

# How to choose ?

## how to 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 65 on

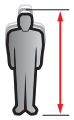


#### ⚠ Caution

Values in the choice table (on the right of this document - n°9) are for medium boat (width from 57 to 63cm). Reduce length by 5 cm for a 'Small' boat (width from 48 to 55cm) or increase length by 5cm 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 165cm tall, you will have a shorter paddle than someone who's height is between 175 and 185cm, 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.



The Vario S Lock Select offers 10cm setting.

### 3 - Your style of paddle stroke.

2 different styles :

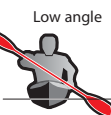
#### • "Hi angle" > A vertical paddle stroke:

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.



#### • "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.



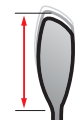
### 4 - Size of the blades :

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 :

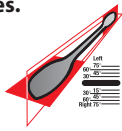
A Large paddle takes in much more water and the rate of striking will be lower and will ask for more power. With a Medium paddle, the rate of striking can increase without needing to develop a strong power.



### 5 - The crossing angle of the blades.

What is its purpose ?

We owe this crossing 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 Select also offers the possibility of adjusting crossing angles.

### 6 - Grip or not ?

Gripping can be made directly on the tube or by adding a removable part. We chose to index the SELECT paddles for those who want with removable "ergodrives" that can be positioned very accurately according to the hands position. 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.



### 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 system and we designed adjustable tubes with constant flexion. The **Vario S LOCK SELECT** was born : offering an adjustment of 10cm. Infinite possibility of crossing angle, resistance to sand and corrosion, and great reliability of clamping, to such an extent that we can use it on a "white water" paddle.

The **Vario S Lock** is approved by world champions for its reliability and its advantages : Transport / Settings / Dismantling.



### 9 - Your Program.

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

> 3 kayak program :

- Touring
- White Water
- Race

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.

Values in the below table are for medium boat (width from 57 to 63cm).

Reduce length by 5 cm for a 'Small' boat (width from 48 to 55cm) or increase length by 5cm if your boat is large (over 65cm).

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

| Paddler's Size | Paddle length                                 | Large blades                   | Medium blades        |
|----------------|---|--------------------------------|----------------------|
| 152 > 160cm    | 205   <sup>ideal</sup> 200 > 210 vario S LOCK | CrossOver V12 large / V4 large | V12 Medium V4 Medium |
| 162 > 170cm    | 210   <sup>ideal</sup> 205 > 215 vario S LOCK | CrossOver V12 large / V4 large | V12 Medium V4 Medium |
| 172 > 180cm    | 215   <sup>ideal</sup> 210 > 220 vario S LOCK | CrossOver V12 large / V4 large | V12 Medium V4 Medium |
| 182 > 190cm    | 220   <sup>ideal</sup> 215 > 225 vario S LOCK | CrossOver V12 large            | V12 Medium V4 Medium |
| 182 > 200cm    | 225   <sup>ideal</sup> 220 > 230 vario S LOCK | CrossOver V12 large            | V12 Medium           |

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

| Paddler's Size | Paddle length                                 | Large blades                      | Medium blades                       |
|----------------|---|-----------------------------------|-------------------------------------|
| 152 > 160cm    | 210   <sup>ideal</sup> 205 > 215 vario S LOCK | Sea Cruiser L V8 large / V4 large | Sea Cruiser M V8 Medium / V4 Medium |
| 162 > 170cm    | 215   <sup>ideal</sup> 210 > 220 vario S LOCK | Sea Cruiser L V8 large / V4 large | Sea Cruiser M V8 Medium / V4 Medium |
| 172 > 180cm    | 220   <sup>ideal</sup> 215 > 225 vario S LOCK | Sea Cruiser L V8 large / V4 large | Sea Cruiser M V8 Medium / V4 Medium |
| 182 > 190cm    | 225   <sup>ideal</sup> 220 > 230 vario S LOCK | Sea Cruiser L V8 large            | Sea Cruiser M V8 Medium             |
| 182 > 200cm    | 235   <sup>ideal</sup> 230 > 240 vario S LOCK | Sea Cruiser L V8 large            | Sea Cruiser M V8 Medium             |

#### • 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.

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

| Paddler's Size | Paddle length |              |                   | Large blades   | Medium blades |
|----------------|---------------|--------------|-------------------|----------------|---------------|
|                | Fixe          | Vario S LOCK | Vario S LOCK ERGO |                |               |
| 152 > 160cm    | 185<br>194    | 188 > 198    | 188 > 191         | Blast W1 large | W1 Medium     |
| 162 > 170cm    | 188<br>197    | 191 > 201    | 191 > 194         | Blast W1 large | W1 Medium     |
| 172 > 180cm    | 191<br>201    | 191 > 201    | 194 > 197         | Blast W1 large | W1 Medium     |
| 182 > 190cm    | 194<br>204    | 194 > 204    | 197 > 200         | Blast W1 large | W1 Medium     |
| 182 > 200cm    | 197<br>204    | 194 > 204    | 197 > 200         | Blast W1 large | W1 Medium     |

#### • 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.

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

| Recorded measure | Paddle length | Large blades                            | Medium blades           |
|------------------|---------------|---|-------------------------|
| 66 > 67cm        | 130           | C1 large                                | C1 Medium C1 R          |
| 71 > 72cm        | 135 ou 140    | C1 large                                | C1 Medium C1 R          |
| 76 > 77cm        | 140<br>ou 145 | <sup>ideal</sup> 140 > 150 vario S LOCK | C1 large C1 Medium C1 R |
| 81 > 82cm        | 145<br>ou 150 | <sup>ideal</sup> 145 > 155 vario S LOCK | C1 large C1 Medium C1 R |
| 85 > 86cm        | 150<br>ou 155 | <sup>ideal</sup> 150 > 160 vario S LOCK | C1 large C1 Medium C1 R |
| 90 > 91cm        | 160           | <sup>ideal</sup> 155 > 165 vario S LOCK | C1 large C1 Medium C1 R |
| 95 > 97cm        | 165           | <sup>ideal</sup> 155 > 165 vario S LOCK | C1 large C1 Medium C1 R |