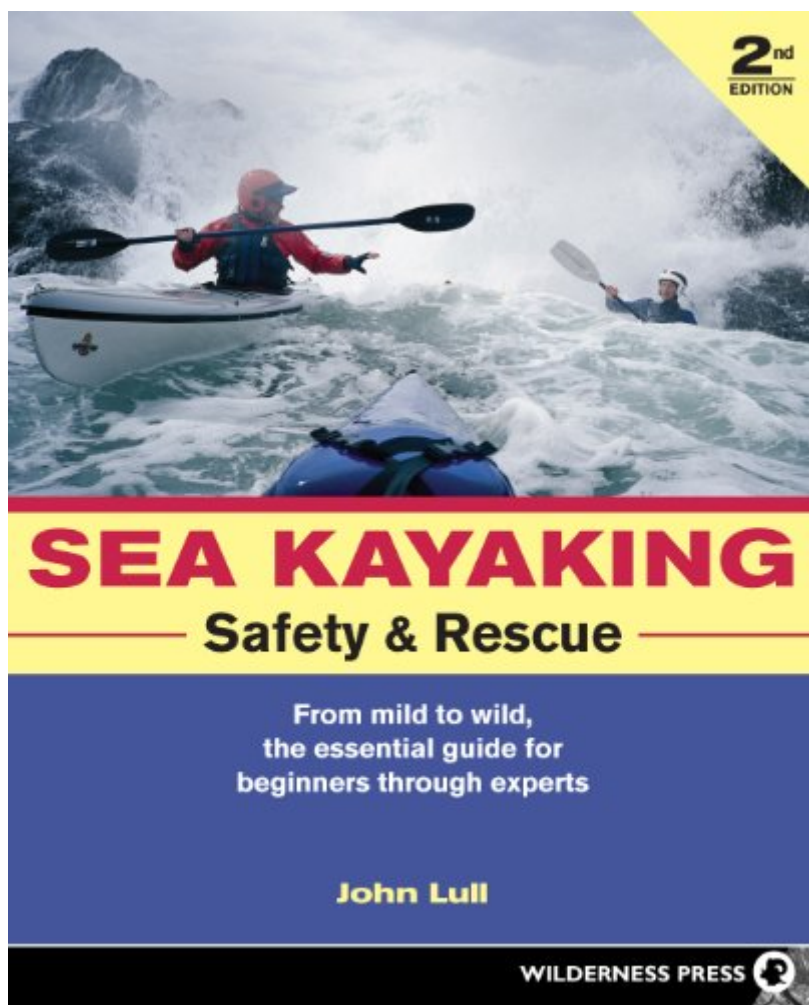


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# Sea Kayaking Safety And Rescue: From Mild To Wild, The Essential Guide For Beginners Through Experts



## Synopsis

The most comprehensive manual on how to kayak safely in a wide variety of sea environments--from inland waterways to ocean rock gardens, tide rips, surf zones, and the open ocean. Aimed at beginners through experienced kayakers, this book describes how to deal with hazards, not just avoid them, using real-life, extensively tested techniques proven to work. You'll learn fundamental skills for recovery and rescue, and master safe paddling techniques in ocean conditions. Numerous photos accompany step-by-step descriptions of the Eskimo roll, towing methods, self- and partner-rescues, backup strategies, and group dynamics. The second edition has a fresh chapter on fine-tuning your strokes, which will significantly increase kayaking fun and safety.

## Book Information

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## Customer Reviews

This is truly an outstanding book on sea kayaking safety. Very thorough. Very practical. I particularly liked the chapters on Eskimo rolling and great detail on surf technique and issues. An absolute must-read for kayakers aspiring to be expert.

In my opinion the most complete and most up to date book on sea kayak rescues. Highly recommended for any one who paddles solo or takes others out on the sea.

Great book, obviously John writes from a wealth of experience and this is a classic of its genre. Excellent reference on an important subject.

Good info . Makes one think before and not wait until the moment! Worth reading

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