

Community Sailing of Fairfield - Kayaking

2021

Kayaking Tips

Weather: Check the marine forecast. Always check the weather before paddling. Avoid paddling outside the harbor on very windy days. You should always dress for the weather in kayaking and consider both air and water temperature. (See Dressing for Kayaking on page 3.)

For a current National Oceanic & Atmospheric Administration (NOAA) weather report for the New York to Connecticut coast, follow this [link](#). The site includes information on the sea wave heights. You generally want 1-2 feet swells, nothing higher. (Most kayakers can easily handle waves that are one to three feet in height. However, a breaking wave can pack a powerful punch and they can be tricky to navigate without the right skill set.) Alternatively, this is a good weather site: <https://marineweather.net/city/fairfield-ct-weather-forecast>

Water Temperature The water temperature in early Spring is often around 47 degrees. That is “frigid” and dangerous. The water temperature of Long Island Sound is mild to warm from June through October, with temperatures from the low-60's to high-70's. Peak warmth occurs from mid-July to mid-September. During this time "**warm water outfitting**" is appropriate for paddlers close to shore and those travelling in groups of three or more kayaks. A source for sea temperature data for Western LI Sound is [UCONN's MySound site](#). If a data buoy is offline, try another station, or go to this Sea Temperature [link](#) for Bridgeport.

Small Craft Advisory for Eastern US: Sustained winds or frequent gusts ranging between 25 and 33 knots and/or seas or waves 5 to 7 feet and greater. In the event of a small craft advisory, stay ashore!

Getting Started



RULE ONE—ALWAYS SIGN OUT THE KAYAK EITHER ONLINE OR USING THE CALENDAR DIARY STORED IN THE KAYAK GEAR LOCKER. See online sign out guidance on page 5.

Seaworthy Kayak: Check for damage to the boat and/or leaks. If there is water in the hull, open the drain plug and empty it.

Coast Guard Required Gear: Life Jacket required. Whistle,

Safety Gear: Personal Floatation Device, PFD. Please remember to secure paddle, VHF or cell phone, and ID.

Miscellaneous Items: Eyewear retainers are recommended. If you bring your cell phone, a camera or electronic car keys, store them in a dry bag, case, or in double zip-lock baggies.

Water Temperature

(Continued)

When sea temperatures dip below about 60 degrees, what you wear protects you from "cold shock" and "gasp reflex," which can take your life within moments of capsizing, if your head goes underwater (as it does when you capsize a sit-inside kayak). Individual variation to cold shock response is wide, and is affected by many factors. Cold shock deaths are common in April to May, when warm air temperatures lure unprepared paddlers onto the water.

Hypothermia is a serious threat year-round in the Northeast. If alone and not dressed properly, you may have only minutes before your hands become too numb for you to get back in your kayak. The most serious consequences face solo paddlers who lose their kayak upon capsizing. This outcome has a high probability due to three factors:

- One third of paddlers kick the boat away from themselves when they wet exit.
- Sudden immersion into water takes most people by surprise, and they are disoriented.
- Wind can carry an empty kayak away much faster than any person can swim.

Medical Conditions: Injuries that impede re-entry (shoulder, wrist, hernia); medical conditions, such as asthma; or physiological reactions, such as claustrophobia or panic, could further reduce your survival time. In early summer, fall, and throughout the winter, proper dress is the cornerstone of survival strategy.

Cold Water Guidelines: Never paddle alone. Dress for immersion, (as if you plan to fall into the water). Always wear your life vest fully fastened and equipped with whistle, a waterproof means of communication. Never paddle in sea conditions in which you have not practiced self-rescue. It is not recommended to use 'recreational' kayaks in cold water. However, Sit-on-tops

Humans need a water temperature of at least 72 degrees to maintain thermal balance. If you lose your kayak and are immersed in 60-70 degree water in summer paddling gear, you may lose consciousness in 2-7 hours. This is not long enough for someone to

have two advantages over sit-in kayaks: your head usually remains above water if you capsize (so you avoid gasp reflex), and they are easier to get back onto, getting you out of cold water and lowering your hypothermia risk. Take a peek at this short video to understand what it feels like to jump/fall into 40-degree water in street clothes:

<http://www.youtube.com/watch?v=aowQ9bthgBQ>

Self-Care

You Must Be Able to Swim to Kayak. At a minimum there should be one adult swimmer per child kayaker.

