



# Narrow River Kayaks

KAYAK ★ PADDLEBOARD ★ CANOE

**Narrow River Kayaks wants you to have a safe and enjoyable experience on the water. Following these guidelines and tips will go a long way.**

## **SAFETY ESSENTIALS**

Have a float plan in place and be a competent swimmer. Know your limits and paddle within them. Try to avoid paddling into situations you cannot paddle out of on your own.

We encourage you to always paddle with another person. If you choose to paddle alone, it is a good idea to stay closer to the shoreline and in plain sight of others. In either case, let someone outside your paddle group know your plans.

Always wear a properly fitted US Coast Guard approved PFD (Personal Flotation Device). This is the law for all passengers on self-propelled watercraft. A fine of \$100 could be imposed if found not wearing one on the water. If you need an extra for other members of your group, please let us know and we will be glad to assist.

Dress for the water temperature weather conditions. Consider bringing a hat, sunscreen, sunglasses, water and nourishment on your trip.

Check the current weather and weather forecast before your trip. Factor wind, weather and tides into your trip. Save the easier paddling for your return trip when doing a round-trip tour.

Consider wearing water shoes or protective footwear you do not mind getting wet. This will greatly diminish the chances of cutting your feet on sharp objects such as shells and other unknown hazards under the water and along the shoreline. You will also be in a better position to help someone else when wearing protective footwear.

Bringing a cell phone with you in a waterproof case is a good idea in case you need it. NRK is not responsible for lost or damaged electronic equipment.

For stability, avoid sudden shifts or movements and always keep your head over the center of the vessel.

If paddling with little ones or another paddler that tires easily, a tow rope is essential. Some of our youth kayaks come with a tether system installed. Tow ropes are available upon request.

Always give motorized watercraft the right of way. Stay off to the side. Look both ways when crossing boat channels and give yourself ample time and room to cross. Point the front of your boat or board toward the wave (perpendicular) when paddling through wake. If paddling in large groups, avoid spreading out across or “cluttering” the waterway.

Do not paddle under the influence of alcohol or drugs.

Leave no trace. Respect wildlife, other people, boundaries and private property during your trip. Be courteous and help others. Be aware of local laws and rules.

*If you have any questions or concerns, please do not hesitate to ask us. For more on paddle safety and lots of other great information, please visit [American Canoe Association \(ACA\)](#).*



# Narrow River Kayaks

KAYAK ★ PADDLEBOARD ★ CANOE

## **PADDLE BASICS**

*Paddling is pretty easy once you get the hang of it. While there is no better teacher than experience, getting an overview of some of the basics on dryland before your trip can make a big difference. Here are some helpful tips and videos:*

### **General Tips:**

For stability, avoid sudden shifts or movements and always keep your head over the center of the vessel.

Avoid giving your paddle the “death grip”. Gripping your paddle too tightly can cause blisters and your hands and wrists to hurt.

Engaging your core to pull your paddle through the water rather than using all arms will help conserve your energy. Stay calm, paddle easy and take breaks as needed.

### **Paddling in tandem - Kayak**

When paddling in tandem, synchronized paddling is key. The stronger and/or more experienced paddler should be stationed in the stern (rear) of the kayak. The person in the rear of the kayak should match the stroke of the person in the bow (front) when propelling forward.

Video: [How to Paddle in Tandem](#)

### **Basic Paddle Strokes – Kayak**

Video: [Proper Technique for Paddling a Kayak](#)

### **Basic Paddle Strokes – Canoe**

Video: [Canoe Basics](#)

### **Basic Paddle Strokes – SUP**

Video: [3 Techniques All Stand-Up Paddlers Should Know](#)

*We are happy to provide basic paddle instruction with every rental. Lessons may be available upon request.*