructor who will teach you first in slow waters how the stroke is worked.

### **How do I decide when to steer my boat?**

You will now, especially if you stay aware to dangers. You want to become friends with your natural instincts and use all skills you learnt in kayaking to steer your boat. Steering takes action when the water is trapped in the middle of the paddle blades, and the bow forces the vessel in a particular direction. Sometimes steering is powerful, and sometimes it is smooth. In some events, the kayak will slow, bump, turn, and even capsize. You want to learn and master the Eskimo Roll to escape any dangers while kayaking. Unless you weigh your boat down, which will cause it to lower more so than usual in the water, and cramp your style, the Eskimo roll will work in most all situations.

### **How do the draw stroke methods work?**

Draw strokes is the action taken to move the kayak toward the same side as the paddle. The draw stroke gives you the ability to make sharper turns. To perform the draw stroke you will need to glide the right hand roughly six inches up toward the throat of the paddle. Once in position, you pitch the paddle blade at a “right angle” toward the water and onto the “keel line” of the kayak. Make sure the blade is aligned and your right arm is completely stretched. Also, make sure the left hand is bent, and your hand is in the frontage of your face. At this point the paddle blade should be plunged into the waters.

Next, pull inward with the right arm, and push outward with the left. At this point the paddle blade should be around six inches away from the kayak. Finally, with your left hand, move the paddle toward the bow and then downward, while lifting the sharp edge (blade) of the paddle from the water.

\*Keel is the nautical structural element of the boat, which stretches along the center lines of the boats bottom and to the bow and stern. Again, you want to learn to read the waters.

## **Kayaking in How to Read Waters**

### **Advanced Learning**

In order to read water you must realize the difference between Stillwater and moving water. You want to consider rivers, holes, downstream, upstream, etc, as well. Still water has the ability to move.

Moving water often occurs when winds touch the waters. Large lakes and the sea are often known as Stillwater's. However areas of the sea move along, i.e. the water moves, in certain areas, somewhat like a gushing river.

### **How to decide if water is moving...**

If you were to throw an object in Stillwater's, the object would cause the water to bubble. This is an example of moving water. When the winds sweep across waters it could cause short or tall tidal waves, or various other types of water movement. Particles often orbit about a point based on the direction the wave is heading. When waves splash up from the oceans gradient floor, and onto/or near land, a powerful force presents unfavorable waters. The unfavorable waters are due held back particles. Eventually, the waves will gush onto the shoreline.

This happens in rivers, yet, even if the water is motionless, movement could still take place. At narrow areas in rivers, often too much water flow attempts to get through the narrow area, which causes what kayakers refer to as a haystack. (Standing waves)

You often find holes in waters where the water is moving fast, yet the water appears motionless. Rivers for example has many holes, as well as top areas, and sometimes due to the action of water trying to get through narrow passages, the water reverses, which canoeists or kayakers find it difficult to get out of the spot.

Rivers or waters where boulders are often found, tend to have gaps nearby. Usually the gaps are downstream, which gives you an advantage if you are kayaking upstream.

### **How do I tell when waters are favorable downstream?**

If you're kayaking in a river or stream it is illogical to keep your kayak in the center of the waters. If the waters are curvy, you want to steer the kayak toward the outside area of the bend. The outside bend tends to produce stronger currents, which often means the water is deeper. If you come up on waters where you notice white and flat waves, you want to watch out ahead, since likely a gap is in your path. In addition, the gap may not be something you want to experience. Likewise if you notice round or smooth waves, be careful, and sometimes the waves are hiding unfriendly obstacles, such as boulders.

### **How do I tell when waters are favorable upstream?**

If you are in straight water steer the kayak as close to the banks as possible. IF the water is curvy, steer the boat toward the inside of the river bend. The inside bends often have feeble currents.

**Continuing upstream:**

If you notice waves that appear greenish gold with specks, you can use the waves to surf upstream. If you come upon a gap, and you notice a white, flat wave standing, you can use the wave as support to avoid dropping into the gap. Sometimes you have to capsize to escape particular gaps. Round and smooth standing waves can give you an advantage while cruising upstream.

**Tip:**

Learn more about V's in whitewaters. If you spot a V in whitewaters, often you have a trouble-free trip ahead.

