

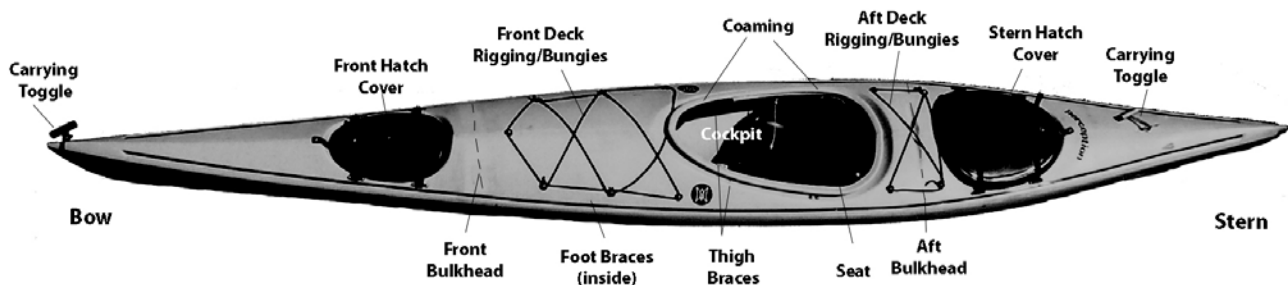


14001 Fiji Way, Marina del Rey, California 90292
310.305.1576 Phone 310.305.1587 Fax
www.recreation.ucla.edu/mac
mac@recreation.ucla.edu

Sea Kayaking I: Introduction to Sea Kayaking

Handout

COURSE OBJECTIVE: To teach introductory paddling skills, rescues and boat control in a safe and fun environment.



KAYAKING VOCABULARY TERMS

Aft:	Toward the stern from the cockpit.
Bailer:	A pump used to remove water from inside the cockpit.
Bearing:	The direction to a landmark.
Blade:	The flat part of the paddle used for propulsion.
Bow:	The front end of a kayak.
Bracing:	Technique used to stabilize a tipping kayak.
Beam Sea:	Waves and swells coming at the side of the boat, usually more difficult to paddle in than other boat angles to the wind.
Bulkhead:	Foam wall fore or aft in a decked kayak primarily required for flotation but also used to create storage areas with access via deck hatches.
Coaming:	The lip that surrounds the cockpit where the spray skirt attaches.
Cockpit:	The opening in the kayak's deck where the paddler sits.
Course:	The direction you want to go.
Deck:	The top half of the kayak.
Draw Stroke:	Used to move the boat sideways.
Dry-Bag:	Waterproof storage bag.
Eskimo Roll:	A self-rescue technique used to right an overturned kayak in the water without leaving the boat.
Feathered:	A kayak paddle whose blades are angled to present the edge rather than the surface to the wind. A "feathered" blade on a kayak paddle is offset at an angle (60-90 degrees) from its opposite blade.
Ferry:	A maneuver used to cross a current with little or no downstream travel. Utilizes the current's force to move boat laterally.
Forward (Fore):	Toward the bow from the cockpit.

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Carry Loop:	Also called “toggles”; Short rope or grab-handle threaded through bow/stern stems of a kayak.
Hatch:	Access port on front and/or rear deck of a touring sea kayak.
Heading:	The direction the kayak is pointed.
Hull:	The bottom half of the kayak.
PFD:	Personal Flotation Device; a foam filled vest used for flotation.
Port:	The left hand side of a kayak facing forward.
Rudder:	Typically a foot controlled steering device on touring or sea kayaks.
Salamander:	A tow-line incorporated into a stuff-sack that is worn on a belt around your waist.
Shaft:	The area of a paddle between the blades.
Spray Skirt:	A watertight material worn by the paddler and placed around the kayak’s coaming.
Starboard:	The right hand side of a kayak facing forward.
Stern:	The back end of a kayak.
Sweep Stroke:	Used to turn the boat to the non-paddle side.
Throw-Bag:	Rescue device incorporating a long rope coiled inside a nylon bag.
Tracking:	The ability of a kayak to hold a straight course.
Wet Suit:	A garment that insulates by trapping water next to the skin beneath a layer of closed-cell neoprene.

SEA KAYAK PADDLE AND WHISTLE SIGNALS

(used here at the MAC)

Stop or Wait:

- Horizontal paddle above head
- One short whistle blast



Direction:

- Paddle pointed in the direction of desired travel



RAFT-UP:

- Vertical paddle above head
- Two short whistle blasts



I'm OK are you OK?:

- Hand on top of head—both the person asking and the one responding; no response means the person needs HELP!

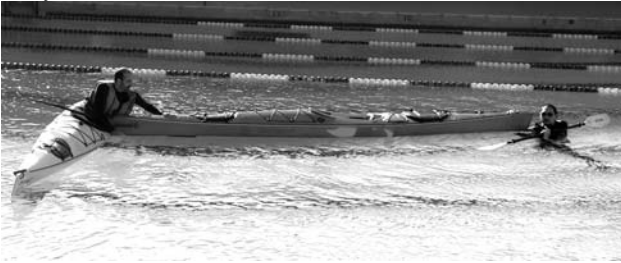


Emergency:

- Paddle held horizontally and moved up and down between head and upper torso repeatedly
- One continuous whistle blast

T-Rescue

1. After capsizing position your kayak so it is perpendicular to the rescuer's kayak. This forms a T with the bow of your boat closest to the rescuer. The boat can be righted or left upside down depending on what works best for that type of kayak.



3. The rescuer then flips the boat over and pulls the boat up until the cockpit is out of the water. This drains the water from the boat.



