

SPPR 1832

OUTDOOR EDUCATION

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Kayak



History

- Kayaks were originally from Arctic region and were used as vehicle to hunt for food on lakes, rivers and costal.
 - Originally kayaks were constructed from wooden frame made from collected driftwood and the deck were covered by stitched animal skins.
 - The oldest kayaks are at least 4000 years old.
 - The word "kayak" means "man's boat" or "hunter's boat"
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Modern Kayak

- Sea kayaks
 - Use to travel on open waters such as lakes, bays, and the ocean
 - Had covered deck and the ability to incorporate a [spraydeck](#).
 - Had cargo capacity under the deck and easy to paddle in straight-line as a comfort for long journeys.
 - Some kayak can accommodate two or there paddlers together with room for camping gear, food, water, and other supplies.



Picture Source:
<http://www.flickr.com/photos/16795279@N08/3373050908/>



Modern Kayak

- White water kayaks
 - Material used are from rigid and high impact plastic such as [polyethylene](#).
 - It is the shortest kayak compared to others (ranging from 5.5 to 10 feet long).
 - The purpose of this size and material used is to slow down the speed and control of kayak since it on the downriver current.



Picture Source:

<http://www.flickr.com/photos/grandriverconservation/5120283243/>



Modern Kayak

- Surf kayaks
 - Material and design were similar to whitewater kayaks, except they have a planing hull (flat side to side) to carve into a wave face, like a surfboard.
 - The length usually seven or eight feet in length and some competition surf kayaks can be nearly twelve feet long.
 - The longer the length the higher planing speed while on a wave and the faster paddling speed for catching waves.
 - Have an open cockpit design called a **Waveski**.
 - Also use in life-saving