To learn more about reading water may want to visit your library, or else talk to someone who has experience in kayaking. It's always best to practice before you venture off in kayaking. Are you ready to roll?

## **Kayaking in How to Roll**

### **Advanced Tactics**

Canoeists generally use the Canadian STEYR Roll, which kayakers will also use. When the blades of the paddle move to the *rear deck* under strong waters, the Canadian STEYR Roll is often employed. You want to try to go in forward position when the force of the water starts to flip the kayak. Understand if this occurs dangers are lurking the waters. You want to learn breathing, wiggling, and releasing the body from the kayak to escape capsizing. (Flip) Practice is a good policy, since practicing when you capsize is only adding danger to danger.

Kayakers often float through rivers, oceans, lakes, etc. Rivers tend to have rocks, boulders, logs, and other obstacles that could snag or capsize a kayak and/or canoe.

### **How do I roll a kayak?**

Before you float in the waters, you should practice rolling the kayak on land first. The roll tactics include actions known as hydrodynamic, which the blade is usually against the waters. The strategy is employed to give you power over control, since you are converting firmness of a medium into something you are exerting force against, such as strong waters.

The hip muscles provide a boost when you are ready to come up from the waters. You can practice this movement anywhere you choose on land before attempting to roll in a kayak. First lie down on your side. (Your choice) Use an obstacle, pretending it is your kayak, lie down close to it. The

top leg you want to lift it down, whilst listing the leg beneath the top leg upward. Your shoulders should remain sideways, while your hips should parallel to the floor.

### **How do I get out of a roll?**

Reread what I just said. If you practice the lying down tactic outlined in the previous sentence, you will have practiced the move it will take you to get out of a capsized kayak.

### **What other types of rolls should I consider?**

The Eskimo Roll. The Eskimo Roll is a way of correcting capsized kayaks. (See righting) The process of Eskimo Rolls is to *right* a capsized kayak when the boat rolls over beneath the water. The roll if acted on correctly brings you back into order to come up right. Greenland Eskimos practiced the Eskimo Roll in the mid 1700s. Double bladed paddles were often utilized to perform the Eskimo Roll. Sometimes however, a single paddle could get the job done. However, using a single paddled requires more movement of the hip. (See beamer)

While the Eskimo Roll appeared first in the 1700s, it wasn't until later that the righting tactic was employed. Today the righting method is known as the Pawlata Roll.

You can also use the hands to roll. (Do not try this roll if you are using a flat water sprint kayak)

Before rolling make sure that you have a secured foot rest. As well, you want to make sure you have kneepads to brace the knees. You will also need a spray skirt, ideally the ones designed of Neoprene. While putting on the spray skirt, make sure that it fits about the ribs and stomach securely. Once you are inside the cockpit, the spray skirt, i.e. the bottom section will fit under/around the coaming. (Cockpit Coaming) **NOTE:** a quick release lever is available in the event you want to exit the kayak immediately; however, rarely is there a need to exit in this way.

**TIP:**

Make sure you fit comfortably in your seat.

**Tip:**

Remember to wear a scuba mask to protect your nose in the event you capsize. As well, scuba masks will help you see while submerged underwater. Unhappy sailing!

Learn how to scull and brace...



## **Kayaking in How to Scull and Brace Advanced Strategies in Kayaking**

Kayaking is a dangerous water sport that requires accuracy while maneuvering in the waters. Kayakers often learn a variety of strokes before venturing off on whitewater, wild water, or competition sports. Various stroke methods include the scull, which moves forward, and reverse, or the brace stroke.

### **How is the scull stroke in kayaking work?**

First, you should learn to brace stroke and then move to scull strokes. In the brace stroke usually two passengers are in the kayak. One passenger leans over the body of the ship (Hull) while the other passenger braces the kayak in an effort to prevent the kayak from capsizing. (Flipping) Brace strokes require that the paddle remain in the waters. (Learn more about recovery strokes to before trying the brace stroke)

Kayakers must remain constant. In other words, the kayak must remain constantly in control, rather than the paddles.

### **How do I balance the kayak?**

First, it is important that the feet, knees, thighs, buttocks, hips, are the essential areas of the body you want to focus on while learning to balance a kayak. The upper body also helps to support kayak balance, yet the lower part of the body bears the most weight.

