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SEA KAYAKING 2
Open Ocean

--HANDOUT PACKAGE--

COURSE OBJECTIVE : Sharpen techniques learned in Sea Kayaking 1, expose students to open ocean kayaking, additional rescues, and paddling greater distances.

RESCUES: COWBOY SCRAMBLE

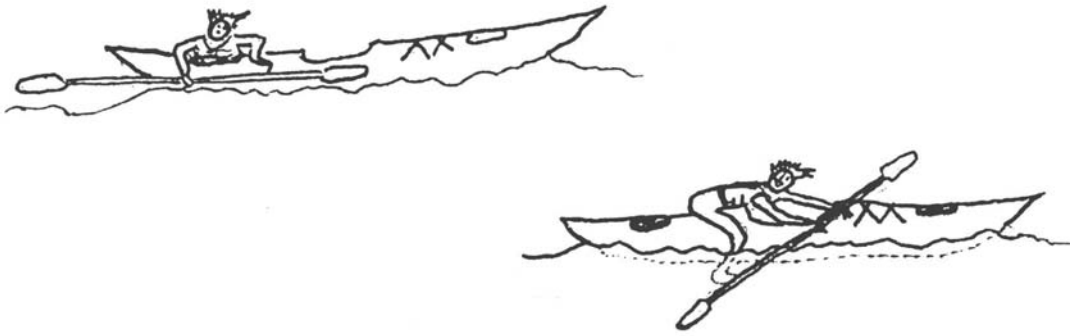
1. After capsizing hold onto your paddle and right the kayak. Swim to the cockpit and use the coaming to help you flip the boat over.

2. Swim to the stern of the kayak and straddle it either from behind or from the side.

3. Keeping your body and head low and your feet wide slowly move yourself towards the cockpit. Keep the paddle in front of you and perpendicular to the kayak.

4. Overshoot the cockpit, still keeping your body low, and in one motion sit up and get your bottom onto the seat. With your legs still straddling the kayak this is a very stable position.

5. Slowly put one leg at a time into the cockpit and breathe out— you've done it!
   Bail the water out, attach the spray skirt and continue on your way.



Reminders:

- Keep your head low and your feet wide.
- Think of pulling the boat underneath you instead of crawling forward.
- Be ready to use your paddle for support if you lose your balance.

TOWING

When paddling with others there will always be people faster and some that are slower. Here at the UCLA Marina Aquatic Center we employ towing as a way to increase your endurance and strength and most importantly to keep the group together. Safety is our number one concern and a group paddling together is much safer than a group separated by distance. Please understand if an instructor decides to have you towed it isn't a reflection of your quality or worth as a kayaker, it's to increase the safety and skill level of your sea kayaking experience.

TOWING METHODS

1) Single Tow: One towing one- attach the towline to bow of the one being towed. A long towline is safer in higher seas.
2) In-Line Tow: Two towing one. This arrangement has three paddlers in line, with the one being towed positioned last. This is a good powerful system and you should be able to maintain the cruising speed of the main group.
3) One Towing Two: attach the towline to the bow of the one being towed. An additional boat rafts up next to the one being towed for support and stability.
4) Tandem Tows Two: an efficient way to tow an unstable paddler is to use two paddlers towing in tandem with a third paddler along side the one being towed.

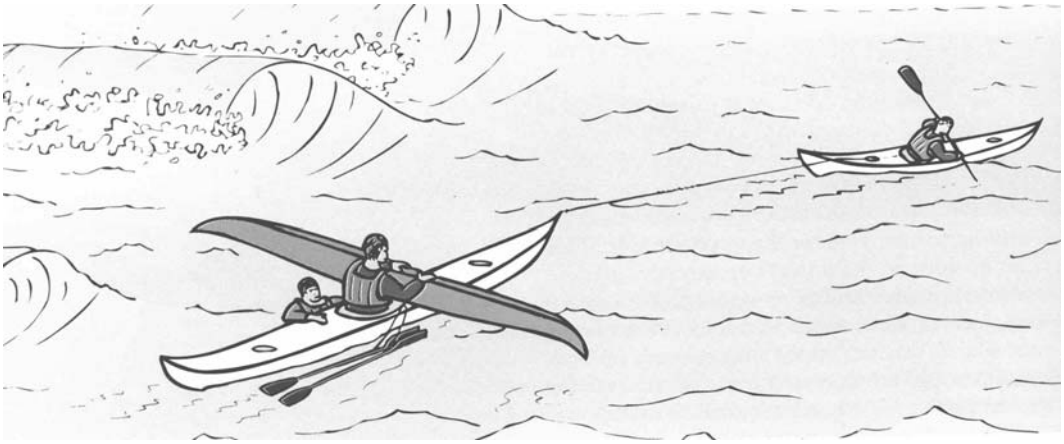
If for some reason you find yourself without a towline (and this shouldn't happen) you can use the following methods:

1) Bow Deck Tow (w/o rope): Another method for a tired paddler is for the towing kayak to allow the paddler to hug the bow or fore deck of the rescuing boat. The one being towed will be pushed toward shore.
2) Aft Hold-On (w/o rope): the one being towed holds onto the stern of the rescuing boat.

