

## How do you choose your paddle ?

Several parameters must be taken into account when choosing the appropriate model of paddle which will make your trip a special moment. A good paddle must let itself be forgotten. It cannot, at anytime, create the least discomfort, either for the experienced paddler or for the occasional user.

But it is hard for a paddle to let itself be forgotten by the beginner who has not acquired the smooth and relaxed movements yet. After a few trips, a good paddle corrects inaccurate movements and everything goes back to normal !

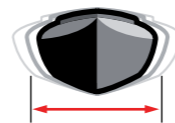
### 1 - Boat's width.

You must know the width of your boat. This measure is important as it is essential to determine the length of your paddle. There is a multitude of kayaks on the market, but it is nevertheless easy to determine three sizes :

- Small : from 48 to 55 cm
- Medium : from 57 to 63 cm
- Large : from de 65 cm on

#### ⚠ Caution

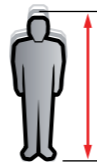
Values in the choice table (on n°9 of this document / p.10) are for medium boat (width from 57 to 63 cm). Reduce length by 5 cm for a 'Small' boat (width from 48 to 55 cm) or increase length by 5 cm if your boat is large (over 65 cm).



### 2 - Your size.

Your height is also determining for the length of your paddle. If you are between 155 and 165 cm tall, you will have a shorter paddle than someone who's height is between 175 and 185 cm, and if your height is over 190cm, you will need an even longer paddle ! And this is true regardless of the type of boat you are using.

We have 2 adjustment systems which enable you to change the length of your paddle (see S-Lock System & Fast-Lock System in the Accessories section / p. 35)



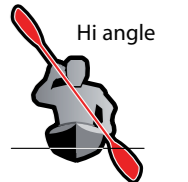
### 3 - Your style of paddle stroke.

2 different styles :



#### • "Hi angle" > A vertical paddle stroke:

The paddle is close to the boat's bottom, the directional stability is good. It is a dynamic paddle stroke : Rates of striking are high and the search for brace is important. Power is the goal to reach in order to do fast maneuvers, some physical conditioning or to maneuver in difficult conditions. It is the European style, which is taught in many paddle sport schools.



Hi angle

#### • "Low angle" > A more horizontal paddle stroke :

The catch is softer and rates of striking are lower. The movement of the paddle is rounder. Directional stability on boats with no fin nor rudder is not as good. It is less tiring for muscles and joints during long trips. It is also very good for backaches ! The low angle style comes from North America.

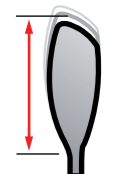


Low angle

### 4 - Size of the blades :

- It depends on the paddler's level of experience and of its physical condition.
- Large : For those who are powerful and in a good physical condition.
- Medium : The most representative size, the most polyvalent one.

You can compare this to a bicycle bracket : A Large paddle takes in much more water and the rate of striking will be lower and will ask for more power. With a Medium paddle, the rate of striking can increase without needing to develop a strong power.



### 5 - Feathering.

#### What is its purpose ?

We owe this feather angle to the athletes who practice kayak races in lane : they noticed that blades forming a 90° angle with one another offered much less aerodynamic resistance on the aerial blade. This advantage was even more pronounced with a headwind with which a significant part of the energy of the paddle stroke was lost in pushing some air ; Not to mention the decrease of the rate of striking build-up due to this resistance.

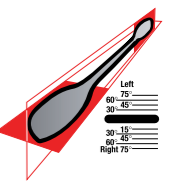
After decades of 90° crossings, angles were decreased to :

- 60° on most of the "touring" paddles.
- 55° in line race.
- 45° in "white water" paddles.

The decrease of the angle enabled a more comfortable paddle stroke. The 30° and 45° reductions helped limit the movement of the wrist (mostly the right one) responsible for pivoting.

#### Left or right crossing ?

90 % of people do right crossings ! For left crossings, don't panic, we make these paddles on demand. The Vario S Lock System also offers the possibility of adjusting crossing angles.



### 6 - Grip or not ?

- The indexer or grip is not in any way compulsory but it brings additional comfort to the hand which controls the crossing, generally, the right hand. It also constitutes a plus in difficult conditions (Eskimo roll, sailing in a strong current, etc...) where it is difficult to know how the hand is located relative to the blade. (On our shafts, ovalization is on the tube shape : the ovalisator is integrated into the shaft).

- The «Racing» paddles does not come with a paddle grip. But you can order them as accessories.

We do not recommend to add a paddle grip to the competition paddles, as they will interfere with the stroke.



## HOW DO YOU CHOOSE ?

### 7 - The Shaft.

The **straight shaft** is the shaft that is used most often as the hand positioning is free on its whole length.



The **ergonomic shaft** enables the paddler to keep the alignment of his arm with his hand. The effect of this is less joint stress on the wrist and much more contact surface with the shaft. It is a comfortable hold and we recommend this type of shaft on TOURING paddles for experienced paddlers who perfectly master their hand placement as the small ergonomic area imposes a very precise positioning. On "white water" paddles, which are regularly under 2 meters, the hand positioning is done more out of instinct and this is where the ergo shaft can bring a comfort in use from the very first use.