### **What type of paddles do kayakers use?**

Kayakers use left and right hand paddles. Most kayakers prefer the double bladed paddles, yet few will choose to use the two section paddles. If you intend to use the two sectional paddles, on the side you are using the paddles, the blade should be the first (always) to come up from the water. The hollow side of the paddle should be closest to you. Most kayak paddles of this style are feathered. The feathered paddles help to cut back resistance of wind. As well, the feathered paddles tend to allow the body to have more power.

### **How does the forward stroke work then?**

With one hand you will lean forward as far as you can stretch. The body should slightly lean forward as well. With the blade *facing* you, dip it into the waters. Simultaneously, pull the blade back and push forward. The hand stretching should pull back the blade while the other hand will push the blade forward, which should balance with the eyes. (Human eyes) the arm should be fully extended at this point while the body is straight. Next, perform the same action on the other side, which you will follow the same basic steps.

The forward stroke is the basic steps, which I prefer to inform you about before taking you to the full brace and skull strokes.

### **When should I use the brace stroke?**

Generally, brace strokes is employed in unpredictable waters. Kayakers often keep the blades submerged under water at all times, which prepares them to use the stroke at any given moment. Kayakers tend to use the brace

stroke as an anchor, which the kayakers tug the blades toward the kayak, while using their knees and thighs to balance the boat.

**Tip:**

When leaning in your kayak, try to avoid panicking. IF you are new at kayaking, avoid waters at first where boulders, rocks, wild, or whitewaters present risks.

**How does the skull stroke work?**

This stroke is ideal for single passengers. The object of this stroke is to maneuver the kayak forward toward the paddle, and then reverse toward the second stroke. In other words, the kayak will turn sideways with this turn, moving along with each stroke you take. The skull strokes forces the paddles to propel and each blade should be around 1-foot away from the kayak.

## **Kayaking in How to Slalom**

Kayakers tend to use the slalom kayaks, since the vessels are shorter, and they have a propensity for movement. Still, kayaks often cause extra problems. Sometimes kayakers wonder where they should put the blades when problems arise. When the kayaker is heading for a V, (Gothic-V) in whitewaters, how the kayaker paddles and steers the boat makes all the difference in the world. Sometimes a better alternative comes to light, which enables the kayaker to move toward a safer passage, which may require a specific stroke to make a turn.

Commonly, pro kayakers will employ a series of strokes that help them to maneuver in whitewaters, regardless of the situation. Professional kayakers tend to plan their trip before getting into the kayak, which helps them to read the waters. When kayaking you want superb observation, skill, intellectual insight, and the ability to avoid panic.

Telemark is a type of stroke pro kayakers will employ in whitewater kayaking, including in slalom competitions. High and low strokes are included in the telemark maneuver, as well as the hanging and slapping support strokes. The strokes are intended to halt capsizing when currents slam down on one section of the boat. The current will sometimes cause the kayak to capsize (Flip) while going upstream. At this point the kayaker wants to know the slap strokes, since it can prevent flipping.

If in the event you cannot get moving with the slap strokes, you can revert to the hanging strokes instead.

### **How the slap stroke works.**

The slap stroke works similar to the low telemark strokes. The kayaker uses his forearm(s) and directs it toward a *near* perpendicular point before attempting the slap stroke. If the kayaker wants to revert to the hanging support strokes, he will lower his elbows to a near, equivalent point, i.e. the shoulders will align with his elbows. At this point, the kayaker will turn his blade at a 180-degree angle. Next, the kayaker will hang with the paddle while the paddle is in a horizontal stance, which he corrects by drawing the paddle to an upright position.

You can also sustain the slap and hanging support strokes by employing the backward and frontward sculling, along the water's surface. Sculling is a single oar, which is seated at the back of the kayak. The single oars move side to side, and often at the stern of a boat, which is used to propel the kayak forward.

The ferry glide is another method you want to learn, especially if you intend to join in slalom competitions. The ferry glide method entails working against the current by using strong currents in your favor. The key you want to consider is how to use backstrokes, on the opposite side you want to move, by using strong and steady backstroking tactics. The boat may turn in the direction you want to avoid, which then you can use the back paddling tactics to steer the boat in the right direction. You want to back paddle on both sides, shifting from one side to the next. If you perform the action correctly your kayak will glide in the direction you intended.