TOWING: ANCHORING A RESCUE

During deep-water rescues, those involved in emptying boats have little control over their amount of drift. Any accompanying paddler must therefore be prepared to help by either towing the rescuers out of trouble or acting as an anchor, holding everybody steady in one place while the rescue continues without interruptions.

Under normal circumstances any drifting can be ignored; lost ground can always be made up later. However, a number of situations would benefit from some towing assistance, for example rescues attempted near busy shipping lanes, surf, rocks or dangerous overfalls. In strong offshore winds, rescue kayaks can be anchored to prevent them being blown further out to sea, or towed in towards the shore to gain more protection.



PADDLING AND THE WIND

INTO THE WIND

- hunch up, keep your head down
- get rhythm going- full body torso twist and push with recovering arm
- ease off stroke during gusts; anything over 25 mph and you should be only on protected waters
- smaller swells- time your strokes so the paddle enters an oncoming wave and begin stroke as the crest arrives
- larger waves- paddle quicker on the downward slope and ease off on the upward slope
- take the least vulnerable course- it's much harder for a wave to knock you end over end than it is to roll you over on your side
- when things get out of control or you need a break, hold your position with a slow forward stroke
- turning in waves is difficult and is best done on the crest of the wave

ACROSS THE WIND (Beam Sea)

- your boat is the most unwieldy; weathercocking difficulties (boat wants to turn into the wind)
- gentle winds: carved/edged turning into wind and broader sweep strokes
- stronger winds: hunch low in your boat this will give the wind less to grab; keep arms and stroke lower (this prevents a gust from getting hold of the windward blade on its return stroke) if the wind catches the blade don't fight it, release the grip on the windward side
- increasing waves: add a body lean to your carving to help counteract the lateral capsizing potential of the waves and to resist the wind.
- threatening waves: break stride and brace, as if surfing. You can also turn into the waves and take them bow forward.
- to turn: might be difficult; try a reverse sweep windward while boat is at the top of the wave
- make allowance for drifting with ferry glide

PADDLING AND THE WIND

WITH THE WIND (Following Sea)

- control weathercocking: forward sweep, ending in stern rudder will correct; make correction before boat yaws too far off course
- paddle a little faster as your stern lifts with the oncoming wave
- paddle a little harder when you feel yourself accelerating
- in the trough, stroke only enough to prevent yourself from being drawn back
- as the next wave approaches the cycle begins again
- use a stern rudder stroke to manage direction; be ready to convert it to a low brace if you veer to far off and begin to broach
- when no longer in control, ease up, back paddle or turn your boat around and let yourself be blown backwards

Reminders:

- The greater the distance the wind blows unobstructed across the water (FETCH) the bigger the waves
- Wind against current will push waves closer together, making them steep and possibly breaking
- When crossing an entrance to a bay with offshore winds it's usually safer to hug the coastline

Useful aids to help you figure out the weather conditions:

- A radio weather forecast
- Knowledge of clouds and weather
- A check of the barometer
- Knowledge of previous weather conditions for the time of the year
- Information from local inhabitants
- A scan of the environment
- Experience

SEA KAYAKING REFERENCE MATERIALS

Books

Sea Kayak Rescue
(Roger Schumann and Jan Shriner)

Deep Trouble
(Broze and Gronseth)

Sea Kayaking, A Manual for Long Distance Touring
(John Dowd)

The Bombproof Roll and Beyond
(Paul Dutky)

Sea Kayaking
(Nigel Foster)

Sea Kayaking—A Woman's Guide
(Shelley Johnson)

The Complete Book Of Sea Kayaking—4th Edition
(Derek Hutchinson)

Eskimo Rolling
(Derek Hutchinson)

Alone At Sea
(Dr. Hannes Lindemann)

Videos

Grace Under Pressure—Learning to Roll
Performance Sea Kayaking—The Basics
Sea Kayaking—Getting Started
Surf Kayak Fundamentals—by John Lull

Magazines

Sea Kayaker
Canoe & Kayak
Paddler

Trip & Class Schedules
Sunset/Moonlight Paddles & BBQs

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