Source: <http://www.flickr.com/photos/mikebaird/3835160277/>



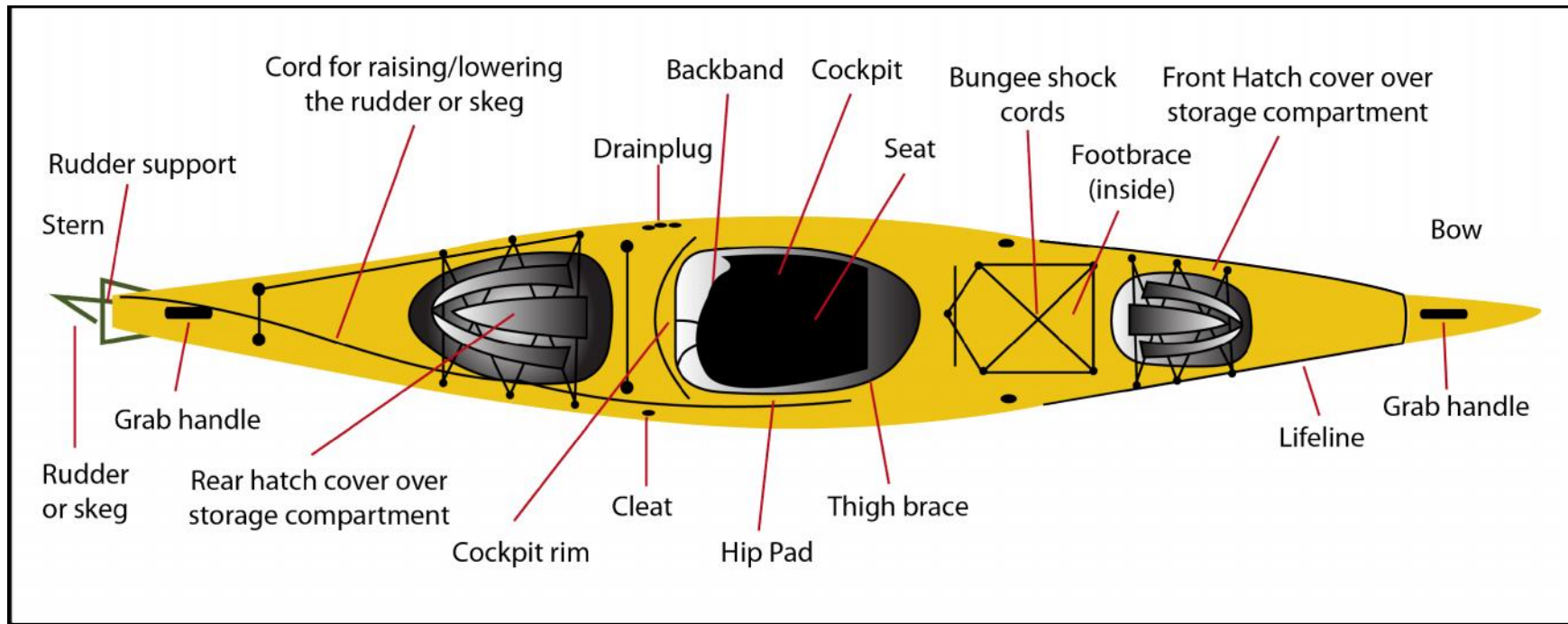
Modern Kayak

- Racing Kayaks
 - Also known as 'sprint boats' are K1 (single paddler), K2 (two paddlers) and K4 (four paddlers).
 - Competition till Olympic level by both men over courses of 500 m and 1000 m and women, over courses 500 m only.
 - Material used from very lightweight and extremely unstable for speed.
 - Hard to control for beginners but for proficient users this kayak can go extremely fast.
 - This kayak typically very long and narrow shape to reduce drag.

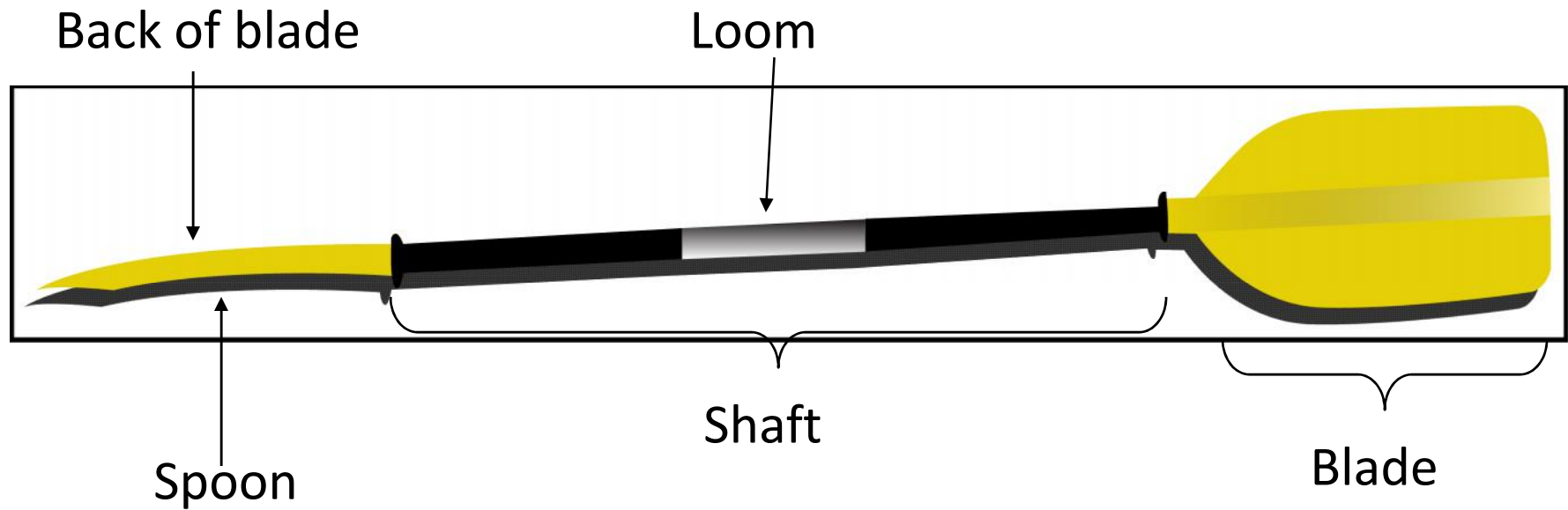


Picture Source:
<http://www.flickr.com/photos/cyberslayer/532330697/in/photostream/>

Part of Kayak



Paddle



Paddling

- How to hold paddle
 - Control hand holds the shaft with the top of your knuckles lined up with the upper edge of the blade.
 - The opposite hand has a relaxed grip so the paddle can rotate in that hand.
 - Check the width of your paddle (should form 90° bend at elbow)
- Paddling
 - Forward stroke
 - Backward stroke
 - Stop
 - Turn

How to store kayak

- Keep it out of the sun
 - This applies to rotomolded and polyethylene kayaks.
 - It is a good idea to keep them out of the sun, as this will extend the life of a gelcoat or polyurethane paint finish.
- Place it, or support it, along its most rigid surfaces
 - Should not leave a kayak resting on its hull bottom on the floor for an extended period of time, as the flexible nature of the material will cause it to bend.
 - Lay it on its edge, sideways - where it is much stiffer than its "belly". If you have the space, it is best to stand it vertically (upright) on its end.
 - Do not hang it from the bow or stern handles.
- Cover all openings
 - Such as cockpit holes, hatch openings, rod holders, etc.
 - This will keep bugs, critters, cats and rodents out.