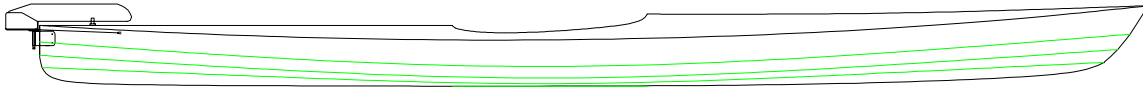


Rudder Installation

We sell as an accessory one of the rudders that flips up over and parks on the deck. Try your boat without a rudder first and then order a rudder if you decide you want one.



Setup for Eskimo Roll - Hip and Knee Braces

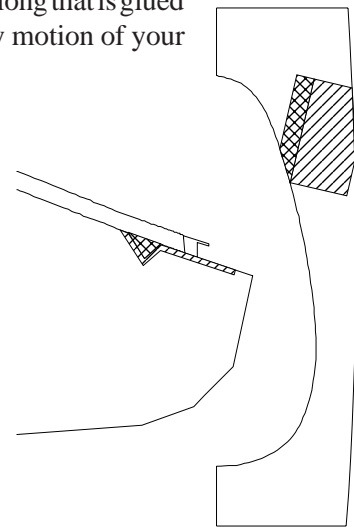
Your boat is easy to roll, but learning to roll is not simple. The Eskimo roll is not an intuitive motion. It is difficult, if not impossible, to teach yourself to roll. Most white water or sea kayak clubs have pool sessions at which they will teach you to roll. If you have never rolled a kayak before, the task of learning how to roll will be greatly facilitated by gluing knee and hip braces into your boat.

Knee braces consist of a triangular piece of Ethafoam which is nine inches long that is glued to the under side of the deck. To roll your boat you have to transfer the rotary motion of your body to the boat. When you are learning to roll this is done by grabbing the underside of the deck with your knees. Later, when you become an expert, it will be done more with the motion of your hips.

Knee Braces are available from us as an accessory.

To make knee braces yourself, cut a piece of 4 lb. Ethafoam into a 1" equilateral triangle that is 9" long. Ethafoam works best. You need a foam that is quite rigid, will not crush or tear, and yet still has a little flex and give. Do not try to use either styrafoam or a soft, open cell foam.

Get in your kayak, spread your knees and push off your foot braces. Press the underside of the deck with your knees. Take a pencil and mark the underside of the deck along the inside of your knee and thigh. Then glue the foam triangle under the deck with contact cement. Then glue the piece of 1/4" foam over the triangle and the underside of deck over to the sheer where the side meets the deck. This will pad the top of your knee and the triangle will give you something to grip with your knee. Note that our foam triangles are not symmetrical. Glue the steeper side towards your knee (i.e., toward the outside of the boat).



If your hips are narrower than the hip braces in your boat you will slide from side to side between the hip braces as you try to roll. If this happens, block yourself in between the hip braces by gluing foam to the sides of the braces. It is easiest to roll when you have positive contact between your feet, knees, and hips and the hull. Good luck rolling.