

# Never paddle alone!

- Chose carefully who you paddle with
- Tell somebody your route plan. (Somebody who cares) start / finish times + / -
- RV and “paddle wet” timings
- Kit Check
  - Hardware
    - Personal floatation device (PFD)
    - Spray deck
    - Comm’s, Mobile telephone, VHF radio (waterproof bag)
    - Flares, smoke (ignite with gloves on and or teeth)
    - Navigation, **Compass** (long base), GPS, Charts, Maps (1:50 000) & Nave lights.
    - Watch
    - First aid, Ibupufen gel, liquid paracetamol / Ibupufen.
    - Reserve paddles “Splits”
    - Paddle float
    - Throw bag/line (can be used as tow line)
    - Paddle leash
    - Knife & rope / cord
    - Bilge pump / bailer / sponge
    - Hydration & food
    - UV protection, Hat, sun glasses, gloves, block
    - BOB. Bug Out Bag, grab bag, and stampede kit, survival kit.... (More information to follow)
  - Software
    - **Brains.** Risk assessment, risk management (this is the most important piece of kit. **USE IT!**) Don’t be a disaster, waiting for an accident to happen!

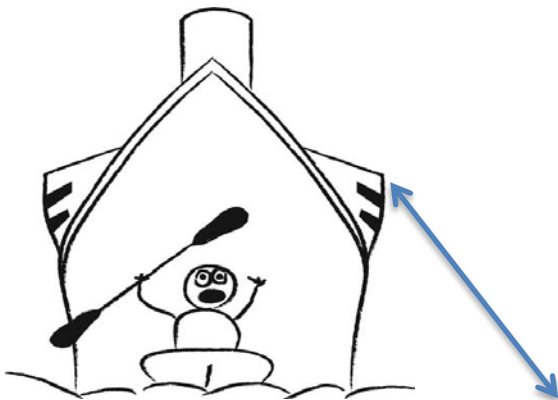
## Good too know

- **The rule of “10”** 10°C water temperature & 10°C Air temperature. You have circa **10 minutes** to get out of the water and back into your kayak before the situation becomes critical.
- Dress for the water temperature, over the air temperature
- Local knowledge, sea, wind, mist, fog etc.
- Footwear, sandals, training shoes, laces can get caught on foot pegs!! (Deadly and or embarrassing, ask Mike!)

- Personal floatation device (PFD) (Not PDF. Fully adjustable to allow for more or less clothing with as much pocket capacity as possible. (Can have inbuilt pocket for a hydration system)
- International sea laws state (Col Reg's) That as a human powered (small) vessel, you have the right of way....You can mention this when you are being processed into fish food. Be visible, be aware, stay alive!!!
- If you paddle as a group, stay as a group. Be responsible for each other, Heads on sticks 360°
- Hand signals, whatever system you use, make sure everybody understands them.
- i.e. Come to me now!



- Harbour paddling, The Captain and the bridge watch crew, can't see you if you to close to the ship. Be aware of bow (the pointy end) thrusters: If you have a VHF radio, use it to advise shipping/Harbour Master (**Securité Securité** (safety) of your position, intentions and confirm when you have cleared the area.



# Recommended reading

- Cold water shock
- Hyperthermia symptoms
- Hypothermia symptom
- Navigation for kayakers
  - Compass
  - Back bearings
- Tidal races, tides and effects of the moon
- Weather, cloud formations, thunder heads, squalls

# Web Links

<http://www.sjoraddning.se>

- Membership, 700kr/ per year
- Includes rescue and or “no cost” non-emergency rescue i.e. if you have paddled out to an island to camp for the night and a severe weather system has landed or you are not happy about paddling back. Sjöräddningssällskapet will rescue you without any charge. (See home page)
- Sea chart includes, Sea lanes, buoys, markers, depth etc.
- Up to date coastal weather reports (planning tool)
  - Wind speed, direction, wave height and direction etc.

