

Know Your Equipment

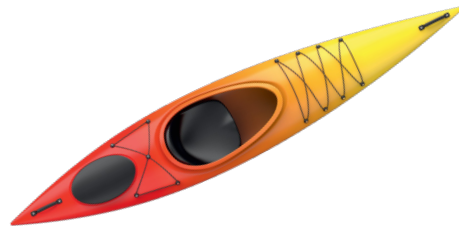
Follow the instructions to complete the activity.

NAME

DATE

Using the information found on pages 6 and 7 of the book, label each piece of equipment shown below. Identify its purpose and explain why it is important.





Skirt Personal Flotation Device Cockpit
Helmet Wet Suit Double-Bladed Kayak Paddle



Fill in the Blank

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Kayaking* to fill in the blanks below.

1. Kayaks are made out of or fiberglass.
2. Kayakers should always check reports before going on a trip.
3. Water skiing was invented in by an 18-year-old boy named Ralph Samuelson.
4. The Barrier Reef, in Australia, is the largest coral barrier reef in the world.
5. Rescue skills include resuscitation (CPR) and basic first aid.
6. High and low bracing requires kayakers to push the of their paddle against the flow of water.



True or False

Follow the instructions to complete the activity.

NAME

DATE

Using information found in the book, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

Statement 1

The most important kayaking techniques for beginners are the forward, sweep, and brace strokes.

- ☐ True
☐ False

Page
Number

Statement 2

Touring kayaks are larger than many other types of kayaks.

- ☐ True
☐ False

Page
Number

Statement 3

At the Winter Olympic Games, there are kayaking competitions for both men and women.

- ☐ True
☐ False

Page
Number

Statement 4

There are six levels, or classes, of difficulty for kayaking.

- ☐ True
☐ False

Page
Number

Statement 5

A kayak is a large, heavy boat. It has two openings in the center called cockpits.

- ☐ True
☐ False

Page
Number



Identify the Adventure

Follow the instructions to complete the activity.

NAME

DATE

Using the information found on pages 14 and 15 of the book, label and briefly describe each outdoor adventure shown below.





Water Skiing Canoeing Fishing Whitewater Rafting



Write a Letter

Follow the instructions to complete the activity.

NAME

DATE

Imagine you are on a kayaking adventure at any one of the four sites featured on pages 16 and 17 of the book. Write a letter to your family describing your trip. What sights have you seen? What activities have you done?



Name of Location:



Quiz

Test your knowledge by answering these questions.

NAME

DATE

1 Where does a kayaker sit?

2 What piece of equipment is used to steer the kayak?

3 How many classes of rapids are there?

4 What are the three main kayaking strokes?

5 What year did kayaking become an Olympic sport?

6 Who designed the first two types of kayaks?



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

bait	obstructions
barrier reef	parallel
extreme sport	rapids
fiberglass	recreational
hypothermia	synthetic

Your Score is  **%**

- | | |
|---|--|
| <p>1. <input type="text"/>
shallow parts of rivers where rocks are exposed and fast-moving water creates waves</p> <p>2. <input type="text"/>
a dangerous loss of body heat caused by extremely cold weather</p> <p>3. <input type="text"/>
a coral reef that runs along a shoreline but is separated from the shore by water</p> <p>4. <input type="text"/>
made by people; not natural</p> <p>5. <input type="text"/>
food used to catch fish</p> | <p>6. <input type="text"/>
difficult or dangerous physical activity</p> <p>7. <input type="text"/>
being the same distance apart at all points</p> <p>8. <input type="text"/>
a strong material made from fine threads of glass</p> <p>9. <input type="text"/>
objects in the water that a kayaker might hit, such as rocks and tree branches</p> <p>10. <input type="text"/>
something done for fun or relaxation, such as hobbies, games, and sports</p> |
|---|--|

