



Sea Kayak Log Book

This log book belongs to:

Full Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Mobile: _____

Email: _____

Guide to use of the Logbook

This logbook is designed so that you can record evidence of sea kayak expeditions, trips, other experiences and training activities.

There are many reasons why it is a good idea to record your sea kayak journeys in a journal or log book.

1. A properly maintained logbook is an essential requirement for all Coaching and Leadership awards; this logbook fulfils the requirement and the format is easy to follow.
2. Keeping a diary to remind yourself of past events, or to record activities for reference in preparation for more advanced adventure and activities.

To ensure that your entries are correct it is advisable they are written in immediately after the event. You should start now by filling in the Personal Particulars Page.

Short notes have been added under the various headings to give guidance in keeping records.



















SEA KAYAKING SAFETY

The Beaufort Scale - The Sea Kayakers Essential Planning Tool

The most important weather factor that effects a sea kayaker is the wind.

Know how to interpret the weather forecast using the Beaufort Scale.

With this simple chart you will be able to tell whether you are able to manage the forecast weather conditions for the day BEFORE you are out at sea.

BEAUFORT WIND FORCE SCALE: Specifications and equivalent speeds for use at sea				SPECIFICATIONS FOR USE AT SEA			
FORCE	Equivalent miles/hr	Speed knots	Wave Height m ft	Description	Map Symbols	U.S. Advisory Flags	Specifications
0	0-1	0-1	0 0	Calm			Sea like a mirror
1	1-3	1-3	.1 .33	Light Air			Ripples with the appearance of scales are formed, but without foam crests.
2	4-7	4-6	.2 .66	Light Breeze			Small wavelets, still short, but more pronounced. Crests have a glassy appearance and do not break.
3	8-12	7-10	.6 2	Gentle Breeze			Large wavelets. Crests begin to break. Foam of glassy appearance. Perhaps scattered white horses.
4	13-18	11-16	1 3.3	Moderate Breeze			Small waves, becoming larger, fairly frequent white horses.
5	19-24	17-21	2 6.6	Fresh Breeze			Moderate waves, taking a more pronounced long form, many white horses are formed. Chance of some spray.
6	25-31	22-27	3 9.9	Strong Breeze			Large waves begin to form, the white foam crests are more extensive everywhere. Probably some spray.
7	32-38	28-33	4 13	Near Gale			Sea heaps up and white foam from breaking waves begins to be blown in streaks along the direction of the wind
8	39-46	34-40	5.5 18	Gale			Moderately high waves of greater length, edges of crests begin to breakdown spindrift. The foam is blown in well-marked streaks along the direction of the wind.
9	47-54	41-47	7 23	Severe Gale			High waves. Dense streaks of foam along the direction of the wind. Crests of waves begin to topple, tumble and roll over. Spray may affect visibility.
10	55-63	48-55	9 30	Storm			Very high waves with long overhanging crests. The resulting foam, in great patches, is blown in dense white streaks along the direction of the wind. On the whole the surface of the sea takes on a white appearance. The tumbling of the sea becomes heavy and shock-like. Visibility affected.
11	64-72	56-63	11.5 38	Violent Storm			Exceptionally high waves (small and medium-size ships might be for a time lost to view behind the waves). The sea is completely covered with long white patches of foam lying along the direction of the wind. Everywhere the edges of the wave crests are blown into froth. Visibility affected.
12	73-83	64-71	14+ 46+	Hurricane			The air is filled with foam and spray. Sea completely white with driving spray; visibility very seriously affected.

SEA KAYAKING SAFETY

Paddling a sea kayak is easy to learn, perhaps too easy.

A novice can easily paddle (blunder) into many situations a more knowledgeable kayaker would avoid that could require expert paddling skills to survive.

In skilled hands kayaks are extraordinarily seaworthy craft. Sea kayaking has proven to be a safe form of recreation for those who have taken the time to learn the basic skills and understand the potential hazards.