You will need to acquaint yourself thoroughly with the ferry glide, since you can use this strategy to maneuver between the gates in slalom competitions. The tactic will also help you to cut across the stream on one side in an effort to reach the other side. You can also take advantage of the ferry glides while floating upstream. If you use the ferry glide upstream, make sure you learn how to use a single strong frontward stroke on the same side you do not intend to go. Learn your safety codes and rules.

## **Kayaking in Safety Codes and Rules**

### **How to**

**Safety** is a demand while kayaking. The AWA Safety Codes is a source where you can learn valuable information to help you adhere to codes, rules, and laws. Kayaking is a dangerous sporting adventure. You should learn and follow all rules, codes, and laws. The ideal of the codes and laws is in your favor. Kayakers must make sure that they have sufficient skills, equipment, knowledge, etc, before heading off into open waters. This includes still or moving waters.

The first code you will see in the AWA safety codes is the personal, prepared, and responsibility codes. The code states that all kayakers, canoeists, etc, must know how to swim, including underwater. In addition, you must wear a life jacket when lining rapids, approaching shores, or running in waters. At all times you are obligated to maintain control of your boat. You must have the ability to stop your boat, and reach shores without causing harm. You must have the ability to stop your kayak before the danger is present. You cannot enter a rapid, unless you have confidence that you could master the situation.

You must always stay alert to hazards and avoid down at all cost. AWA safety codes give you a list of killer situations. The list includes high waters, which power and danger on the river, and insufficient ability to conduct rescue, specifically as the rivers below increases. Before launching your kayak you want to observe the critical passageways as well as the narrow passageways to determine the river flow.

The codes and/or rules include attire. In cold waters, you should wear clothing that will protect you from extreme weather and cold waters. Your clothing should be waterproof and provide you some warmth in waters whole are then 60 degrees.

In rivers, and other waters you have strainers. The strainers include fallen trees, brush, bridge piles, dams, etc. The obstacles can pin your boat, capsize you, etc.

Advisory: obstacles in water do not always warn you ahead of time that dangerous lurk in the distance. Learn how to read the waters.

AWA Codes include, weirs, souse holes, and a reversal is something you really want to read up on. Weirs and dams tend to have water dripping, which curl backwards, and snag your kayak. The water may seem as its going upstream, which is often deceiving. Your only recourse, is too swim beneath the waters surface, especially, in an area where the water is moving downstream, or else attempt to get out of the wave.

It is not recommended that you kayak alone. The recommendation of AWA Safety Codes is that you travel with at least two other passengers in the boat. You will need to learn teamwork and paddling skills. You must also be in good health. The purpose is if you are not in good health you may not have the strength, power, stamina, or energy to manipulate your boat out of danger situations.



You must practice rescue drills to help escape dangerous situations. The drills must include artificial respiration. In addition, you will need to learn how to perform and master the Eskimo Roll; since this roll is overall the only roll that will help you escape most any capsized kayak. You must also wear a crash helmet. The Eskimo rolls will also help you in the event you cannot swim to the shorelines. You must also wear appropriate shoes, which will work to protect your feet against injury. To learn more about AWA Safety Codes and Rules, please visit your local library. You can also find help online.

## **Kayaking**

### **How to Kayak**

Kayaking is similar to canoeing; only you have a small space to fit the lower part of the body. Kayaking requires balance, since you can flip the canoe with little effort. In words, kayaking is a sport canoe, which is light in weight and often made of fiberglass. Kayaking is in aspect for leisure time, or else competitive sports. Sometimes kayaks are made of animal skin. This type is more of the traditional models, which the Inuit boats fit one or two people, while utilizing a double-blade paddle. You can use kayaks in both travel and/or racing.

Kayaking is a sport, which if you ask questions before purchasing or adventuring on a kayak you will stay a step ahead of the sport. To help you understand more about kayaking we can consider a few details.

### **How do I choose a kayak?**

First, realize that canoes stem from the Indian creation one hundred years earlier. Today, more than sixty producers distribute kayaks and canoes. Kayaks like vehicles have a variety of models; as well kayaks are made from a variety of materials. The questions you should consider then include:

What shape of kayak would I like best?