Tides & Currents

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Know the tides: Tides running against the wind cause choppy conditions. An outgoing tide, combined with offshore wind makes return to shore more difficult, by a factor of two-three, or more. Understand how moon phase affects tidal heights. Know the time of sunset before you launch. Check the [Tide Chart](#) for the day or the monthly tide chart can be found at this link for the [Monthly Tide Chart](#). Both information sources show time of sunrise/set and tidal height information.

Tide and Current Predictor for Long Island
<http://tbone.biol.sc.edu/tide/tideshow.cgi?site=The+Race%2C+Long+Island+Sound%2C+New+York+Current&db=0>

Tide Documentation for Trip:

- Today's high tide: _____
- Today's low tide: _____
- Tides are slack for an hour around the ____ and ____.
- Tidal current is fastest for the three hours from ____ to ____ today.
- Big rivers and narrow channels can have currents from 3-7 knots.

Maintain hydration and good nutrition. Always bring water. For trips over ninety minutes, we suggest a high energy snack and 8-10 ounces of electrolyte-replacement beverage taken every 15-30 minutes. Each person's need for fluid will vary depending on their weight, sweat rate, exercise intensity & duration, how they are outfitted, and the weather and sea conditions. Hydration before and after exercising is critical to optimal performance and recovery. For an excellent discussion of this topic, see this [sports medicine site](#).

How to dress for kayaking:

<http://www.youtube.com/watch?v=OfHDnL7USJU>

Sit-On-Top Kayaks Guidelines

General Safety: Always wear an appropriately rated and sized personal flotation device (PFD). It is important to note that a bulky PFD with lots of straps can impede a re-entry should you capsize. Expect to get wet and dress for the water temperature.

The recommended life jacket for a young child is a Type II PFD, which is for “near shore” rescue. Type II jackets have head and neck support, which will typically upright an unconscious person – or young child with poor body control – in the water. Thus, giving you time to rescue the child in the event the kayak is capsized.

Also, remember that the weather conditions can change quickly in Long Island Sound. A warm afternoon’s paddle can turn disastrous, especially along the coastlines. Prepare yourself by learning to read the water and weather, and never leave the shore in conditions for which you are not prepared.

- Wear your PFD at ALL times.
- The more experienced person should sit in the rear.
- Load the kayak evenly, or a bit more weight in the rear.
- A kayak will handle best if the bow is lighter than the stern

Get Comfortable: Sit all the way back in the cockpit of your kayak – this will involve adjusting your backrest so it is comfortable. To find the proper foot well on the sit-on-top kayak, straighten your legs all the way and then bring them back one well. If your legs are too straight, you may strain your lower back. If your legs are too close, you may hit your knees as you paddle.

How to Paddle: Generally, you should place your hands on the paddle shaft a little further apart than shoulder width. As a guide, hold your arms out to the sides and then bend them to ninety degrees at the elbow. This is about how far your hands should be from each other as you grasp the paddle. Remember that you only want to hold the paddle, not choke it. Overgripping the paddle can tire your arms.

Dress for Kayaking

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Basic Guidelines: Dress in layers of appropriate weight synthetic garments– No cotton – for the weather.

Dress for immersion. For current sea temperature check:

www.mysound.uconn.edu

"Warm" Water Outfitting (Water Temperature Above 60 Degrees): Kayaking is a water sport. Assume you will get wet.

- Use quick-dry nylon or polyester fabrics for your shorts/trousers and shirt.
- Wear quick-dry underwear or a bathing suit.
- Bring a fleece top and waterproof windbreaker in case of rapid weather change, or to keep warm after wet exit practice.
- Wear a hat with dark under-brim to protect your eyes from glare off the water. Wear sunglasses with retainer strap.
- Apply sunscreen and sunscreen chapstick.
- If you are going to become a regular paddler you may want to invest in neoprene gloves and boots, and a waterproof paddling jacket. The launching area can suck your shoes into the muck. Gloves keep your hands from sliding on the paddle shaft, facilitating proper stroke technique. They can be a critical re-entry aid, giving a sure grip on wet, slippery surfaces. . Neoprene booties, aqua-socks or sneakers keep you from slipping on algae covered rocks, and from getting cut, scraped and bruised when landing and exploring.

- With two people, work together as a team;
- With one person in a two person kayak, sit in the back seat; and
- The person in the back seat steers.

