

Homework Assignment RHF 123

From Shelly Johnson's: The Complete Sea Kayaking Handbook

1) Draw a picture of a sea kayak and label at least 6 parts of the picture.

2) List 10 items that you would take with you on a day trip in your sea kayak:

1) _____ 6) _____

2) _____ 7) _____

3) _____ 8) _____

4) _____ 9) _____

5) _____ 10) _____

3) The _____ stroke is used to turn the kayak in a circle.

4) The two faces of the kayak paddle are referred to as the _____ face and the _____ face.

5) What is the major reason that cotton is a poor choice of clothing when ocean kayaking in the state of Maine?

6) The self rescue that uses an inflatable aid attached to one end of the paddle is called the _____ re-entry.

7) Low impact strategies for sea kayaking are often referred to as the principles of "Leave No Trace." How many principles are there? _____

8) What is the name of the piece of equipment use to keep water from splashing into the cockpit of the sea kayak?

9) If you were hit by a wave while paddling your sea kayak and suddenly found yourself in a capsized position what would you do?

10) When dressing for a day trip for fall sea kayaking, name 5 items that you will wear that you need to be safe and comfortable:

- 1)
- 2)
- 3)
- 4)
- 5)