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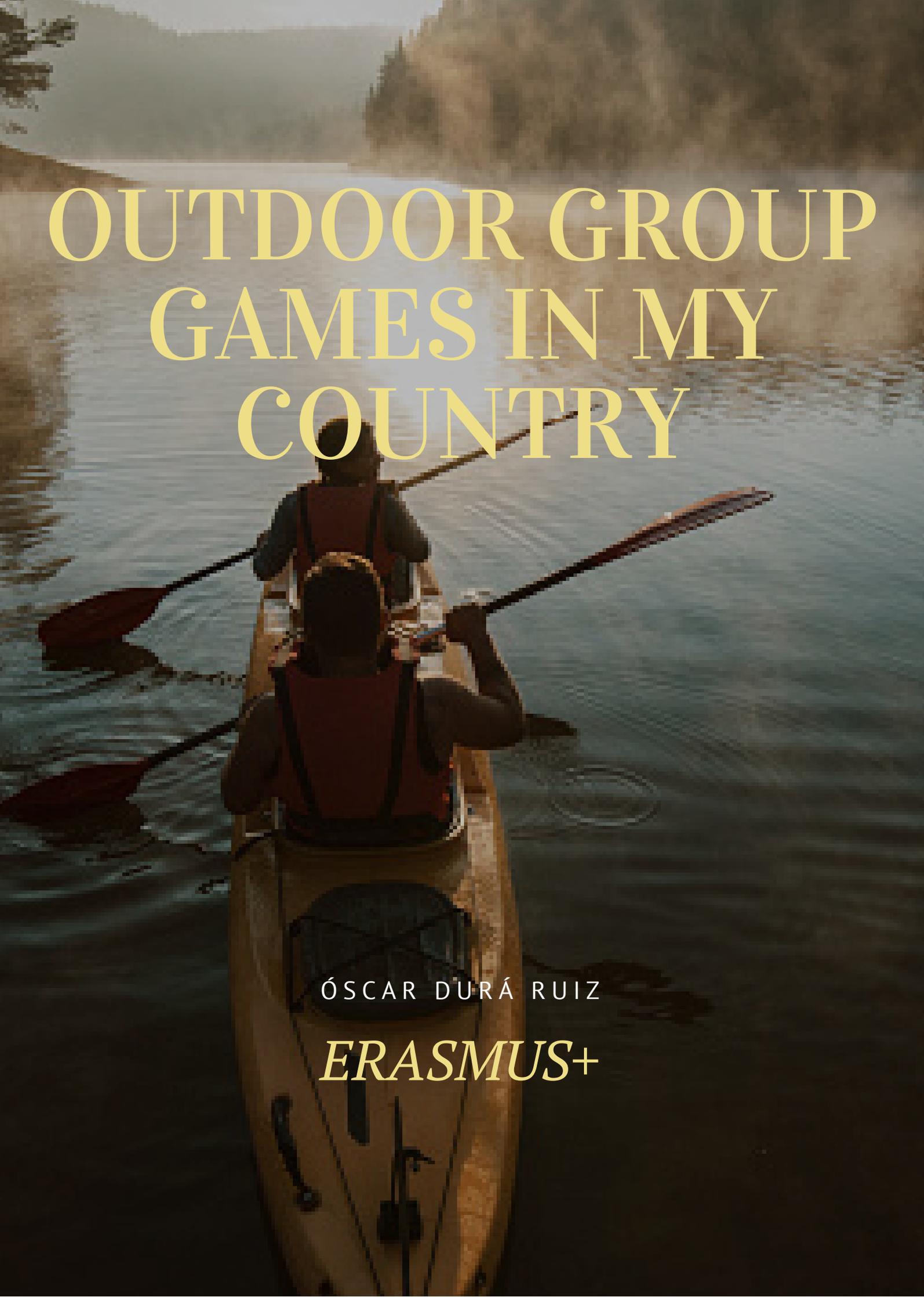
Erasmus+

**„LOG IN BACK THE REAL LIFE”**

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A person is seen from behind, paddling a tan kayak on a calm river. The water is dark blue-grey, and the surrounding landscape is hazy and green. Another person is visible in a kayak further ahead. The overall mood is peaceful and scenic.