What size or length is idea for me?

How many people do I intend to ride in my kayak?

Do I need a one passenger seat? Do I need a two seat kayak?

How do I intend to use the kayak?

What skills do I possess to maneuver a kayak? What degree of skills do other passengers have to operate the kayak?

You can purchase smaller kayaks, which the length is around 12 feet, and up to sixteen feet in size. Keep in mind that kayaks come with paddles, which often is easier to control with the 18 foot kayaks.

Beginners, or those who have employed kayaks, but it has been a while may benefit from the fifteen to 17 foot kayaks. You can carry more than one person in the larger kayaks.

Smaller kayaks or canoes move slower than the larger kayaks. However, the rate of maneuvering the smaller kayaks rate higher than the larger kayaks. The sixteen foot kayaks or canoes are often lighter, which two people can ride comfortably. If the water conditions are safe, you can carry another person in particular kayaks.

Seventeen footers can carry three people along with your gear comfortably. The longer kayaks generally are employed in sporting events, such as races, or in recreational programs. If you want a kayak for cruising, thus the seventeen or 18 footers will suffice.

### **Do the kayaks have adjustable seats?**

It depends on what you buy. Some kayaks may have adjustable seats, while others may have non-adjustable seats. Still, the seats maybe divided with a thigh brace. A knee brace maybe available as well.

### **Do kayak owners need gear that protects them during experience?**

Sure, most kayaks owners may invest in Neoprene Spay Skirts. The bottom edges fit about the raise lip in the cockpit, which forms a waterproof seal.

What types of gear is available?

Well, you have to cruise the Worldwide Net to learn more about the types, yet some gear includes the knee pads, and quick release thigh straps. The gear includes a foot bar and seat.

Kayaks, or the interior section of the cockpit often are customized and provides both knee and thigh braces. The leather lace supplies support.

### **What other types of kayaks should I consider?**

Well, the longer kayaks with waterline lengths, is often best in open waters, and anywhere speed will become a blade to your paddles. You might also consider the wide and narrow kayaks when deciding on the right kayak. Don't forget to put safety first.

## **Learning Safety First in How to Kayak Kayaking**

Safety under the FAA Association (Federal Aviation Administration) “is no accident.” Since kayaking is a dangerous adventure, you should follow this rule. Kayakers should always make sure they have sufficient skills and equipment before venturing off into a still or moving water experience. Good observation skills will help you to avoid neglect, since you will learn how to read the waters, and expect the worst although it may never happen. A good kayaker will make sure that the weather is in good condition before venturing off on his journey. Checking the weather before you leave can help you avoid dangerous and stormy weathers. Kayaks are no place to be if the weathers are dangerous, especially if you lack skills.

The first thing you want to do when considering kayak, is to learn the waters. You will need to learn how to use the water as support for your body and kayak. The information you learn should include swimming. Swimming is a skill all kayakers in the professional world possess. Since at times in kayaks you may flip, you want to master swimming to help you fight fear, panic, and guessing. Kayaking is no place to play guessing games, panic, or express fear. The water is not your best friend. Rather the water has its own life, which includes rocks, boulders, hurry, winds, waves, and rolls. You want to learn swimming effectively to master all potential experiences in waters.

If you need to learn swimming tactics, visit a local area that permits swimming. (Life Guard Supported Preferably) The life guard to provide

support to you in the event failure occurs; better yet if you can find an instructor, this is the best way to go. Still, you must practice daily to master the butterfly, breast stroke, and so on. The butterfly will prepare you in the event you want to race your kayak long distance. The breast stroke enforces movement of the legs, which will lead to the “crawl leg.” This is great, since if you tip your kayak, you want to have this crawl down.

If you fear water creatures, then stop. Most times the fishes in the water think of you and your boat is one huge fish they want to stay away from. Unless you are in inland waters, which if you are you should already know that the great whale shark is the only fish that does not care how big you are.

At the swimming pool you can start learning rolling methods used in kayaks. The methods include Eskimo roll, which you should truly learn and master before kayaking. You can also learn how to bail from your kayak in swimming pools. Use a mask at first to prepare for mask usage while first kayaking. After you master the Eskimo roll, you will not need a mask. Once you master swimming go to your nearest area with the plan of practicing in a real kayak. Make the trip a short one at first and then longer each time. If possible take an expert, or instructor along with you.