<http://www.stockholmradio.se>

- VHF Marine radio international license, circa 8 hours contact time, one off payment circa 2000kr. (Life time license)
- Contract per year, 475kr
- Includes 20 min free connection to the national and international telephone network
- All other radio communication is free.
- **MAYDAY** (distress)
- **Pan Pan** (urgency)

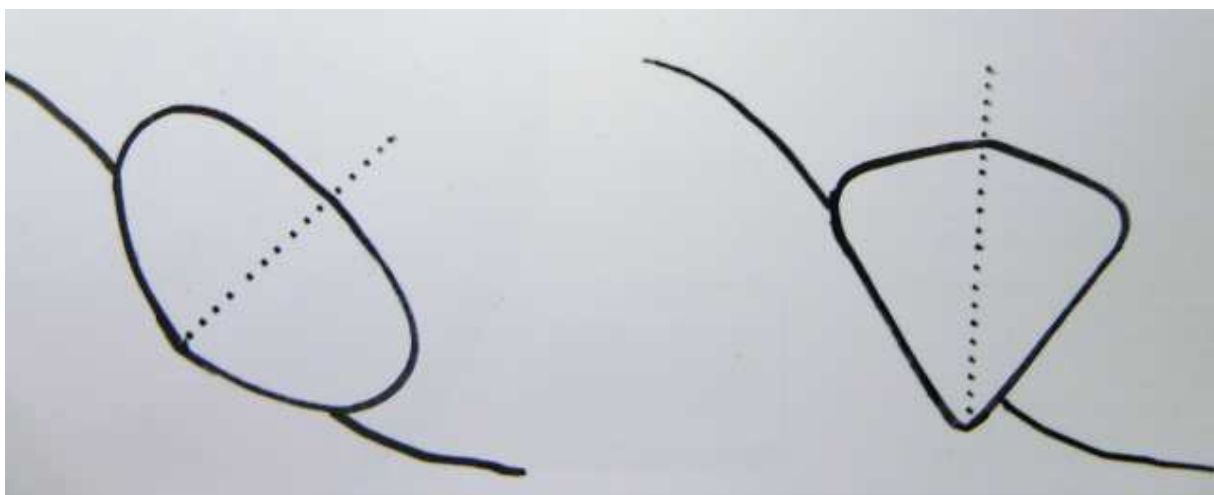
- **Securité** (safety)
- **Live** coastal weather reports / warnings
- **Live** shipping reports / warnings / information
- Direct contact with all stations within receiving range (line of sight)

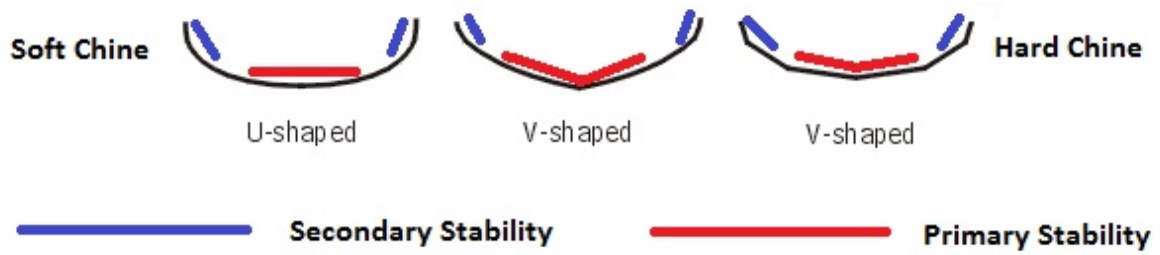
<http://www.rya.org.uk/coursestraining/courses/specialist/Pages/OnlineSRCtaster.aspx>

- VHF (SRC) Good information and “how” to section. The international working language is English

## Choice of kayak

- **Primary stability** refers to how stable a kayak’s hull is whilst stationary in the water. A hull with good primary stability will sit still in the water well, which makes it great for getting in and out easily and for use in calm conditions.
- **Secondary stability** refers to how stable the hull is whilst in motion, allowing for better balance whilst paddling and in choppier conditions.
- **Primary versus secondary stability.** As a general rule kayaks with a good primary stability usually don’t do so well when it comes to secondary stability, likewise the reverse is true a great secondary stability usually results in poor primary stability. A good example to demonstrate would be a long slender sea kayak, whilst stationary it will feel unstable but yet is very stable whilst being paddled and in choppy conditions. On the other hand, a kayak with a wider hull often has a good initial but poor secondary stability.

