

Kayaking 101

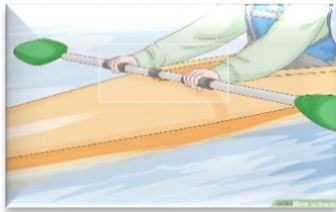
Why Should I Try Kayaking?

Kayaking is a great experience that provides a high energy workout, low impact on your joints, increases your cardiovascular fitness, and strengthens your core, arms, back, shoulders, and chest muscles. It is also a great experience for learning something new and spending quality time with friends and family.

Techniques for Beginners

1.) How to Handle the Paddle

A kayak paddle has two blades attached to the shaft. The shaft is the part of the paddle that you hold, your hand should be shoulder width apart and the blades are on both ends that you use to pull the kayak through the water. The concave side of the paddle should always be facing you. Always wear a lifejacket.



2.) Sitting in Your Kayak

Sit up straight in the kayak with your legs out in front of you. Put a slight bend in your knees and rest them against the side of the kayak.



3.) Paddle Forward

Submerge one end of the paddle in the water near your feet slightly in front of you. Then pull the paddle blade back toward the rear of the boat. Then doing the same thing on the other side submerge the other end of the paddle into the water and pull the blade back toward the rear end of the boat.



4.) Paddle Backwards

Submerge one end of the paddle into the water towards the back of the boat. Then push the paddle blade forward towards the front of the boat.



5.) Turning

To turn your kayak left place your paddle in the water on the right side of the boat and only paddle on the right. To turn your kayak right place your paddle in the water of the left side of the boat and only paddle on the left.