While you learn swimming, you also want to practice deep sea rescue strategies. Learn more about these strategies to help you prepare. You want to gain confidence while learning all methods in kayaking. Confidence will help you maintain sound mind. After you practice in the swimming pool, you can go out in your kayak (With someone knowledgeable accompany you) and practice the rescue tactics in a real experience. You may have to

adjust your learning as you move along, which is fine, since you can learn what works best for you. As well, you will develop newfound skills with each practice you put into action. Maintenance is good to know as well.

## **Maintenance and Building in How Kayaking Strategies can save Your Life**

### **The guide to safety**

Kayakers, i.e. the pros tend to buy expensive equipment to use during kayaking, since these people are aware that the cheaper products could lead to problems. Pro kayakers tend to learn maintenance and building tactics as well, since the pros enjoy all sorts of kayaking events. For instance, coastal, whitewater, black water, gushing river sports, and so forth are all events that many kayakers enjoy. The kayakers will often practice and prepare before voyaging off to sea, or into hostile areas. Preparing and planning runs deeper than merely knowing what to do. True kayakers will also prepare for all eventualities.

Maintenance of hulls and paddles alone could save you from harm, or perhaps worse. Building of course is much more dramatic than maintenance, thus we will primary speak of maintenance while considering building.

Maintenance includes mending damaged paddles, and repairing diminutive leaks in your kayak. Before we continue, I want to mention that everyone intending to kayak under the Hull Registration Rules should check the boat before it hits the water. If you have leaks, dry land is where you want to notice the leaks. The last thing, you want to do is float off to sea and later find that your boat has a leak. What a disaster, especially if you are kayaking alone. (Not recommended)



Maintenance supplies should include kayak glue, mold, adhesive bonding, resin, etc. Resin you can merely brush onto the area you intend to repair. The advantage today, is that kayaks are made of tougher materials, so rarely will you need to make repairs, but it can happen, so prepare. You will need to activate resin before brushing. If your kayak is made of fiberglass, you will need catalyst and an accelerator. Pre-accelerated resin is available, which means you only need to activate the resin. Catalyst, or resin should not touch the skin, however if it happens immediately cleanse your skin.

Glass kayaks require a slightly different maintenance plan. For the most part you will need similar supplies. Additional supplies to have on hand is commercial cutting scissors, sticks for mixing, rollers, brushes, paint, and so forth. You will also need a maintenance backup plan.

### **What could damage my kayak?**

Wear and tear comes from the trips you take in the waters. In shallow waters the kayak will endure scuffles from rocks, logs, etc. Loading the kayak onto vehicles, thumps, jars, and so forth can also cause damage. Fiberglass kayaks tend to scratch, which if you want to restore the new look, you will need acetone based cleansing agents. Always cleanse the area first before attempting repairs.

If you must repair holes, you may need screwdrivers, sandpaper, file, scissors, masking tape, plastic kitchen wrap, scotch tape, acetone cleanser, activators, resin, glass made of woven fabrics, brushes, etc. Clamping materials can also work to repair holes.

Maintenance is necessary sometimes for both the kayak and paddles. The most important thing you can do is to inspect your equipment before and after each trip you plan. This will help you avoid trouble. Maintenance of wooden paddles is simple in some ways, since you merely cleanse the area to repair, sand the area, and cover the wound with a cloth. You can use tacks to ground the cloth. Still, you want to brush resin on the area before you lay the cloth over the damaged region. You will also need rubber bands, kitchen wrap, and a few other tools to repair particular problems. To learn more about repairs, we recommend you visit your local library.

(GLUES: See metal to metal bonding)

Are you ready for the races?

## **Preparing in How to Race in Kayaking**

### **Preps perfecting skill**

Preparing is the process of perfecting your skills. Those who race in competitions as a golden rule, train and practice, as well as build strength before they attempt racing: You must be in good health, and physical active to racing competitions. In 1936 sprint racing became an Olympic sport. Kayakers or canoeists were expected to achieve up to 10,000 meters in the racing events. The shortest distance was 500 meters. The races were experienced in Wild waters or in flat water.

