

## Women in Whitewater

### Tips

- ❑ Keep a log of instructions, tips for rolling, freestyle moves & river running concepts.
- ❑ Paddle with a group of women so you can all learn together.
- ❑ Make your outfitting (kayak & helmet) fit like a glove.
- ❑ Video yourself so you can really see what you are doing.
- ❑ Once you have a roll, practice it by going upside down in moving current and in deep rapids. Your roll is your key to confidence.
- ❑ Take private lessons, clinics, and ask other kayakers for help.
- ❑ Read guidebooks before running rivers so you have as much knowledge as possible before going on a section. This will help you to use your own judgment about your ability to run a river or surf at a play spot and to make sure you have a good time.
- ❑ Never buy a kayak without paddling it first.
- ❑ Roll before you begin paddling to boost your confidence.

### Resources

- ❑ [www.jacksonkayak.com](http://www.jacksonkayak.com) -Rolling and Bracing DVD & kayak instruction DVDs

Please do not hesitate to contact me for any questions you have. Educate yourself and get out there and paddle! I look forward to seeing you on the water.



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