This document presents an annotated bibliography listing 34 available sources describing the sport of kayaking, with an emphasis on whitewater. The bibliography is divided into three sections: books, journals, and videos. Older material with useful information is included. Unless otherwise noted, each item is geared towards adults and can be beneficial to both beginners and experts.
Opening Statement

The popularity of kayaking has grown tremendously over the past few years. Whether one paddles whitewater or still water, for health benefits or racing, the diversity offered by the sport of kayaking provides something for everyone.

As with any sport, it is important to learn the necessary basic skills in order to safely enjoy it. Many books, videos, and journal articles have been produced within the past few years that are geared towards the beginning and experienced kayaker. These items may include all aspects of the sport or cover a specific style or subject. Whether a person is into whitewater or sea kayaking, the introductory information they need is available in some form.

The following bibliography provides a listing of thirty four sources that are available which describe the sport of kayaking. The emphasis is on whitewater however, many of the sources provide information on all aspects of kayaking. The bibliography is divided into three sections: books, journals, and videos. Older material is mentioned as it is felt that the information provided is still useful. Unless otherwise noted, each item is geared towards adults and can be beneficial to both beginners and experts.

Books

Many of the sources listed in this section cover both whitewater and sea kayaking. Most contain bibliographies for further reading. Illustrations assist in describing the various techniques and equipment needed. Sources for children are noted within the respective abstract.


Abstract: Provides essential information to young people about the sport of kayaking.


Abstract: Provides detailed look at many different aspects of kayaking. Subjects covered include equipment needed, rolling, paddling, camping, building a kayak, and accessories. Glossary provided.

Abstracted: Outdated source that provides descriptions of older kayaks and folding kayaks. Paddling techniques, and how to care for a kayak are also discussed. Glossary of common canoeing and kayaking terms provided.


Abstract: Although now out of print, this source provides information on how to handle the various maneuvers required of kayaking. Illustrations are provided.


Abstract: Provides information about kayaking that is geared toward a younger audience.


Abstract: Source gives the reader hints on how to perform various kayaking techniques as well as more difficult maneuvers.


Abstract: Book covers all subject areas of kayaking. Glossary, and list of paddling organizations is provided. Source also includes listing of journal publishers and video distributors.


Abstract: Provides children with an explanation about canoeing and kayaking safety, equipment, and paddling techniques. Illustrations are numerous and help to describe the text.


Abstract: A beginners guide to canoeing and kayaking. Illustrations are included.


Abstract: Source provides information on the sport of kayaking with illustrations provided for clarification.

Abstract: Provides comprehensive information about whitewater kayaking and canoeing for beginner and experienced paddlers. Through words and illustrations, the proper techniques are explained with separate chapters for canoeing and kayaking. Information on trips and organizations are also provided.


Abstract: Complete instruction manual for both canoeing and kayaking. Paddling techniques and safety described. Equipment needs are also explained. Source is illustrated.


Abstract: Book is a revised edition of Eskimo Rolling for Survival and provides a strong look at safety maneuvers and survival skills needed for kayaking.


Abstract: Index of journals in both English and French of all types of sports. Kayaking subheading includes such categories as clothing, coaching, equipment, techniques, and training. Prior volumes of this set also contain subheadings with kayaking information.


Abstract: Provides information on the sport of kayaking for all involved. Illustrations included.


Abstract: Provides information on the basics of white water kayaking. Source is illustrated to assist the reader.


Abstract: Geared more towards the beginner, source provides descriptions and illustrations of kayaking maneuvers.


Abstract: Provides detailed descriptions of kayaking and other paddling sports. Safety tips included. Source is illustrated.


Abstract: Covers various topics of kayaking including getting started, boating basics, handling the paddle, reading white water, play paddling, and slalom racing. Illustrations are provided.

Journals and Periodicals

Many journal articles cover a specific subject, usually a paddling technique or equipment item. A sampling of recent articles is included here for perusal. Sportsearch, a monthly index of journal articles in sports, is one source which the reader may wish to consult for a further listing of article titles.


Abstract: Proper method of performing the Duffek Maneuver is discussed. Benefits and use are also included in article.


Abstract: Author describes what to look for when paddling down a river. Points out the hazards which may be hidden and gives advice on how to improve one's awareness of the river.


Abstract: Provides the reader with tips on how to improve the sweep stroke. Problems that can arise and benefits of learning the proper way of doing this technique are discussed.


Abstract: Explains how the use of gates can be used to improve paddling skills. Describes how to make a gate, a slalom course, and an English Gate.

Abstract: Pointers on how to conduct a low brace turn. Gives the reader pointers on what can go wrong and how to improve this paddling technique.


Abstract: Tells where to find classes in California, what they should cost and what they should teach.


Abstract: Chart lists the health benefits, costs, and required preparation for several water sports including kayaking.

Quammen, D.  "At Play In the Swirly Zone: Introductory Lessons In Whitewater Kayaking."  *Outside*  Apr. 1993: 80-87+

Abstract: Provides the reader with a basic overview of kayaking.


Abstract: Provides tips on learning whitewater kayaking, cost of lessons, and a list of schools.

**Videos**

Videos, although not as plentiful as books and journal articles, can provide an excellent way for individuals to see how particular maneuvers are done. Many videos have been recently released and can be a great asset to the kayaker.


Abstract: An introduction to kayaking with discussions on safety and equipment.


Abstract: Divided into two parts. Olympic kayaker Chris Spelius first demonstrates the eskimo roll and various paddling techniques and strokes. In the second part, the technique of squirting is demonstrated.


Abstract: Provides basic instructions for beginners. Paddling
techniques discussed and demonstrated.


Abstract: Kent Stevens offers instruction on advanced stroke techniques, rolling, bracing, enders, and sidesurfing. Video is intended for intermediate or advanced kayakers.

Let the Current Do the Work. Videocassette. Around the World In Sight and Sound, 1981. 20 min.

Abstract: Intended for those in junior high and older, this video shows techniques, waterproof packing, loading, and rescue techniques for boats and passengers. The video considers rafts, canoes, and kayaks as alternatives to motor powered excursions.


Abstract: Video gives a complete lesson on rolling with slow motion and underwater shots.