



## Aims

- Help you with your hiking performance
- Help you with coaching good hiking

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## Outcomes

- To be able to identify correct hiking posture
- To be able to identify incorrect, unsafe techniques and how to deal with them
- To be able to improve hiking performance

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## Contents

- Why do we hike?
- Why do we need to discuss hiking?
- Fundamentals of good hiking posture.
- How to improve hiking performance.
- How to avoid hiking injuries

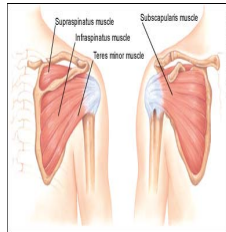
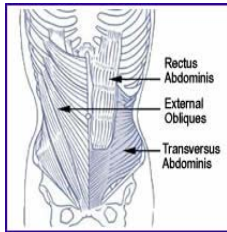
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## Why?

<ul style="list-style-type: none"> <li>• Why do we hike?           <ul style="list-style-type: none"> <li>– Leverage</li> <li>– Work boat through waves and gusts</li> <li>– Because were proper sailors!</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Why do we need to discuss hiking?           <ul style="list-style-type: none"> <li>– Find ways to improve boatspeed</li> <li>– Avoid injuries</li> </ul> </li> </ul>
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## Postural Muscles



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## Fundamentals - Posture

How good is your partners posture?

Test Yourself:

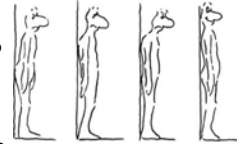
**Stand against a wall with the back of your head, shoulders, hip, and heels touching.**

**Are your back and shoulders too rounded to do this?**

**Does your chin jut forward or lift up?**

**Do you have to arch your back to touch your head?**

**Is your hip so tight that your back is uncomfortable to stand straight?**



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## Poor Posture

**Symptoms of poor posture can include:**

Rounded shoulders

Potbelly

Bent knees when standing or walking

Head that either leans forward or backward

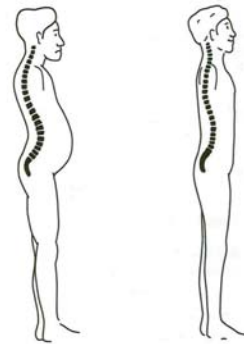
Back pain

Body aches and pains

Muscle fatigue

Headache

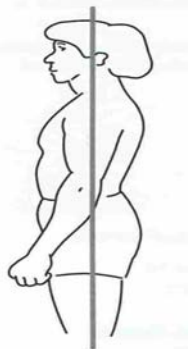
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Poor Posture: Low back is too arched

Correct Posture: Low back has slight arch

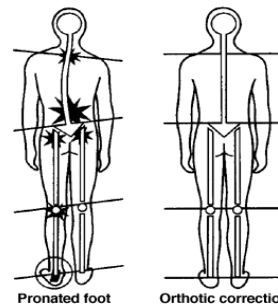
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Correct Posture

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## Body Alignment



Pronated foot

Orthotic correction

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## Spot the Correct Hiking Posture



## Correct Hiking Posture



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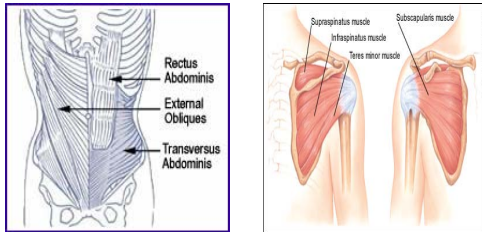
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## How do we Improve Hiking Posture



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## Postural Muscles



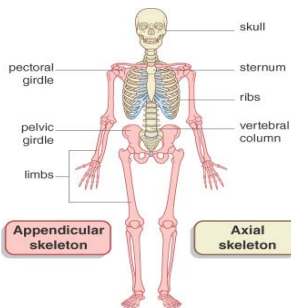
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## Core Stability



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## Core Strength



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## Training for Hiking

### On the water

- Check posture and alignment
- Progressive training (be realistic!)

### Off the water

- Core stability
- Core strength
- Endurance training
- Flexibility training

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## How to Avoid Injuries

- Warm ups – dynamic stretches
- Cool downs – PNF stretches
- General posture