### 8 - Fixed or adjustable paddle length :

Some purists only swear by fixed paddles. We used to be like this too, before we started to develop our own adjustable shafts! Most of the existing systems are, as far as we are concerned, not very reliable in the rotation blocks and, moreover, the flexion of the shaft is impaired by double collars.



From this fact, we developed our own adjusting systems and we designed adjustable tubes with constant flexion.

#### 2 Adjusting systems :



**S-Lock System** : Adjustable over 10 cm with a full choice of feathers.

**Advantages** : precise and very reliable in terms of tightening



**Fast-Lock System** : Adjustable over 9 cm by 3cm intervals. **Advantages** : velocity and ease of use (assembling and disassembling).

### 9 - Your Program.

Last parameter but not least : your program choice : you have already answered this question buying your kayak or canoe.

- > 3 kayak programs :
  - Touring
  - White Water
  - Race

#### Choosing a "Touring" paddle.

Values in the tables (on right-hand side) are for medium boat (width from 57 to 63 cm). Reduce length by 5 cm for a 'Small' boat (width from 48 to 55 cm) or increase length by 5 cm if your boat is large (over 65 cm).

#### Choosing a "White Water" paddle.

The size of the paddle depends a lot on the type of boat that is used. The volume should be taken into account : A short paddle will be interesting for the beginner and the Rodeo (hard to do figures with a bulky paddle) ; A longer paddle will yield more power in difficult rivers where maneuvers must be very precise. This table is intended for help only and not as something to impose. It only reflects the global trend.

**Important note** : for **Small volume boats** > please consider the first recommended value **in red**.

#### Choosing a "Canoe" paddle.

Here is a simple way of determining the length of a canoe paddle : Sit down on a chair or on the floor, then measure the distance between your eyes and the seating. This measure will help you choose your paddle in the following table. **Important** : This is only a way of validating an approach. The best way of choosing a paddle, as far as possible, is to try it out.

### THREE TABLES WERE ESTABLISHED FOLLOWING SAILING PROGRAMS :

These tables are quite precise in their recommendations. You can thus use them with confidence to choose your paddle.

#### Hi-Angle Touring Paddle - (Medium boats / Width from 57 to 63 cm)

Paddler's Size	Paddle length	Large blades	Medium blades
152 > 160cm	205   200 > 210 adjustable	CrossOver V12	V12
162 > 170cm	210   205 > 215 adjustable	CrossOver V12	V12
172 > 180cm	215   210 > 220 adjustable	CrossOver V12	V12
182 > 190cm	220   215 > 225 adjustable	CrossOver V12	V12
192 > 200cm	225   220 > 230 adjustable	CrossOver V12	V12

#### Low-Angle Touring Paddle - (Medium boats / Width from 57 to 63 cm)

Paddler's Size	Paddle length	Large blades	Medium blades
152 > 160cm	210   205 > 215 adjustable	Sea Cruiser V8	Sea Cruiser V8
162 > 170cm	215   210 > 220 adjustable	Sea Cruiser V8	Sea Cruiser V8
172 > 180cm	220   215 > 225 adjustable	Sea Cruiser V8	Sea Cruiser V8
182 > 190cm	225   220 > 230 adjustable	Sea Cruiser V8	Sea Cruiser V8
192 > 200cm	235   230 > 240 adjustable	Sea Cruiser V8	Sea Cruiser V8

#### WhiteWater Paddle - (Medium boats / Width from 57 to 63 cm)

Paddler's Size	Paddle length			Large blades	Medium blades
	Fixed	Adjustable			
152 > 160cm	185	188 > 198 adjustable	186 > 190 adjustable	Blast W1	Blast W1
	194				
162 > 170cm	188	191 > 201 adjustable	188 > 192 adjustable	Blast W1	Blast W1
	197				
172 > 180cm	191	191 > 201 adjustable	192 > 196 adjustable	Blast W1	Blast W1
	201				
182 > 190cm	194	194 > 204 adjustable	194 > 198 adjustable	Blast W1	Blast W1
	204				
192 > 200cm	197	194 > 204 adjustable	190 > 200 adjustable	Blast W1	Blast W1
	204				

#### Canoe Paddle - (Medium boats / Width from 57 to 63 cm)

Recorded measure	Paddle length	Large blades	Medium blades
66 > 67cm	130	C1	C1 or C1 R
71 > 72cm	135 ou 140	C1	C1 or C1 R
76 > 77cm	140	C1	C1 or C1 R
	145   140 > 150 adjustable		
81 > 82cm	145	C1	C1 or C1 R
	150   145 > 155 adjustable		
85 > 86cm	150	C1	C1 or C1 R
	155   150 > 160 adjustable		
90 > 91cm	160	C1	C1 or C1 R
	155 > 165 adjustable		
95 > 97cm	165	C1	C1 or C1 R
	155 > 165 adjustable		