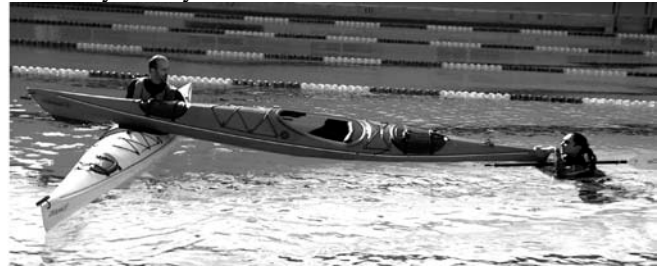
5. The rescuer then places both paddles across both kayaks to aid stability. The paddles should rest in front of the coaming of your kayak's cockpit and firmly tucked under the rescuer's armpit (pit to pit).



7. Staying face down slide your legs into your kayak until you can turn and sit on the seat. When sitting up turn toward the rescuer.



2. The rescuer then lifts the bow of your kayak over his/her cockpit so the kayak can be brought up onto the rescuer's boat. You can assist by applying downward pressure to the stern of your kayak.



4. Once the kayak has been drained it can be righted and rafted up next to the rescuer's kayak. Position the boats bow to stern.



6. Pull yourself onto the aft deck of your kayak. Reach over and grab onto the fore deck of the rescuer's kayak. Position yourself diagonally from your cockpit to the fore deck of the rescuer's kayak.



Reminders:

- Always stay in contact with your kayak.
- As rescuer cradle the boat in your arms (instead of dragging it over the spray skirt) when draining the water.
- Also as rescuer, do not raise the kayak above your head—you are prone to injury in this position.
- Avoid scooping water into the boat when it's being righted.
- Communicate with each other.

Paddle-Float Rescue

1. After capsizing, stay with your kayak by hooking an arm or leg in the cockpit. NEVER LET GO OF YOUR KAYAK! Grab the paddle float, inflate one side and then slip it over your paddle blade. Inflate the other side.



2. Secure the paddle float strap around the paddle blade so it doesn't float away.



3. Position the paddle so it is perpendicular to the kayak. The shaft should rest behind the coaming. The paddle float should be extended out over the water. Facing the kayak grasp the paddle shaft and coaming with one hand and pull yourself onto the rear deck of the kayak. Hook your feet on the part of the shaft extending over the water. The float now supports a portion of your weight.



4. Lying facedown on the rear deck with your head toward the stern, move one leg off the shaft and into your cockpit. Then move your free hand underneath you to the paddle shaft.



5. Move your second leg into the cockpit only after your free hand (the hand closest to the stern) swings around and extends down the shaft toward the paddle float.



6. Move the first hand off the shaft only after the second hand is positioned and extended on the paddle float side. Keep your weight on the paddle float and swivel toward the float into your seat.



7. Keeping the paddle float on the water for stability lift the other paddle blade over your head and reposition it across your lap. Now you can press the paddle shaft down against both sides of the cockpit to maintain stability while you bail.

Reminders:

- When pulling yourself onto the stern deck it's important to get your center of gravity over the boat for stability.
- As soon as you pull yourself onto the stern of the kayak it's important to have at least one leg or hand extended on the shaft (toward the paddle float) at all times.
- Think of the paddle float as a rescuer. Keep your weight shifted to your rescuer's side.



TIPS FOR DEVELOPING YOUR STROKES

GENERAL IDEAS

- Keep a loose, relaxed grip.
- Always keep your hands equidistant on the shaft of the paddle.
- Hold the shaft away from your chest, just below eye level, with your elbows slightly bent.
- Place the blade as far ahead as possible (reach) without bending forward at the waist.
- Avoid creating a large splash when moving the blade in and out of the water; clean feathering.
- Keep the blade (not the shaft) fully immersed where it can pull back the most water.
- As you paddle, use the palm of your hand (near the thumb and forefinger) with slightly opened fingers.
- Get the majority of your power from your torso.
- The ball of your foot pushes against the foot brace—same side as the paddle blade in the water.
- Apply maximum power at the start of the stroke once the blade is fully submerged.
- Avoid unnecessary force.

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SPECIFIC CONCEPTS:

FORWARD STROKE:

- Don't crunch power box;
Wide grip—right angles on shaft and at elbows



- Reach blade into the water at your feet without bending upper body forward
- Watch your paddle, turn your head—this helps rotate torso



- Keep hands just below eye level
- Rotate Torso (watch zipper on PFD move sideways)
- OK to cross kayak's centerline
- Remove paddle at hip



SWEEP STROKE:

- Keep hands low
- Expand power box—don't crunch
- Blade fully submerged



- No turbulence in water
- Paddle shaft horizontal to water
- Rotate blade all the way to the stern



DRAW STROKE:

- Paddle shaft vertical
- Face direction you want to go



- Hands far enough apart, slice blade away
- Blade submerged—don't flash blade
- Turn face of blade towards you and draw



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SCULL DRAW:

- Pin elbow against side
- Face direction
- Torso rotation (is zipper from PFD moving back and forth?)
- Upper hand extended out with vertical shaft
- Waltzing Speed



BRACES:

- High Brace: Hands over elbows – tight to body
- Lean: Don't angle paddle/shaft as boat angles (keep horizontal)
- Slap: Blade straight down
- Snap: Hips rotate boat upright
- Recover: Feather blade out of water
- Lean/Slap/Hip Snap/Recovery



- Low Brace: Emphasize elbows up



- Lean: Don't angle paddle/shaft as boat angles (keep horizontal)



- Slap: Blade straight down
- Snap: Hips rotate boat upright



- Feather blade out of water
- Lean/Slap/Hip Snap/Recovery



BACKSTROKE:

- Look behind you
- Torso Rotation
- Place blade flat and behind you, parallel to boat
- Rotate body pushing blade into the water
- Finish with paddle vertical
- For Hutchinson Back Stroke start with blade about 30° from back of boat



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