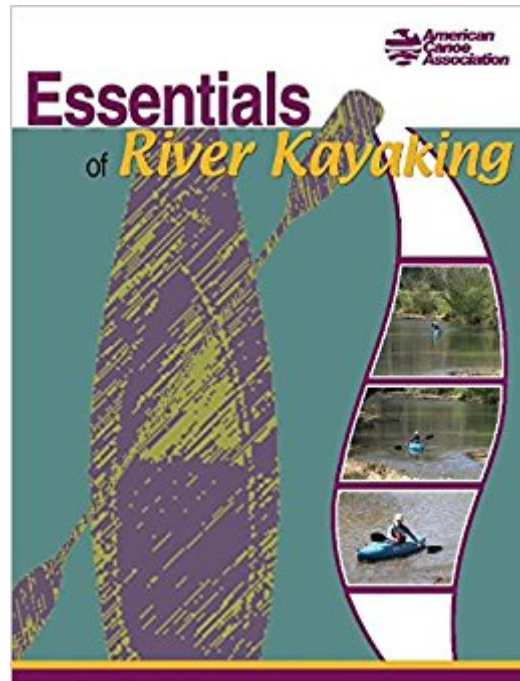




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Essentials Of River Kayaking



Synopsis

The official word on kayaking basics from the American Canoe Association, the nation's most respected authority on paddling, *Essentials of Kayak Touring* and *Essentials of River Kayaking* provide beginning paddlers with everything they need to enjoy a safe kayak outing. Beginning with instructions on how to be safe in the water, including proper use of equipment, preparing for cold, wind, and waves, and learning basic skills such as how to maintain your balance, these texts provide thorough information for those just starting to paddle. Find out how to select a kayak, proper lifting and carrying techniques, and how to launch it into the water. With well-written text and illustrations, learn all the basic strokes and maneuvers and important rescue techniques. Appendices include a glossary of kayaking terms and a list of resource organizations. Whether a novice or an experienced kayaker wanting to brush-up on the basics, *Essentials of Kayak Touring* and *Essentials of River Kayaking* have all the information needed for learning this fast growing sport.

Book Information

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Customer Reviews

The official word on river kayaking basics from the American Canoe Association, the nation's most respected authority on paddling, *Introduction to River Kayaking* provides beginning paddlers with everything they need to enjoy a safe kayak outing. With an emphasis on safety and kayak handling technique, *Introduction to River Kayaking* is the primary learning text for beginning kayakers, and for experienced kayakers who want to revisit the vital basics of river kayaking. Paddling safely requires, above all, the exercise of good judgment. And part of developing good judgment means

understanding the challenges and hazards inherent in any situation and one's own ability to meet them. What are the Essentials of River Kayaking? - Safety - to safely paddle on rivers up through Class I, perform self-rescue, and respond to emergencies - Enjoyment - to become aware of paddling opportunities and the rewards of lifetime participation in paddling - Skills - to acquire the ability to safely and enjoyably paddle on Class I rivers

Essentials of River Kayaking features:

- Real-life paddling scenarios
- The latest in kayaking safety and technology
- Illustrations and photographs of essential gear, boats, strokes, maneuvers, and rescue techniques
- Review questions and answers designed for the ACA's Essentials of River Kayaking course
- Detailed glossary of terms and important waterway safety information

More than 50,000 individual members and 200 paddling clubs make the American Canoe Association the nation's largest and most active nonprofit paddle sports organization. The ACA, founded in 1880, is dedicated to promoting the health and social benefits of canoeing, kayaking, and rafting. As a leader in paddlesport instruction and education, instructors certified by the Association teach over 100,000 students annually. ACA promoted paddling events are provided each year for both members and non-members, encouraging growth in the sport.

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