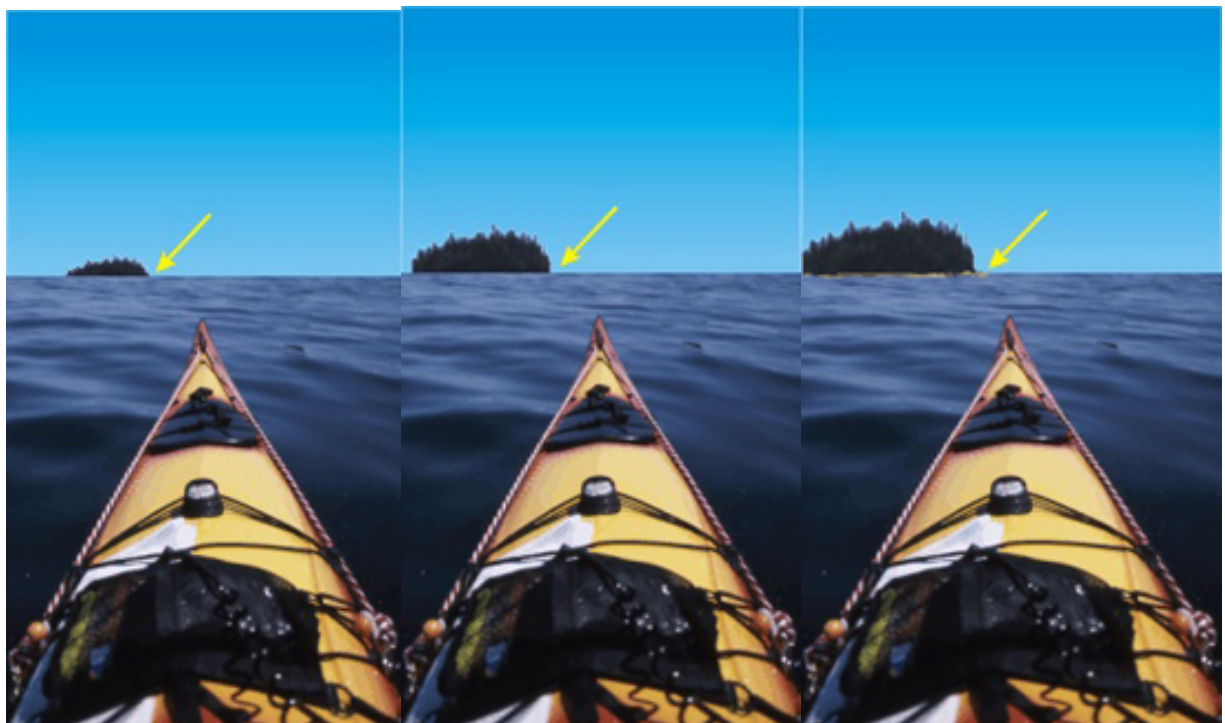




## Estimating distance while paddling



### Curvature of the Earth: Distance



The three pictures above show the position of an island in relation to the

horizon.

In the first picture, the bottom edge of the island is over the horizon.

In the second picture, the island is much closer, but its bottom still has not crossed over into view.

In the third picture, the bottom of the island has finally crossed over so that its sandy shoreline is now just barely visible.

At this point, the kayaker can safely conclude that the island is circa 2.5km away. (I (Mike) paddle/cruise circa 4.5km/per hour fully loaded or an empty boat) What is your cruising speed?

