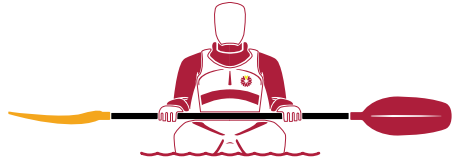


KAYAKING GUIDE

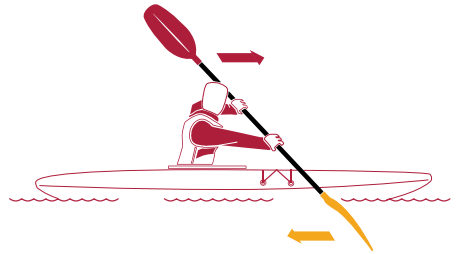
1 HOLDING YOUR PADDLE

- Hold paddle in hands with the yellow blade in your right hand and the red blade in your left hand
- Place the paddle above your head to make right angles with your arms



2 THE FORWARD PADDLE

- Reach forward and place the yellow blade into the water
- Pull back with your right hand until the yellow blade is next to you
- Then do the same with the red blade on the left



3 THE BACK PADDLE (STOPPING)

- Place the paddle into the water next to you
- Push forward
- Repeat on the opposite side



4 KEEPING YOUR BALANCE

- When sitting in your kayak, sit with your back straight. Use your hips to balance (not your upper body)
- Heels together and knees out to the side like a frog



5 IN THE EVENT OF A CAPSIZE

- Stay Calm
- Stay with your kayak and hold onto it
- Your guide will be there to help you as soon as possible