To learn more about the history of racing, checkout to 25 mile river race, this occurred in Arkansas. You can also learn more about racing by checking out the Danish Gudena race, which was a 117 km event.

Wild water racing is common. However you will need to learn technical skills, as well as train in strength training to master the event. Still, power of muscles can take you through nearly any type of water. One of the tactics pro kayakers employ is sticking their paddle in a boat while hauling the vessel to waters, in supporting the kayak with the knees. You want to learn proper methods to avoid injuries.

During racing events kayakers sometimes have to go ashore. The kayakers sometimes must find a new starting point to continue. This is especially true in areas where dams block the passageways.

Kayakers tend to choose smooth, downriver racers, yet the boats must be 13 feet or slightly longer to qualify in racing. You want to check length qualifications to know the correct kayak you will need. In addition, understand that kayaks were differently, i.e. the two seat kayaks will often move faster than one seat kayaks. Furthermore, the boating kayaks tend to offer a bit more than the rigid kayaks in racing. NOTE: in addition to length, you want to check out the requirements under weight capacity.

Kayakers often cruise, or race boats made of fiberglass. Hot mold veneer play is a related product sometimes used in races. The veneers tend to move faster, than the fiberglass kayaks. Regardless, monocoque is the underlying contributes that supports all parts of boats.

Training again is essential. If you intend to join kayak racing you want to train daily. In addition to training, adhering to a plan and schedule will help you move toward long distance or sprint racing. Long distance racing requires less strength than that of sprint racing. Still, you must use all the strength you can muscle up throughout the course of any race. You'll need stamina, lots of stamina, to kayak and/or race.

### **How do I decide, which strokes to use?**

You will have an all-around knowledge of basic strokes, and how to use each stroke either solely or in variety to win a race. The strokes you want to focus on are the telemark, including the reverse, and draw strokes. You also need to know how to perform the ferry glide, sweep, and slap supports well. You also want to practice and train to maneuver your boat without rudders.

You will also need to practice self-discipline. Checklists, the notes, practice, and training will all build self-discipline. You want to record daily, every detail you do that applies to preparation in racing. Your records should have details including exercise completed, feelings and sensations experienced, paddling, strokes, rolls, weight, pulse rate, target practice, and so on.

In summary, preparation, training, practicing, learning, and developing skills, along with strength is the greatest part of the solutions to master kayaking race. Keep in mind, winners do not always finished first.

## **Safety in How Kayaking Works**

### **Self Help Guide**

Kayaking is a risky sporting event, which requires careful attention while operating the kayak. You will also need to employ tight balance while paddling a kayak through whitewaters. Sometimes kayaking will lead to capsizing, i.e. flipping of the kayak. When a kayak flips the person is often upside down in the waters and stuck in the seat of the boat. Make sure you weigh floating gear while whitewater kayaking. You might also want to practice breathing tactics to help you avoid drowning if you flip the kayak.

Practice makes it easier to avoid capsizing kayaks. When you practice you will learn the ropes as well as learn how to steer and balance the kayak properly. The best solution is practicing in low risk waters. Practicing will also help you avoid panicking if in the event your kayak capsizes.

#### **Rules:**

First, you will need to make sure you have safety gear, which is approved by the Coast Guards. In fact, this is the laws demand for anyone boarding all types of boats. Lifejackets is ideal to wear while kayaking. The safety gear can comfortably store in your boat in the event you should need the gear. The law says you must have safety gear, yet you are not under obligation to wear the gear.

Kayakers might find the British lifejackets of interest. The jackets were designed to reduce buoyancy. The reduction in buoyancy presents you from

rolling the kayak. The marketplace sells a couple of French Lifejackets for kayaking as well. You can also add to buoyancy by using air bags.

### **What is the cardinal rule in kayaking?**

Well, actually the cardinal rules apply to canoeing, yet kayakers often follow the same line of safety. The rule is basically you staying with your kayak if it flips. If you follow the rule the kayak will float through the waters, while supporting the person(s) in the boat. You basically hold on to the kayak. If wind is blowing your kayak you want to allow the boat to drift shoreward. If you intend to move the kayak, make sure you astern and then shove the stern along the path, which you are swimming.

### **Should I rush if my kayak capsizes?**

No, you should never rush, unless the water is forcing you to rush. Try to take your time while floating with the boat onto shore if possible.