Getting Into a Kayak Smoothly:

<http://www.youtube.com/watch?v=LOaSwKGExOc>

Forward Stroke: The basic paddle technique is a forward stroke. Place the blade in the water near your toes. Pull the blade back alongside the kayak approximately to your hip – a better way to think of it is pulling the kayak to the blade. Lift the paddle and perform the same movement on the other side. To turn the kayak, use a wide sweep stroke on one side. To turn the kayak, use a wide sweep stroke on one side. The bow will swing away from the stroke. Here is a video of the ideal forward stroke:

<http://www.youtube.com/watch?v=pvi7rllsNRY&list=PLC939C575ADA11501>

Feathered Paddling Stroke: Hold the paddle tight in your right hand and loose in the left. Using the right hand, rotate the paddle blade back and forth; it should slide through your left hand. Now take a stroke on your right, cock your right wrist back, (left hand staying loose and somewhat open), and take a stroke on your left, and so forth. If using a left hand control paddle, reverse the process: the left hand stays tight and the right loose.

Use Your Torso and Shoulders: For greater efficiency, use your torso and shoulders to paddle, not just your arms. Make sure to sit up straight to avoid straining your back. http://www.youtube.com/watch?v=lef_ut8n0ms

Top Hand Stays on Level Plain:

http://www.youtube.com/watch?v=g_PRdxHt21c&feature=related

Classic Rotation:

<http://www.youtube.com/watch?v=V6fmlUBebh8&NR=1>

Greg Barton, Olympic Legend:

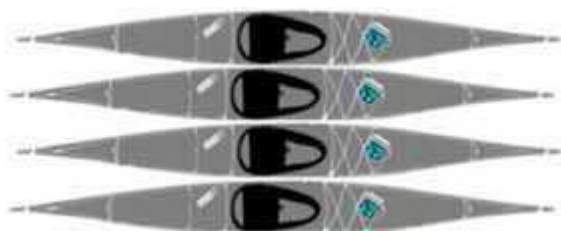
<http://www.youtube.com/watch?v=KOJFwjNvdE>

How to Re-Enter a Sit-On-Top Kayak:

http://www.youtube.com/watch?v=NmaNBXEa_yQ

Rafting Up: Rafting up is a good technique for two or more paddlers if you have a large boat wake coming up, get caught in a brief rain, want to take a break, or just

stop to take photos. When two more kayakers sit side by side, holding onto each other's kayaks/paddles, they make a raft which will not capsize or break up in normal sea conditions. This video has a Side Paddle technique, for getting



Self-Rescue

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Basic Guidelines: In warm areas, it can be fun to get out of the kayak and play in the water; however, extended exposure is dangerous – a kayaker must know how to self-rescue, i.e., how to get back up and into the kayak should it capsize.

Sit-On-Top Rescue:

One of the biggest advantages of a sit-on-top kayak is that paddlers cannot be trapped in the cockpit in the event of a capsize. Additionally, most sit-on-tops are easy to right and reenter from deep water. Most paddlers should be able to master the self-rescue technique with a little practice in shallow water. The thing to remember is BBF: Bellybutton, Backside, and Feet. Keep your center of gravity low as you practice. If the sit-on-top is upside down, you must first turn it over. Reach across the kayak and grab the scupper holes. Bring your knees up and onto the hull, lean back, and kayak will roll over. Swim up to the middle of the cockpit. Position your head so it is near the cockpit of the boat and you are facing the boat. Let your feet float up to the surface of the water by floating on your belly button. Reach across the boat to the far edge and then swim up and onto the boat. You will now have your mid-section perpendicular to the kayak. Next, roll over onto your backside (using your arms to steady the boat), and you should end up in the seat. Finally, sit up and swing your feet into the foot wells. You are back and ready to go!

into a raft-up position: <https://www.youtube.com/watch?v=JGZTymzzKp0>

Kayaker Code of Conduct

Reservations:

- All boats must be signed out. Should you wish to make an online reservation, go to the following site to reserve your kayaks: <http://holdmycourt.com/reserve2/fairfieldkayak>
- Members can register with the link and will get a reminder via e-mail when they book a reservation. Just remember your user name and password.

Community Sailing of Fairfield

Please sign in to make a reservation.

