

Kayaking Study Sheet

3 main types of kayaks: Touring, recreational, and white water.

Touring kayaks are long in length, usually 10-15 feet. They are easy to paddle, more stable, and can carry larger loads. They track through the water in a straighter path and can move swiftly through the water with less resistance.

Recreational kayaks are shorter, and wider, they are quite stable and built for slow streams and rivers or short trips on lakes.

White water kayaks are short and maneuverable. The distinguishing characteristic is their upturned hull (rocker). The more rocker, the easier to pivot. Less rocker provides better tracking.

Hull: the front of the boat

Stern: the rear of the boat

Chine The chine is the bottom to side of boat angle. The more angled, the harder the chine. A rounded bottom is a smooth or soft chine.

Hull Symmetry: the more symmetrical the hull is, the more maneuverable it is. The more asymmetrical the faster and more efficient through the water.

Wet exit: sliding out of the boat into the water when the boat tips.

Bracing and banking: J-Lean= turning by lifting a knee. Using legs and body weight to turn rather than the paddle

Spray skirt: a piece of waterproof material that encloses the cockpit around the paddler. Keeps the water out of the boat.

Skills:

Turning: Paddle right to turn left

Drag paddle on the same side of the boat you wish to turn

J-lean

Getting boat off rocks: lean downstream to allow water to get under the boat.

Do *not* lean upstream as water will go into the boat

Safety:

Always wear a PFD (personal flotation device)

Always paddle with a buddy or preferably 2 buddies

Wear a helmet (especially in white water)

Throw bags are recommended

Know the river and it's hazards

Wear appropriate clothing (dry suits or wet suits if the water and air temps added together do not equal 100* F.

If no spray skirt is used, you should have a pump and sponge ofr excess water

Water survival chart:

If water temp is:

32.5

32-40

40-50

50-60

60-70

70-80

over 80

expected time of survival in the water is:

under 15-45 min.

30-90 min

1-3 hours

1-6 hours

2-40 hours

3-indefinitely

indefinitely

Tips to remember:

Use a kayak appropriate for the type of water it is made for

Always kayak with someone

Use safety equipment recommended

Know the water and its hazards

Plan for the worst and prepare accordingly