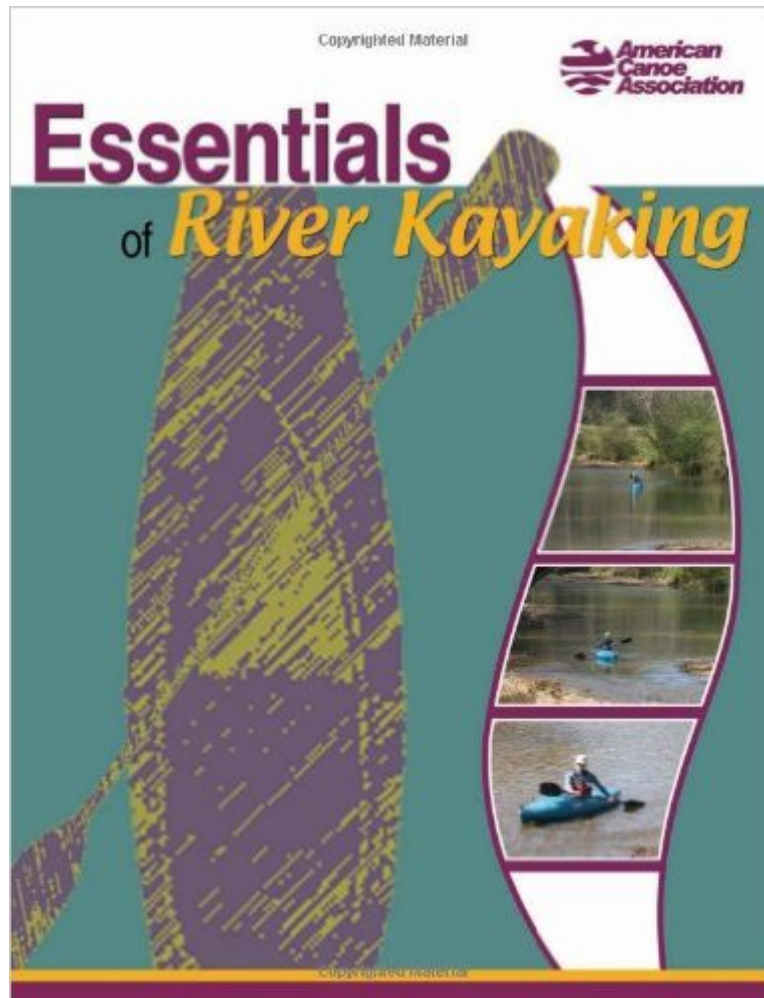


The book was found

# 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

Paperback: 48 pages

Publisher: Menasha Ridge Press; 1st edition (June 10, 2004)

Language: English

ISBN-10: 0897325869

ISBN-13: 978-0897325868

Product Dimensions: 10.8 x 6.3 x 0.2 inches

Shipping Weight: 4.8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #764,835 in Books (See Top 100 in Books) #39 in [Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking](#) #2374 in [Books > Sports & Outdoors > Water Sports](#)

## 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.

[Download to continue reading...](#)

Essentials of River Kayaking Sea Kayaking Central and Northern California: The Best Days Trips And Tours From The Lost Coast To Pismo Beach (Regional Sea Kayaking Series) Quiet Water Kayaking: A Beginner's Guide to Kayaking Guide to Sea Kayaking on Lakes Superior and Michigan: The Best Day Trips and Tours (Regional Sea Kayaking Series) 1st edition by Newman, Bill, Ohmann, Sarah, Dimond, Don (1999) Paperback Modern Essentials Bundle - Modern Essentials \*7th Edition\* a Contemporary Guide to the Therapeutic Use of Essential Oils, an Intro to Modern Essentials, Reference Card, and Aroma Designs Bookmark Prepper Essentials: Prepper Essentials What Every Survivalist Needs To Know When Building The Ultimate SHTF Stockpile (Survival Handbook, DIY, Emergency ... Essentials Books, Emergency Prepared) Madness in Christmas River: A Christmas Cozy Mystery (Christmas River Cozy, Book 3) Geologic History of the Columbia River Gorge, As Interpreted from the Historic Columbia River Scenic Highway (Jack Murdock Publication Series on the) THE RIVER OF GOD: A Satsang on STRANGER BY THE RIVER Murder in Christmas River: A Christmas Cozy Mystery (Christmas River Cozy, Book 1) River Days: Exploring the Connecticut River from Source to Sea River of Lakes: A Journey on Florida's St. Johns River Rafting the River of No Return Wilderness - The Middle Fork of the Salmon River A Cruising Guide to the Tennessee River, Tenn-Tom Waterway, and the Lower Tombigbee River A

Canoeing & Kayaking Guide to West Virginia, 5th Canoeing & Kayaking West Virginia (Canoe and Kayak Series) Canoeing and Kayaking Florida (Canoe and Kayak Series) A Canoeing and Kayaking Guide to Kentucky (Canoe and Kayak Series) Canoeing and Kayaking New York (Canoe and Kayak Series) AMC Sea Kayaking Coastal Massachusetts

[Dmca](#)