

Question 1 - Power and endurance

- A I have a smaller build or an injury that makes me tired or sore easily, I prefer a higher stroke rate, I favour endurance over power
- B I want an even balance between endurance and power
- C I want maximum power

Recommendations

- A **Kinetik Touring S** (small blade)
- B **Kinetik Touring** (mid size blade)
- C **Nordkapp** (large blade)

Question 2 - Material selection

- A Price is my main consideration, I accept that my paddle will weigh a little more
- B Durability is my main concern, price is also an important factor. I can sacrifice lightweight to gain this
- C Price, durability and weight are all an important consideration
- D My paddle must be lightweight, but price is still a factor. I will sacrifice some durability to achieve this
- E Durability is my main consideration but weight is also an important factor. I am happy to spend a little more to achieve this.
- F Lightweight is my main consideration

Recommendations

- A **Recreation model** (Fibreglass shaft and polypropylene blade)
- B **Explorer model** (Fibreglass shaft and Nylon 12 blade)
- C **Explorer Plus model** (carbon shaft and Nylon 12 blade)
- D **Glass model** (Fibreglass shaft and epoxy glass blade)
- E **Expedition model** (carbon shaft and moulded carbon fibre blades)
- F **Expedition composite model** (carbon shaft and carbon comp blades)

Question 3 - Discomfort avoidance

- A While paddling I experience aches in my wrist, elbow, tendons in my inner arm
- B I have never experience any of the pains described in 'A' whilst paddling. I would not pay more for my paddle to prevent the onset of these discomforts
- C I have never experience any of the pains described in 'A' whilst paddling. I would be prepared to pay more for my paddle to prevent the onset of these discomforts

Recommendations

- A **Modified crank shaft**
- B **Straight shaft**
- C **Modified crank shaft**

Question 4 - Is a split paddle for me?

- A I have no issues transporting or storing a 1 piece paddle, I will not be travelling abroad with my paddle
- B I would like to have a split paddle for ease of transport and storage, a paddle splitting in the centre is perfect for my needs
- C I would like to have a paddle that splits in 4 pieces (joint in the middle and the blades detach) as I require my paddle to pack down to the smallest possible size and would like the option of changing the blade model or material in the near future

Recommendations

- A **1 piece paddle**
- B **2 piece paddlok paddle**
- C **4 piece paddlok paddle**

Paddle length

There is no accurate way to fit a paddle based on a written guide, there are too many variables, paddling style, boat width, torso length to name a few.

A fishing kayaks beam can range from around 66 cm to 86 cm compared to 56 cm for an average sea kayak, there is no doubt that a longer paddle will be required.

To get the ideal paddle length ask a paddling school Coach to make a recommendation based on your requirements and paddling style. A cheaper alternative is to have a friend paddle behind you and monitor where you blade is in relation to the water during your stroke. If your paddle is the correct length all of the blade will be submersed, if your paddle is too long the blade and part of the shaft will be under the water and if only part of the blade is submersed then the paddle is too short.

If in doubt, don't go out!

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