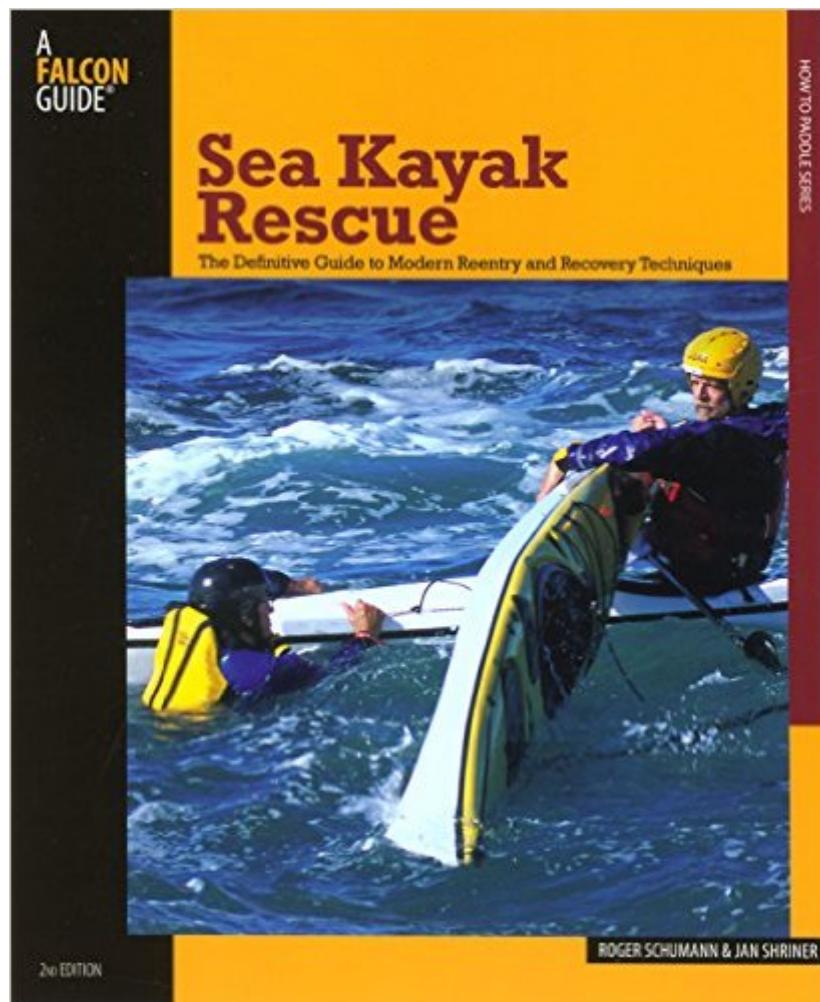


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# Sea Kayak Rescue: The Definitive Guide To Modern Reentry And Recovery Techniques (How To Paddle Series)



## **Synopsis**

This book is a comprehensive course in all the techniques of sea kayak rescue for beginning, intermediate, and advanced paddlers. Step-by-step photos illustrate the many ways to right a swamped or capsized boat and safely reenter the kayak. Covering both self-rescues and assisted-rescues, this manual provides additional information on towing disabled boats and rescuing swimmers.

## **Book Information**

Series: How to Paddle Series

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (12 customer reviews)

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## **Customer Reviews**

Sea Kayak Rescue is well written and clearly illustrated. It covers self-rescue, assisted re-entries, towing, rescuing swimmers, etc. Also included are exercises for learning and improving your techniques. The authors are kayak coaching instructors who, with their students, have worked all the kinks out of their rescue skills. Anybody who spends any time kayaking in big water should read it and work it. I've read it twice and am trying it out, bit by bit, every week. Why didn't I give it 5 stars? The authors have spent most of their time with athletes--and I normally kayak with friends who aren't! There are some tricks, useful for weaker people, that got left out. Specifically, I found no mention of the heel-hook assisted re-entry. This is my go-to technique for getting someone back in their boat after a capsize. It requires no equipment, no skill, and very little upper-body strength. The "swimmer" doesn't even need to know how to swim! In my experience, it works for anyone who can lift one end of their kayak and walk it down to the water. Here's a 30-second demonstration: [...] It may not be obvious from the video, but all she is doing is straightening the leg that is inside the

cockpit (while pulling, a little, with her arms). This causes her thigh and butt muscles (the strongest in the body) to lever her out of the water and onto the back deck. It's much easier than it looks.

Great book with very specific directions. To the point and succinct. Every kayaker should read and practice all the rescue methods possible. One never knows when one might be needed. This book illustrates tried and true methods that really work and makes their implementation clear to the kayak newbie. I found it very helpful and would recommend it to anyone new to kayaking or new to rescue instruction.

As an ACA Coastal Kayak Instructor, I am always searching for new and improved rescue/recovery/re-entry techniques. Having taught hundreds of paddlers, I've found that if one technique isn't working, it's vital to have alternatives. I saw co-author Jan Shriner demonstrate almost all of the rescues taught in this book at a pool session using local paddlers as "rescuees". I was totally impressed: effective and efficient! This book has clearly written descriptions and photos that give you the close-up detail to understand what's critical. I recommend you read, then practice close to shore with a trusted buddy [or take a class], then read again to highlight what you need to work on. Keep practicing to fine-tune. It's my favorite reference for intermediate to advanced sea kayakers. A caveat: I'll pass on a student's comment: "it sure is easier to figure out on the water with an instructor." It was easier for me to follow because I had seen the author in person. This is bed-time reading for me pre-season when I want to brush up on technique.

Excellent book. Not only does it describe a number of rescue techniques with step-by-step instructions, but also good exercises and drills. What was never introduced in my ACA classes (and should have been) is covered here.

I took a rescue class from the author some years back, and I found this a useful book for reviewing all the important basics. It's well illustrated enough that you could figure stuff out just from the book, but you'll still want to go out and practice! Highly recommend this as a starting point, though. It contains all the rescues you're ever likely to need.

Although nothing beats taking a course and constantly practicing your re-entry techniques, this book is still a valuable addition to anyone's kayaking library. It covers all the techniques in all conditions with great photographs and diagrams.

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