



# **Sea Kayaking Safety & Rescue: From Mild to Wild Conditions, the Essential Guide for Beginners Through Experts**

*John Lull*

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## **Sea Kayaking Safety & Rescue: From Mild to Wild Conditons, the Essential Guide for Beginners Through Experts** John Lull

The most comprehensive manual on how to kayak safely in a wide variety of sea environments--from inland waterways to ocean rock gardens, tide rips, surf zones, and the open ocean. Aimed at beginners through experienced kayakers, this book describes how to deal with hazards, not just avoid them, using real-life, extensively tested techniques proven to work. You'll learn fundamental skills for recovery and rescue, and master safe paddling techniques in ocean conditions. Numerous photos accompany step-by-step descriptions of the Eskimo roll, towing methods, self- and partner-rescues, backup strategies, and group dynamics. The second edition has a fresh chapter on fine-tuning your strokes, which will significantly increase kayaking fun and safety.

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