

An Introduction to Kayaking Hoi An Kayak Center

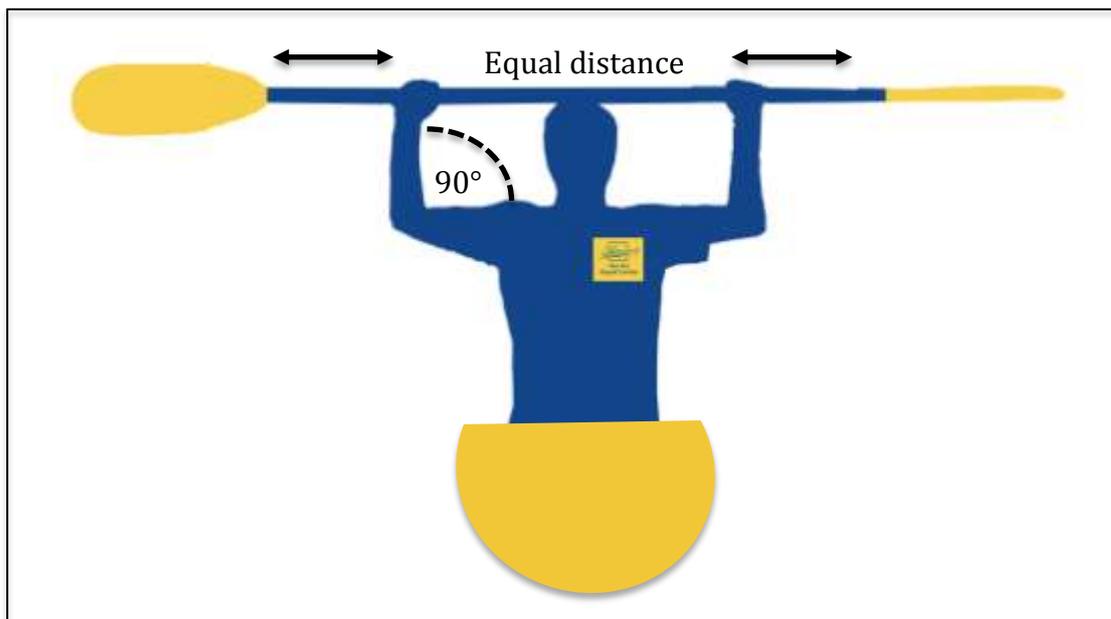
Life Vests

Wearing a life vest is not only recommended but a requirement of the Vietnamese government. Police can issue individuals and organisations fines for not wearing life vests. Read more at <http://vietnamnews.vn/society/224705/transport-ministry-issues-new-life-jacket-regulation.html>

Posture

BACK: The backrests in our Kayak's provide added comfort when you rest however should not be relied upon when paddling. Maintain a straight back. Whilst your torso should twist with each paddle you should not bend forward or backwards.

Paddle Grip: Rest the centre of the paddle on your head with the ends of the paddle pointing sideways. You'll look just like a weight lifter. Slide your hands so that the bend in your elbows is 90 degrees.



There should also be an equal distance between each hand and the paddle blades.

HAKC paddles are 'feathered' or offset, which makes paddling easier and more efficient. Using these paddles requires a firm grip from the dominant hand and a loose grip from the alternate hand. Your dominant hand should be whatever hand you usually write with. Your dominant hand's grip will remain fixed in the same place whilst the paddle should rotate within the loose grip of your alternate hand.

Legs: Straighten your legs then bring them slightly back to the next groove/foot well. Your legs should be slightly spread. Proper leg position will reduce the strain on your hamstring and back. If you are experiencing pain or discomfort

you should take a break; stretch and be conscious of adopting proper posture upon returning to the Kayak.

Stroke Length. When paddling forwards, the paddle should enter the water next to your toes, pulled back and then removed next to your hip. An efficient paddler will get power from their arms, shoulder and torso.

Double/Tandem Kayaks.

Tandem kayaks are great for people of every age, fitness and skill level. In fact, passengers sitting in the bow/front of a Kayak may not have to paddle at all. To begin seat the stronger and fitter paddler at the rear and adopt the same posture and paddle grip as discussed above.

To prevent clashing paddles with each other and to maximise efficiency try and paddle in unison by stroking at the same speed at the same time on the same side of the Kayak. The front paddler sets the pace whilst the person in the rear mimics their stroke.

The rear paddler will have greater control over the boats direction. When you do need to turn the front person should paddle forwards on one side, whilst the person at the rear paddles backwards on the alternate side.

Emergency Response

Guided Tours: Every HAKC guided tour has at least one guide who is First Aid accredited and knows how to respond in an emergency. Please follow instructions from your guide in order to prevent injury and damage and please follow their lead in the unlikely event of an emergency.

Rentals: Prevention is the key with Kayak safety and all customers are asked to avoid unnecessary risk by giving motorised boats plenty of room, avoiding rapids or quick currents, never paddling whilst intoxicated and generally acting responsibly. If an incident does occur contact HAKC (090 505 66 40) as soon as possible and they will take the necessary action and provide instructions.



Hoi An Kayak Center

2CD Phan Boi Chau St
Hoi An Old Town, Vietnam
090 505 66 40
info@hoiankayak.com
www.hoiankayak.com