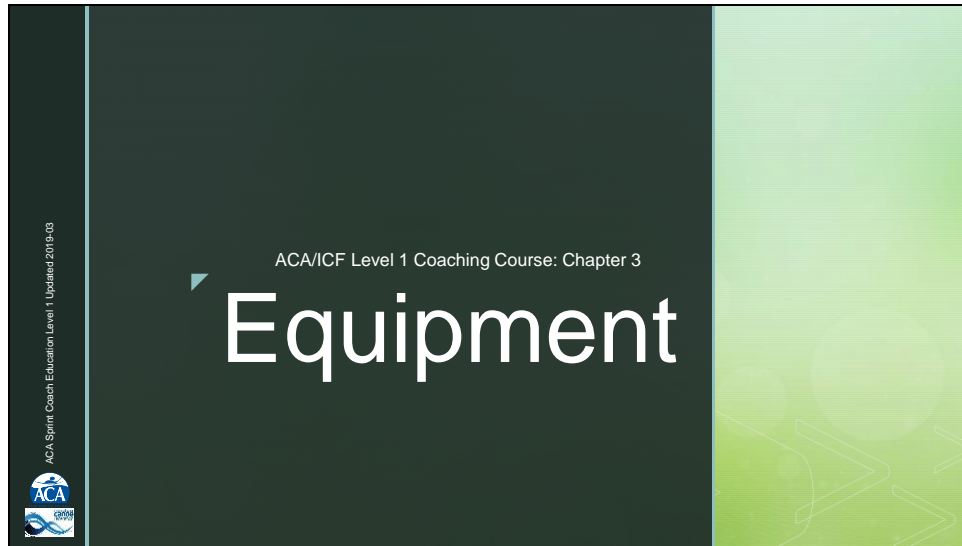


Slide 1




This is the first part of the equipment section

In this presentation we'll look at an equipment overview


Then later we'll have a practical session where we look at the actual boats, how they're put together and how adjustments are made.

Equipment



- Boats
- Paddles
- Boat Selection

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Boats Overview

- Abbreviations
 - "C" for Canoe or Canadian
 - "K" for Kayak
 - Followed by number of paddlers
- Maximum Length
- Minimum Weight
- No concave surfaces



The image shows two athletes in a double kayak on a body of water. They are wearing blue athletic tops and black pants. The kayak is long and narrow, with a red stripe along the side. The water is blue and slightly rippled. The background is a bright, overcast sky.

ACA

Refer to slide

K1s

ICF Racing Requirements:
Min weight: 12kg
Max length: 520cm



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Kayaks

Paddled from a seated position

Double bladed paddle

Steered by a rudder

Cockpit required by the rules

K1 ICF Racing Requirements:

- Min weight: 12kg
- Max length: 520cm

K2s

ICF Racing Requirements:
Min weight: 18kg
Max length: 650cm

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ACA

Kayak Team Boats

Steering in front cockpit

Requires coordinated movement paddling together on the same side(

K2 ICF Racing Requirements:

- Min weight: 18kg
- Max length: 650cm

K4s

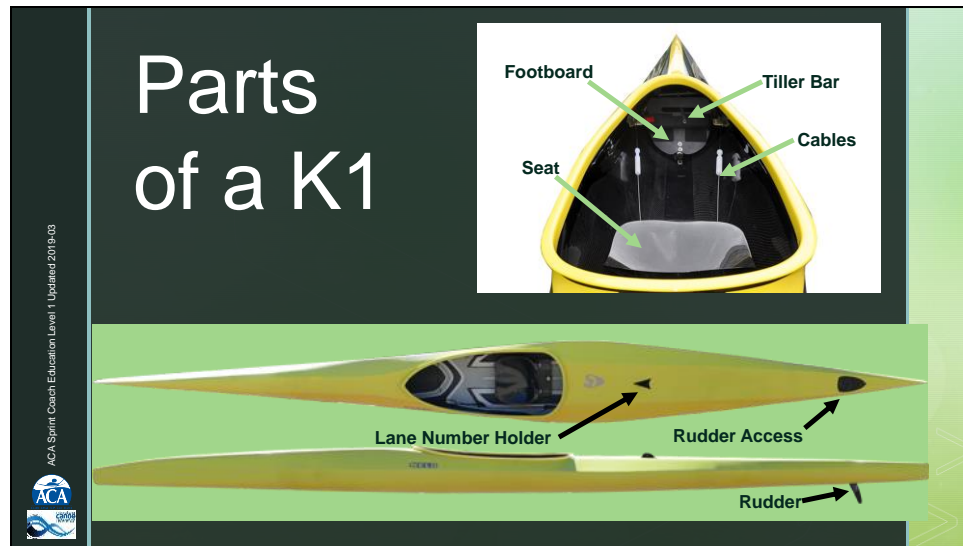


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ICF Racing Requirements:
Min weight: 30kg
Max length: 1100cm