### **How do I re-board a kayak in the event it capsizes?**

Well, it depends on the kayak you are traveling in. Some kayaks carry one passenger, while other types of kayaks will carry more than one. If it is just you, likely the kayak will flip upside down and you will be stuck in the seat, unless you are lightweight. If you find self stuck in the seat you want to try to maneuver the boat, accordingly flipping it upright. You want to view your user manuals, since each kayak is different.

### **Should I wear a wetsuit?**

Only if the water is cold and you are at risk of freezing.

### **What should I do in whitewater when my kayak capsizes?**

Pray...you are in danger naturally when you are kayaking in whitewaters. Whitewaters naturally gush faster than other waters, and often rocks pave the path. If you are able to remove yourself from the kayak, naturally you want to allow the boat to take its course of action. If you hang onto the boat, it could increase the level of danger. You want to practice holding your breathe around 30 seconds, since sometimes you have to wiggle your way out of kayaks in whitewaters. Finally, we can learn the C stroke.



## **The C Strokes in How Kayaking Works Self Help in Kayaking**

Pry-strokes or C-Strokes are a method used in kayaking and canoeing to maneuver or control the boat. Developed from the J Stroke, the C stroke is often employed in Whitewater adventures. Before the paddle is swung around to form a C shape, the paddle is swung beneath the kayak and/or canoe.

The pry-stroke is formed from C strokes that zigzag during races. (Slalom) In other words, the stroke forms from any race involving zigzag courses for obstacles, such as Whitewater kayaking or canoeing. In competitions kayakers will often use the C stroke through obstacle courses where poles and flags mark their position.

Pry-strokes occur when the shaft of the paddle is braced against the ledge of the boat. (Gunwale or gunnels) You can perform both the pry-stroke and C stroke from either end of the boat, e.g. the stern or bow.

Serious kayakers will often use a variety of methods to maneuver and turn the kayak. Team kayakers often work together, planning ahead to use a variety of strokes to steer the kayak.

### **How do teams work in competition?**

In competition kayaking, the team must be alert to all requirements. The Teamsters will often practice and train together before entering a competition. Teamsters will practice each stroke in kayaking together to

learn how the strokes work. Once the Teamsters master each stroke they work together to form a plan, which includes the best strokes to take in a variety of events. Each team member will practice strokes from stern to bow positions. In other words, one team member may practice at the bow one day, and at the stern position another day.

Kayaking requires skill, experience, intelligence, balance, and avoidance of guesswork. Kayaking skills will prevent capsizing (flipping), slows, and so forth. For instance if one passenger aboard a kayak uses a stroke incorrectly, such as the J Stroke, and the other passenger uses a draw angle stroke, and both have dissimilar ideas, the kayakers will lose time in forward position. In kayaking competitions the goal is to win a race, rather than deter directions.

In both kayaking and canoeing sports pivoting turns are difficult to make. Thus, knowing the proper strokes can spare you trouble, as well as give you time.

Kayaks are sports canoes, which are often made of fiberglass. Kayaks like canoes are lightweight ships, which is generally utilized for leisure, travel, racing, or in competitive sports. At one time canoes were made of animal skin, such as the Inuit boats, which one or two passengers would use double bladed paddles to steer the boat.

Today, you have a wide array of canoes and kayaks to select from, yet, most kayakers will still use double bladed paddles to steer the boat.

### **How do doubled bladed paddles differ from single paddles?**

The differences Whitewater kayakers often prefer flat, spoon shape paddles, since the paddles deliver somewhat of a different stroke. Kayakers tend to choose the double bladed paddles also, since the strokes are similar to feathered moves.

It is up to you what type of paddle you prefer, but what makes the double bladed paddles different is that the paddle is a single board with blades at each end. The single paddles are two paddles separately. In other words you will have to hold two paddles in both hands, and both sides.

To learn more about kayaking, strokes, steering, paddles and more visit the Internet for information is available to you. You can also visit to public library to learn more about kayaking, C Strokes, Pry-strokes, and more.

### **Conclusion:**

Don't go out in the waters until you read more about kayaking. All information provided to you comes from professional advise, yet new information comes available each day. We hope you got a lot from this guide, happy reading!