Email:

Password:

OR

New Registration

Name:

Email:

Password:

Phone:

Reservations by HoldMyCourt.com for tennis, pickleball, racquetball, squash, badminton and other court sports.
[Privacy Policy](#)

- Enter your user name and password once registered. You will then see the following screen:

Announcement: Please contact Michelle Vistolosky at (203) 258-1511 if you have an issue with the kayaks.

Community Sailing of Fairfield
Kayak Reservation System

Signed in as Michelle Vistolosky (admin) | [Block Out Courts](#) | [Manage Users](#) | [Configuration](#) | [Sign Out](#) | [Club Website](#)

Calendar: May 2015 (Sun 31, Mon 1, Tue 2, Wed 3, Thu 4, Fri 5, Sat 6, Sun 7, Mon 8, Tue 9, Wed 10, Thu 11, Fri 12, Sat 13, Sun 14, Mon 15, Tue 16, Wed 17, Thu 18, Fri 19, Sat 20, Sun 21, Mon 22, Tue 23, Wed 24, Thu 25, Fri 26, Sat 27, Sun 28, Mon 29, Tue 30, Wed 31)

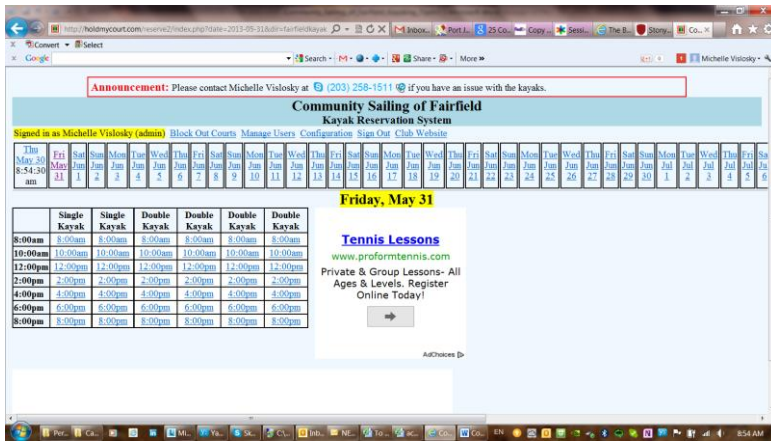
Thursday, May 30

	Single Kayak	Single Kayak	Double Kayak	Double Kayak	Double Kayak	Double Kayak
8:00am	8:00am	8:00am	8:00am	8:00am	8:00am	8:00am
10:00am	10:00am	10:00am	10:00am	10:00am	10:00am	10:00am
12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	12:00pm
2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm
4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm
6:00pm	6:00pm	6:00pm	6:00pm	6:00pm	6:00pm	6:00pm
8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm

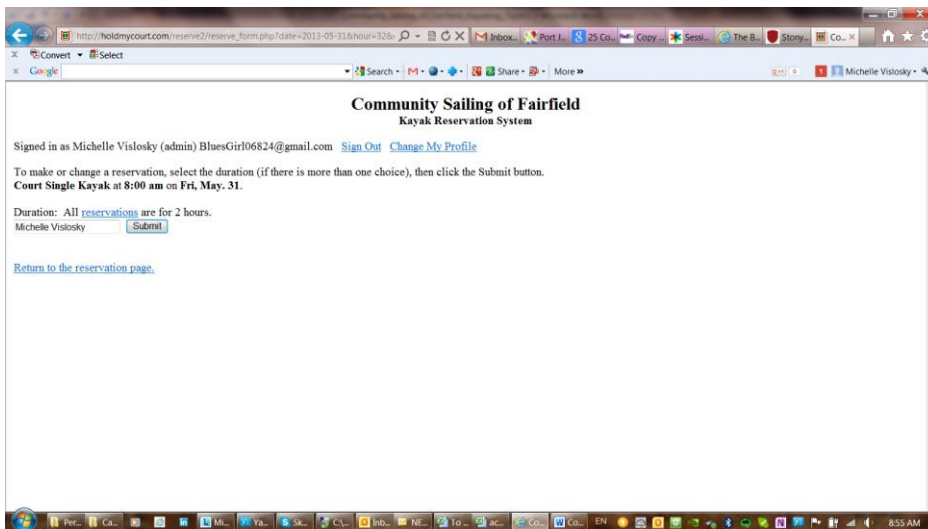
Fishing Kayak Packages
www.KayakFishingSupplies...
Get fully rigged fishing kayak
Hobie, Malibu, Wildernes + more