”The *distance from the paddler to the horizon* is equal *height at eye level* .  
to the square root of the *paddler's height at eye level* (circa 0.61m, rounded up)

$$\text{Distance from Paddler to Horizon} = \sqrt{\text{Height at Eye Level}}$$

## Training & technique

- T-rescue.
  - <http://www.youtube.com/watch?v=O-V46rqz6uI>
- Cowboy/scramble/ladder rescue
  - <http://www.youtube.com/watch?v=eCC-oX-OsWg>
- Paddle float rescue
  - <http://www.youtube.com/watch?v=QyoT0ylenvU>
- Heel Hook
  - <http://www.youtube.com/watch?v=j-zpJQeiaNc>
- Re entry role
  - <http://www.youtube.com/watch?v=Emjinqt8Wmw>
- Towing
  - <http://www.youtube.com/watch?v=SP87sKGaMtE>
- Throw tow

- <http://www.youtube.com/watch?v=AABoGuCPMS4>
- Sea kayaking on edge
  - <http://www.youtube.com/watch?v=JjvWhQSmFRI>
- Bow draw/rudder
  - <http://www.youtube.com/watch?v=iGmQjKKuh10>

Navigations länk:

<http://translate.google.se/translate?sl=sv&tl=en&js=n&prev=t&hl=sv&ie=UTF-8&u=http%3A%2F%2Fwww.thomassondesign.com%2Fen%2Fpaddla%2Fnavigation>

meteorologi:

<http://translate.google.se/translate?hl=sv&sl=sv&tl=en&u=http%3A%2F%2Fwww.thomassondesign.com%2Fen%2Fpaddla%2Fmeteorologi>

sailorship:

<http://translate.google.se/translate?hl=sv&sl=sv&tl=en&u=http%3A%2F%2Fwww.thomassondesign.com%2Fen%2Fpaddla%2Fsjomanskap-1>

(Björn Thomassons sidor översatt med google.)

Hypothermia:

[http://www.seagrant.umn.edu/coastal\\_communities/hypothermia](http://www.seagrant.umn.edu/coastal_communities/hypothermia)

Säkerhetsutrustning, teknisk:

<http://www.findmespot.eu/en/index.php>

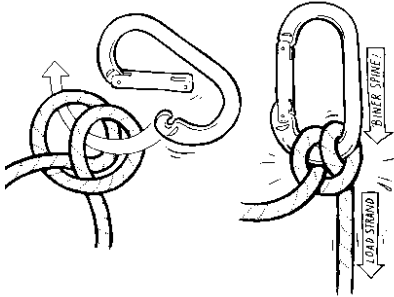
<http://sv.wikipedia.org/wiki/EPIRB>

## Safe internet shopping

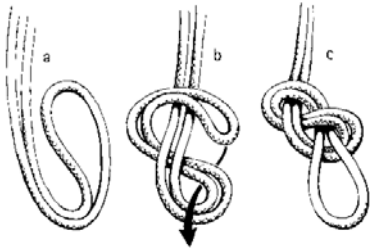
- <http://www.nookie.co.uk/>
- <https://www.chillcheater.com>

# Knots, These are standard water rescue / mountaineering knots

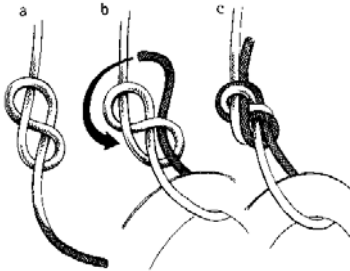
- Clove hitch



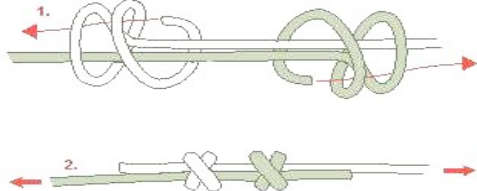
- Figure of eight



- Figure of eight, follow through



- Double fishermans bend



## Never paddle alone!

Many thanks to all owners of pictures, youtube clips and text contributions from the inter-net, if you wish any item removed. Please do not hesitate to contact the home page administrator.



