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## The Best Recreational Kayaks For Kayaking Lovers

**In addition to buying guide, you should know few of the safety tips to avoid injury while kayaking**

### **Avoid Drinking before kayaking**

Kayaking demands your total body efforts for its proper functioning. In normal conditions, if you are not moving your body symmetrically for paddling. You would be easily exhausted. For instance, when you are taking your forward stroke then don't just move your hands. Rather move your shoulders too to make your move more comfortable. But what happens when you are drunk? Do you think, you can manage your kayak in tough condition? Well, kayaking is no different than driving. You need to be fully alert and capable of making quick decisions while out on the water. Dangerous situations occur without any warning at times. Also be concerned about water temperature and weather condition. Kayaking is strictly prohibited under the influence of alcohol. Because alcohol increases your reaction time and makes you lazier. Moreover it leads to dehydration on hot days. And on cool or rainy days your body temperature may drop too low.

### **Wear a Life Jacket**

You might have several questions in your mind. Like, I know am a great swimmer! I am swimming since my childhood! Why should I wear a Life Jacket? Re-entering kayak is not a risky task for me. I can carry it in my boat but will not wear it as it's too bulky. But all these overwhelming statements are useless in front of nature's force. In a research it was revealed that: Even if you are expert in swimming, always wear a life jacket you never know time runs against you. Life jackets can be bulky and that is why most people avoid wearing it but ultimately, they are your life saver. You could invest in a jacket intended exclusively for kayaking because they are more comfortable and tend to be less restrictive.

### **Dress for the Weather**

Always read weather conditions in advance for a particular area where you are planning for kayaking. Paddling becomes more difficult when weather conditions are against. Kayaking in cold water could be dangerous if you are not following safety guidelines as your priority. It quickly leads to hypothermia and potentially death. When you are going to experience the cold,

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be sure to wear appropriate gear for proper movements of your limbs. It is also advisable to you paddle only in your calm conditions.

## Select Location that matches your kayaking Skills

Kayaking for beginners is a daunting, where as experienced guys tackle surprising situations easily. Best kayaking experience for beginners is when they have proper training and knowledge of various factors that affects kayaking. Never select those locations where the flow of winds and waves are always high. It hardly takes a few seconds to turn your direction by thewind; once your direction is changed further turning back could be a challenging task for you. It is always advisable to flow near the shore even on the calm days. As it would be easier for you to head towards the shore. If you find any increase in the flow of wind. It would also be advisable to pick an access point that offers easy launching and landing.

## How to select the best kayak suitable to you?

After all the preparations are done, next questions arise the selection of best Kayak. How do you know which is best suitable kayak for you? Well, there are several ways, just consider these few ideas and save your time searching here n there confusingly.

- Decide first where you are going to paddle, whether it's a river, pond or a seacoast. Choosing your location can make your choices easier.
- Choose sit-on-top or Sit-in, it completely depends upon your skills and experience.
- Consider its weight and making material on your priority list. Because the quality material is more durable and saves you in tough situations while kayaking.
- Shape and size also affect your kayaking experience. These features help you in heavy winds and waves.

## Practice Entering and Re-entering the Kayak

Sometimes we are overconfident about the fact that re-entering the kayak is an easier task. Instead of jumping directly onto the entering and re-entering of you kayak. Your first duty is to check all necessary features of kayak to avoid mishap. Secondly, check out your paddles strength, because only they can help you in changing the direction of your kayak. Thirdly, always face forward and keep your body weight onto the dock. Adjust your foot pegs comfortably inside cockpit. Now come to the Re-entering skill. This is such an important rescue skill that you should master before going to real time kayaking. Always choose sit-on-top kayak, because this would be an easy in comparison to sit-inside kayak. Always try to empty water from your kayak just after re-entering. Because, when you re-climbing the kayak from the water,

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you might be experienced with quite the torment if you don't have a bulkhead to separate the compartments so you avoid flooding. If you think that it is difficult to acquire the skill of re-climbing the kayak, your foremost task is to paddle near the shore. In any condition you end up in the water, you have to swim the kayak back to shore and get back in.

## **As a final point**

Kayaking is really fascinating and personal effort. The proverb that you don't sit in a kayak, you wear it is true. But the selection depends upon how you wish to use the kayak. If you are really interested in kayaking, start with a beginner sit-on-top recreational kayak, which are user friendly, easy to get in and get out of, do not give enclosed and trapped feel, and are easy to paddle. After you reach intermediate and advanced level, you can use sit-in touring kayak, for a more "in-control" feel and which can resist high currents.

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