# OUTDOOR GROUP GAMES IN MY COUNTRY

ÓSCAR DURÁ RUIZ

*ERASMUS+*

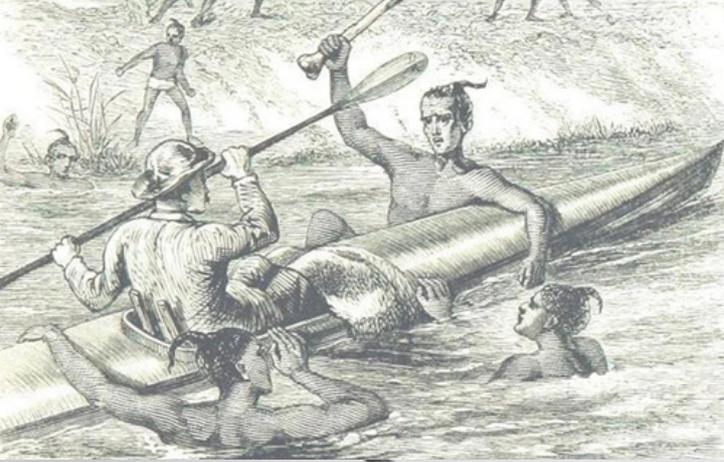


# KAYAKING

*The kayak is a variety of canoe for one to four crew members whose use is fundamentally sporting. Originally, they had a single crew member and it was used for fishing and hunting. The crew member or paddler sits down and faces forward, unlike rowing boats, and propels the boat by means of a double bladed blade or spoon that does not need support on the hull.*

## ORIGIN

# Origins of Kayaking



The kayaking has much more history than we think. It's difficult to find a specific date for the first kayak, but we know that its origins go back to the "Eskimos" or "Inuits" in Alaska. As for the etymology of the term "kayak", here there is diversity of opinion. Some historians say that this word means "clothing to walk in the water", while there are others who are convinced that kayak means "piece of driftwood". The kayak is considered the oldest boat of all time, calculating its birth to 4,500 years ago. The human being has always felt the need to move through the water, and for this reason, he had to build his own boat. Each kayak was built to the exact measurements of each paddler. They were used exclusively for fishing and sealing. Minors could not get on a kayak and when they reached the age of majority, they performed a ritual in which they were given their own kayak, built by the family.



## KAYAKING IN THE MIDDLE AGES

In 1740, Russian explorers reached the Aleutian Islands. The Russians hunted otters and seals for their fur, as it was very popular in Europe and Asia. In fishing the Aleuts stood out for their experience and skill, so the Russians kidnapped them to fish for them and of course they became owners of their boats. It turned out something so unfortunate that the sea otter almost became extinct.



# Evolution of Kayaking

## Evolution of Kayaking: Europe

It wasn't until the 1800's that the kayak was introduced in Europe. But it is an important chapter in the history of kayaking.

Back then it was a soft sided boat, and it wasn't long before the French and Germans started using kayaks for sport. They were also used for practical purposes. Most notably, kayaks were favoured by adventurers exploring the icy waters of the North and South Poles.

## Evolution of Kayaking: An Olympic Sport

With the rise of Hitler, the 1936 Olympic games in Berlin will always be remembered with historical significance. But it is also an important footnote in the history of kayaking as this was the year it was introduced as an Olympic sport. It was still considered a fringe sport back then, but the Olympics pushed it into the mainstream.



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# JOHN MACGREGOR: THE FATHER OF KAYAK

*In 1800, kayaks were already being talked about in Europe. However, if there is someone who has brought canoeing to life, it was undoubtedly John MacGregor. MacGregor was a Scottish lawyer, writer, and explorer residing in London. In 1865, he made his own version of the prehistoric kayak, taking inspiration from the Inuit model. About him, he dared to tour Europe, an expedition about which he would later write adventure books. His kayak was made of cedar and oak wood, measuring 4.5m by 76cm and weighing around 30kg. On more than one occasion he even added a sail and took his boat through rapids. In 1866, he managed to position canoeing as a sport in Europe and the United States, founding the British Canoe Club, the first club in the history of kayaking; and the American Canoe Association, in 1880.*



LINK TO VIDEO



# Kayaking - Team Building Activity

<https://youtu.be/Ramn7qRG-7c>

