

Videos Related to Sea Kayaking

1. Videos 1 – 12 are instructional videos that will cover all most all the required theory for the course. Most videos are 2 – 5 mins in length.

2. Video 13 is a video on how to prevent kayak injuries (it is 21 mins long and includes a stretching, strengthening exercises)

3. Last couple links are informational links or safety related links

1. How to safely transport sea kayaks

<https://www.youtube.com/watch?v=cvkVzYU32Ws>

2. How to dress for kayaking

<https://www.youtube.com/watch?v=OfHDnL7USJU>

3. How to: choose the right life jacket

<https://www.youtube.com/watch?v=4y9XPNy1L1U>

4. Choosing the Right kayak paddle

<https://www.youtube.com/watch?v=9vbBI6sCjOw>

5. Kayak 101: Differences between kayak designs

<https://www.youtube.com/watch?v=98u0AVqQt8>

6. Choosing the Right Recreational Kayak

https://www.youtube.com/watch?v=41uyODA65_o

7. Your Essential Sea kayak safety gear

https://www.youtube.com/watch?v=C_5y7qb37GA

8. How to carry sea kayaks

<https://www.youtube.com/watch?v=ExARpQEHaHQ>

9. How to get into and out of a kayak smoothly

<https://www.youtube.com/watch?v=LOaSwKGEExOc>

10. The wet exit – Sea kayak technique

<https://www.youtube.com/watch?v=9lD0JagMnLs>

11. The fundamentals of sea kayaking

<https://www.youtube.com/watch?v=4C-ACjNYbNE>

12. How to maintain your sea kayak

<https://www.youtube.com/watch?v=F4m2DpSTeec&list=PL0E137304E3525B22&index=9>

13. Preventing Kayaking Injuries (21 Mins)

<https://www.youtube.com/watch?v=AHmIfVoV5fk>

This video is an exercise sequence using yoga to help prevent kayaking injuries. We will talk about avoiding injuries and what to do if injured during the class.

Information Links

14 and 15 are the paddlesmart and adventuresmart programs that have been designed and built for Canada

14. <https://www.paddlecanada.com/paddlesmart-adventuresmart-presenter-training-sessions/>

15. <https://www.adventuresmart.ca/>

16. Information website by SAR in nova scotia

<http://bicosurvive.com/en/>