This log book provides information on some skills and equipment necessary for safe paddling plus your personal record of the training, skills and experience you have learned and earned.

Sea kayaking is an activity for a lifetime. It will test you, thrill you, inspire you and entertain you, as long as you remember that your safety is always your first responsibility - the sea is an unforgiving mistress! Never take her for granted or you may pay the ultimate price!

Safety in a sea kayak is all about planning and preparation.

BE PREPARED

- You must have skills, knowledge and equipment adequate for whatever conditions you might encounter.
- You need a clear understanding of the potential hazards and you must stay alert for them.
- You must practice in advance with safety equipment and rescues.
- You should be able to swim and know when not to swim.
- If capsized on a windy day you must never lose a firm grip on your kayak and paddle. Losing them is easy as your kayak can blow away faster than you can swim.
- You should have a plan of action worked out in advance for any emergency including capsize and separation from your kayak or separation from your group.
- You should be wary of goals which may be clouding your judgment. Getting to work on time is not worth the risk to life.
- You should get a comfortable life jacket and wear it whenever you paddle.

SEA KAYAKING SAFETY

PADDLING IN GROUPS

The paddling ability and judgment of the group members is more important than group size.

While many consider three kayakers to be the absolute minimum for anything beyond an easy shore paddle, there is not necessarily safety in numbers. For example, an expert is probably safer alone than with two or three novices involving him or her in their troubles.

With each additional member the chance of trouble due to one of the group having difficulties increases.

Ultimately YOU are responsible for your own safety so don't blindly follow another paddler's lead.

When you are no longer dependent on others you will be welcomed in a group as an asset rather than seen as a liability.

Please don't consider this as permission to paddle alone. Paddling alone is far more dangerous than paddling with a partner.

Three is safer yet providing more options with which to meet an

emergency. With four paddlers one could stay with a disabled paddler (on shore) and two could go for help. Even though the group was forced to split up each member still has a partner.

So this log book is designed to help you plan a sea kayak trip, then reflect on how the trip went. If you are being instructed or lead by another kayaker, he / she can also add comments to help you learn - because sea kayaking is all about learning every time you paddle.

IMPROVE YOUR SKILLS

Those who come to sea kayaking by way of river kayaking have an advantage in that whitewater conditions have forced them to develop several reflexive paddle braces. As a result they are not dependent on the inherent stability of the kayak to keep them upright. The high and low brace are two of the most important physical skills in sea kayaking. Work on your bracing strokes and you may never have to resort to an Eskimo roll.

However, we recommend you learn to Eskimo roll your kayak. This skill is potentially the most valuable a sea kayaker has.

SEA KAYAKING SAFETY

BE AWARE OF THE HAZARDS

Sea kayak safety is all about judgement. Knowing where and when NOT to be there!

There are some GOLDEN RULES never to be forgotten.

1. Always have safety equipment with you & use it. A buoyancy vest only works if you are wearing it!!
2. Know your weather. Wind is one of the sea kayakers most dangerous adversaries, it can increase in velocity quickly and make control of a kayak and paddle difficult if not impossible. Making headway into very strong winds is a struggle. It is possible you could be blown offshore or blown onshore into dangerous regions, such as big surf or a rocky coast.
3. Understand seamanship. Avoid surf and know about tides and currents. The size of surf is difficult to judge from seaward, but you should be able to differentiate the less violent spilling surf from

the abrupt dumping surf more likely to damage you or your kayak. A dumping surf on a steep beach can be extremely violent.

Tidal currents can take you quickly in a direction you do not wish to go or can be too hard to paddle against to get to where you need to be. Tides happen twice EVERY DAY, so there is no excuse for getting caught by a tide. You just have to understand them and add them to your planning list.

