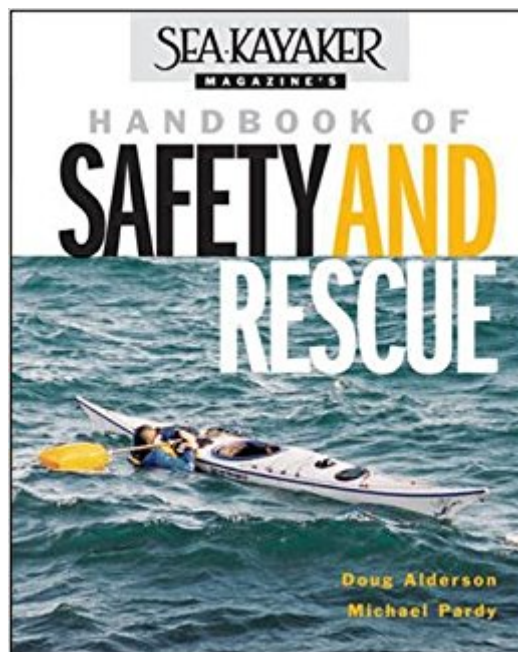




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Sea Kayaker Magazine's Handbook Of Safety And Rescue (International Marine-RMP)



Synopsis

From two of Canada's premier sea kayaking instructors and the leading magazine of the sport comes the ideal book for any paddler wanting to venture safely beyond sheltered waters. This essential handbook shows how to understand weather, waves, and currents; use emergency communications; analyze risk; and perform a wide variety of kayak rescues.

Book Information

Series: International Marine-RMP

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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

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Customer Reviews

PADDLE SAFELY BEYOND SHELTERED WATERS Taking risks and overcoming challenges are fundamental to the thrill and satisfaction of sea kayaking. When you paddle beyond sheltered waters and into the open ocean, however, due diligence and thorough preparation are not optional; they are essential to your safety. It takes well-developed judgment to know when you're just stretching the envelope and when you're bursting through it. And when your risk assessments fail you, self-rescue and assisted-rescue techniques are not supplementary skills--they will save your life. In this indispensable handbook, two premier kayaking instructors help you prepare your body, your boat, and your brain to meet this demanding sport's challenges. You'll learn how to make the right decisions in tough situations, choose the right safety and rescue equipment, and develop the skills and stamina you'll need to rescue yourself and others under perilous conditions. You'll also learn to: Plan your trip and assess the risks ahead of time Prepare for tides, currents, and local weather and wave effects Paddle in wind, heavy seas, and tidal currents Navigate in rough weather Communicate during emergencies Perform a wide variety of self and assisted rescues

Douglas Alderson is a senior instructor-trainer for the Canadian Recreational Canoe and Kayaking Association and a senior instructor for the British Canoe Union. He is the author of *Sea Kayaker's Savvy Paddler*. Michael Pardy is the director of the sea kayaking school at Ocean River Sports and a director of SKILS (Sea Kayak Instruction and Leadership Systems) Ltd. He is also a senior instructor-trainer for the Canadian Recreational Canoe and Kayaking Association and a lead guide with the Sea Kayak Guides Alliance of British Columbia. Together they have more than forty years of paddling experience in a variety of conditions along Pacific, Atlantic, and Arctic shores.

This book excels where *Sea Kayaker Magazine's Deep Trouble* fell short. This is a volume with fewer stories and presents in-depth and comprehensive coverage of just about all topics on kayaking technique and strategy. When I read it first, I did not pay too much attention to the first chapter on judgment and leadership. Now I am re-reading it and finding it very interesting. Prior to this volume, I've read several kayak books by kayaking oracles (Dowd, Foster, Hutchinson) and this one definitely presents multiple topics that are either not covered elsewhere at all or are not covered elsewhere in this detail. Even when topics presented in this book are redundant with other sources, the relative emphasis on safety rather than efficiency is new and I found it compelling.

Great book

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