Refer to slide



Kayak Parts

Mostly enclosed by a deck

Cockpit for place to sit Cockpit rim or combing

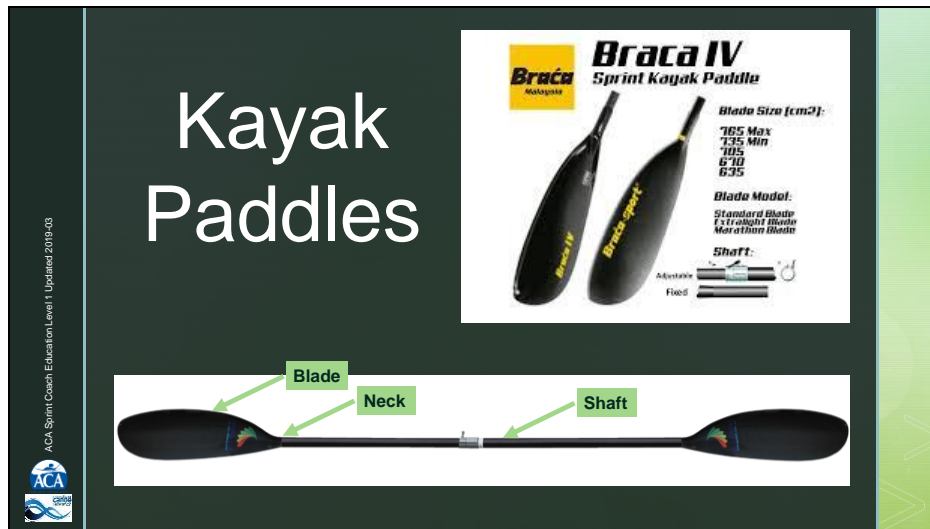
- Encircles the cockpit
- Provides structure
- Lip to attach Spray skirt

Number holder on back deck

Rudder access hatch

Steering system

- Tiller bar
 - Sticks through the footboard
 - Feet push it side to side
 - Push right go right
- Steering Cables
 - Connect the tiller to the rudder wheel or cross piece
 - In guides down the side of the boat
- Rudder
 - Cables attached to a rudder wheel or cross piece
 - Rudder wheel or cross piece attached to the rudder
 - Most rudders go through the hull of the kayak and are supported by and enclosed within a rudder tube



Kayak Paddles

Parts of the paddle

- Blade provides water resistance
- Shaft sets the distance between blades
- Provides place to grip the paddle
- Neck is the transition between shaft and blade

Wing shape helps keep water from spilling off outside edge

Blade feather at 60°, for right feather – right blade perpendicular, left blade faces up

Blade size – general rule of thumb

- General rule of thumb - be cautious and err towards the smaller size as larger blades can be too much for less developed shoulders
- Use small size blades for U14
- Medium size blades for U16 and older regional racers
- Large blade size for higher performance athletes 16 years old and older

Paddle length

- Quick rule of thumb, hold paddle vertical and bend fingers over the end of the top blade
- Establish top hand position in front of forehead while paddling
 - Long enough so blade goes all the way in the water at the catch, neck stays at the surface, and quick exit possible
 - Too long if blade goes deeper and deeper into the water during the stroke
 - Too short if can't get blade all the way in the water at the catch and then finally full immersed just before exit.

Hand position – hand distance apart

- Hold paddle above head on frontal plane, elbows bent just inside 90°
- Tape on each side of the hands

Hands equidistant from blades

C1s



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ICF Racing Requirements:
Min weight: 14kg
Max length: 520cm

Canoes

Paddled from a high kneeling (up on one knee) position

Single bladed paddle

Paddled from one side as it's too slow to switch

Steered with the paddle

- "J" Strokes turn the canoe towards paddling side
- Sweep Strokes turns the canoe away from paddling side

C1 ICF Racing Requirements

- Min weight: 14kg
- Max length: 520cm

C2s



ICF Racing Requirements:
Min weight: 20kg
Max length: 650cm

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Canoe Team Boats

Steering by the stern (back) paddler

Requires coordinated movement paddling together on opposite sides

Knee blocks are offset towards paddlers' sides, requires trimming

Back foot behind knee block, and not across to the other side

C2 ICF Racing Requirements:

- Min weight: 20kg
- Max length: 650cm

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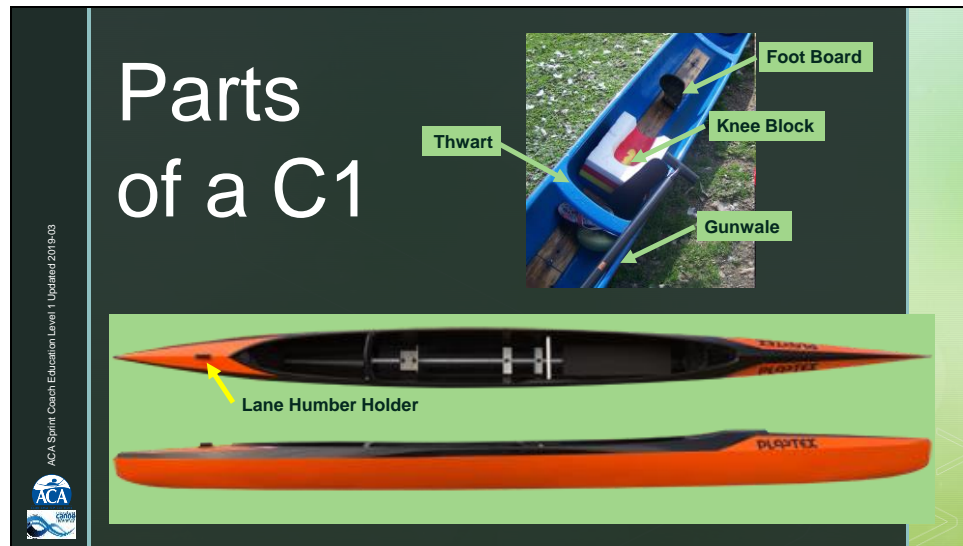
ACA

C4s



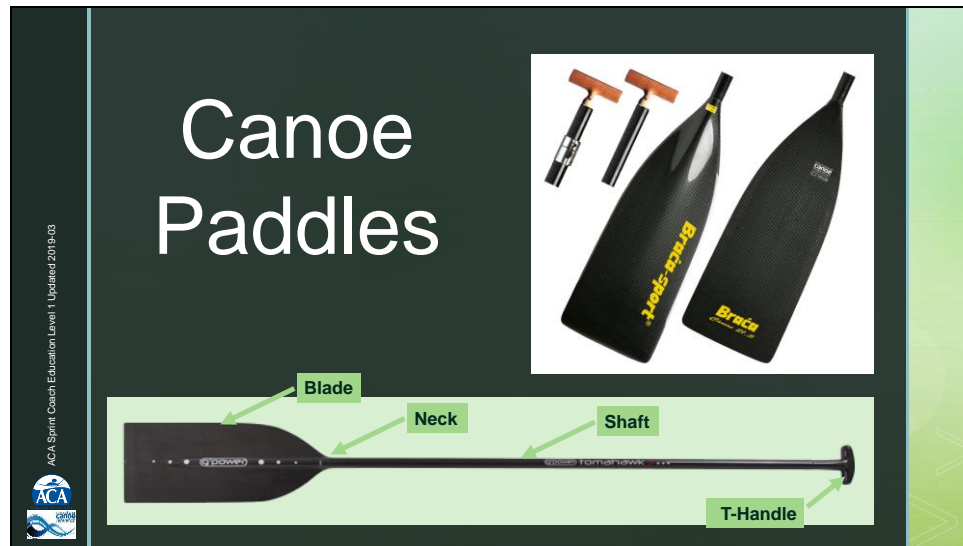
ICF Racing Requirements:
Min weight: 30kg, Max length: 900cm

Refer to slide



Canoe Parts

- Mostly open with decks on each end (maximum deck length set in rules)
- Gunwales stiffen the open length of the deck along the sides
- Thwarts stiffen the canoe side to side to keep the gunwales from flexing in and out, some are adjustable
- Platform for front foot, down knee, and back foot
- Knee block firmly attached to platform
- Foot board for back foot to press against and hang on as the canoeist reaches forward
- Number holder on back deck



Canoe Paddles

Parts of the paddle

- Blade provides water resistance
- Shaft sets the distance between blade and T Handle
- Provides place to grip the paddle with the onside hand
- Neck is the transition between shaft and blade

Blade shape

- Longer narrower blades have moderate entry and good surface area, allow paddling closest to side of the boat
- Shorter wider blades have stronger entry and good surface area, must paddle farther from side of the boat

Blade size


- For U13 canoeists, no wider than 20.5cm
- For U 18 and over, max 21.5cm on longer narrower paddle
- Over 18 can use larger "fat" blade

Paddle length

- Quick rule of thumb, hold paddle vertical, should reach bridge of nose

Hand position

- Hold paddle above head on frontal plane, elbows bent just inside 90°
- Top (offside) hand on top of T-Handle
- Bottom (onside) hand on shaft
- Tape on each side of the hand



Boat Selection

Things to consider:

- Size of athlete
- Stability
- Experience
- Different Brands
- Availability and price!

Boat Selection

Things to consider:

- Size of athlete
 - Boats come in different sizes for athletes of different weight
 - Mini canoes & kayaks are scaled down for smaller kids under 11 years old
- Stability
 - Beginning paddlers require more stable boats so they can learn skills
- Experience
- Different Brands
 - Main brands are NELO and Plastex, but also Vajda, Epic, Hody, others
- Availability and price!
 - Not kept in stock by local retailers
 - Must be ordered and shipped
 - Price varies based on materials and boat weight



Equipment



- Boats
- Paddles
- Boat Selection

In this presentation we talked about

Boats

Paddles

Boat Selection

I'm looking forward to the practical where we get to be hands on with the equipment