4. Watch out for other water craft. In Hong Kong waters there are many ships travelling from different directions at different speeds. They probably won't be looking out for small kayaks in the middle of a shipping channel - and you won't show up on their radar either! It is your responsibility to stay away from any other vessel on the water. No exceptions!
5. By using this log book you will be reminded of the important things to take into account when planning a safe sea kayak trip.

At the back of this log book is a few more reminders for your safety.

Start Date: _____ End Date: _____ Number of paddlers: _____

Planned Journey Details:

Journey #: _____

Launch Place: _____ Time: _____

End Place: _____ Time: _____

Resting Place (if any): _____ Time: _____

Estimated Distance _____ kms Estimated Time: _____ (hrs)

Notes: _____

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Forecast Weather Conditions:

AM: Wind Direction: _____ Wind Speed: _____
PM: Wind Direction: _____ Wind Speed: _____ (tick if same as AM)

Temp: Max: _____ Min: _____ Visibility: _____ (m)

Cloud/Sun Conditions: _____ Notes: _____

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Forecast Sea Conditions:

Swell Height(m) / Direction _____ / _____ Sea Height(m): _____

Tide Times: High: _____ Low: _____ | High: _____ Low: _____

Tide Heights: High: _____ Low: _____ | High: _____ Low: _____

Notes: _____

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Start Date: _____ End Date: _____ Number of paddlers: _____

Journey Details (Actual):

Journey #: _____

Launch Place: _____ Time: _____

End Place: _____ Time: _____

Trip Leader / Instructor (if applicable) _____

Kayak used: _____ (design) Distance Travelled: _____

Description of route: _____

Conditions: _____

Role during the paddle: _____

Learning outcomes: What went well, what didn't go to plan, what you would do differently: _____

Trip Leader / Instructor - comments (if applicable): _____

Signed and dated (Trip Leader): _____

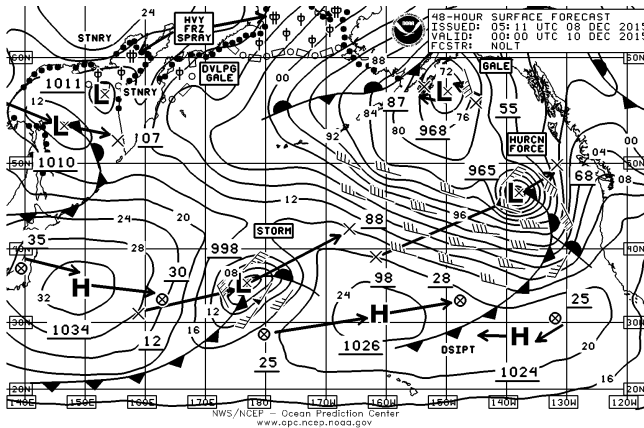
SEA KAYAKING SAFETY

KNOW YOUR WEATHER

The biggest issue for a sea kayaker is an abrupt or unexpected change in the weather that can dramatically change the character of the sea on which you are paddling.

The funny thing is, weather doesn't change dramatically without warning, i99.9% of the time. It is very predictable - if you know the basics and how to read the signs.

So, to be a safe sea kayaker, you have to know the weather and how it works.



Know how to read weather maps.

Will you need sun protection or to add extra layers to keep you warm or even keep you dry? What is the chance of a thunderstorm and does it pose any threat to a sea kayaker?

	Symbol		Symbol
Clear sky	○	5/8 covered	☉
covered 1/8 or less, but not zero	◐	6/8 covered	☪
2/8 covered	◑	7/8 covered	☫
3/8 covered	◒	sky completely covered	●
4/8 covered	◓	sky obscured, e.g. by fog	⊗

	Symbol		Symbol
Rain	●	Fog	≡
Drizzle	◐	Thunderstorm	⚡
Shower	▽	Hail	▲
Snow	✱		

combinations of these can be made, e.g. ◐●rain shower, ▽✱snow shower

THROW IT AWAY?

**THERE'S NO
"AWAY"**

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