AllChoices D

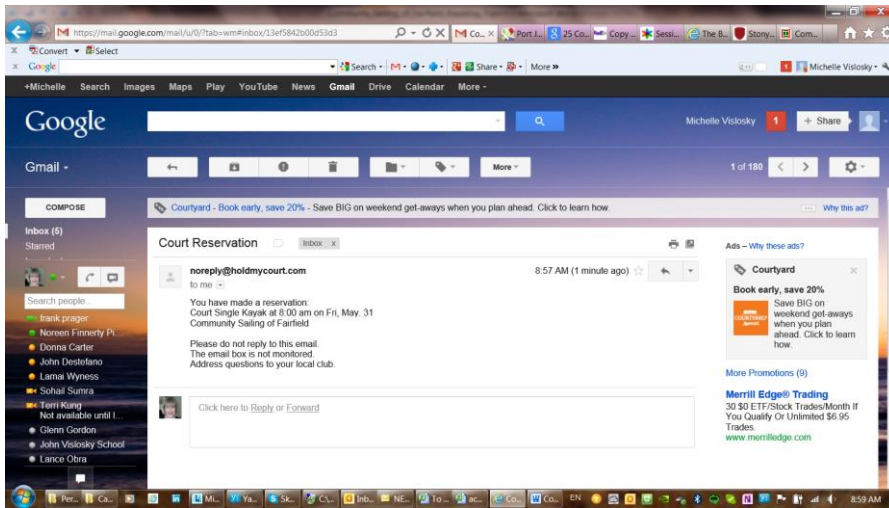
- Click on a date. Then click on the time slot for the kayak (s) you wish to reserve:



- You will now be directed to a page that will ask you to hit submit to confirm the reservation:



- You will then be returned to the reservation page to make additional reservations.
- Please note this program is originally intended for tennis, so your confirmation e-mail will reference a “court” rather than a kayak.



- Reservations may be made starting Friday evening at 6 p.m. for the following week. For the purpose of scheduling kayaks, the week begins with Monday and ends with Sunday. No more than two reservations are permitted at any one time.
- Alternatively, similar to the sailboats, you can go down to Ye Yacht Yard and check-out a kayak using the 15 minute rule if no one else has taken out the kayak.
- Furthermore, only one advance reservation is allowed per weekend (including a Monday holiday) from Memorial Day weekend through Labor Day weekend. And, during those same months, weekend reservations must be made on the even hours only.

Sign-Out: Please use the small pocket calendar to annotate when you sign-out a kayak. The calendar is located in the plastic bin with the kayak equipment in a small clear blue pouch. Annotate the time of sign-out, your last name, and the time of sign-in as follows: "10:00 AM Vislosky 12:00 PM"

Additional Important Requirements

- Back-to-back reservations are not permitted, unless, of course, you are kayaking with someone from another member-household who has reserved the second time slot.
- Should you be kayaking alone or with a non-member, you may complete your reserved time, check the sign-up sheet to see if a boat is available and if so, reserve the next time slot and go back out without worry.
- A member-household cannot reserve more than two boats – within one time slot – at a time, even though the household may have more than one designated skipper.
- It is critical to cancel reservations when your plans change, even if due to inclement weather or conditions that exceed your skill level. Always enter cancellations in the sign-up sheet at the harbor.



Age Limit Restrictions: Children under the age of 18 must be supervised by an adult member (swimmer) paddling with the child or in a nearby kayak.

Right-of-Way: Give deep hull boats under sail or power in the channel the right of way and always obey the rules of the road.

Courtesy: Behave courteously both on and off the water. Always act in a way that avoids damage to the kayaks or other boats.

Equipment Maintenance:

- Report any damage or loss of equipment immediately to CSF.
- Spray boats and all equipment with water from the hose at Ye Yacht Yard. Washing the kayaks prevent salt water deterioration.
- Place the kayaks away in the designated storage rack. (Remember to put the rear of the kayak, without boat number, in first.)
- Lock up the kayaks securely. Return the paddles, back cushions, water plugs, and other equipment in the storage bin.
- Then make sure the storage bin is locked properly.

Boundaries: Kayakers must remain within the areas described by the breakwater at Sasco Beach to the East, the first Gold Coast mansion to the West and the Harbor Channel Light to the South. In Southport Harbor, avoid the channel. Stay to the side at all times and out of boat traffic.

