



Issue 10. Perth April/May 1998.

**We're one !!!** April 1st was SKWA's 1st anniversary, and at the recent club meeting all agreed the club is in good shape and we have still lots of ideas for improvement and fun times.

The Sunday club paddles have been very popular with members and well attended. 13 around Garden Is and 18 out to Carnac Is lately. Most of our members have picked up good sea experience over the last year and are getting more adventurous. The number who have now done the Rottne Crossing is growing.

**Membership** is now 45 with a few yet to pay!!

**Changed Address or Phone No lately?** Let us know so we keep our records up to date!

**Sponsorship!!!** Thanks to Steve Allen, our newest, youngest and one of our fittest members and to Midland Toyota for the donation of a six stack kayak rack to fit a 6 X 4 trailer. Thanks!!!

**SKWA Inc. m'ship fees** for next year due by 1/7/98. SKWA fee \$30 plus \$45 for ACAWA.

**Special Event.** A sub committee of Les, Steve, Fran and Hal. has been formed to organise a special event / demonstration Sea Kayak Race / Paddle from Cottesloe to Hillarys Boat Harbour. Last week in March 1999 is the proposed date.

**Safety Equipment.** Please ensure that you have the correct gear! No gear, no start!!

**Deep Water Rescues.** On the recent Garden Is trip I had to do a deep water rescue in moderate seas. The person being rescued used the method taught by the BCE which is an easy way to get back into the boat and is suitable for slight to moderate seas, rivers and estuaries. But because this method requires the person being rescued to

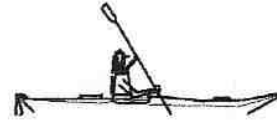
get between the boats I would not recommend it in rough seas. The problem is waves can push boats with a great deal of force especially if fully loaded and weighing around 100kg and would have no trouble breaking bones if you put them between the boats. For this reason I recommend



SKWA teach a method of entry that can be used in rough seas for all rescues. That way we get practice in easy conditions, then when we have to rescue in rough conditions everybody knows exactly what to do.

The method I recommend is a standard "T" rescue to empty the boat of water then raft up front to front. The swimmer moves to the out side of his boat and climbs onto the back of his boat facing backwards with one leg in the cockpit and the other straight down in the water. This is a very stable, safe position to wait for a lull. With one hand on the rescuers boat and lifting the other leg into the boat, screw into the sitting position. With practise this can be done very quickly as in rough conditions you don't have time to mess around before the waves start knocking you around again. Ideally a third person clips his tow rope onto the rescuers boat and keeps it facing the waves and off reefs while the rescue is carried out. This also lets all three paddlers see what waves are coming.

This is merely my suggestion for discussion, but because rescues in rough seas are so much



harder than moderate seas and as the club grows more people will do rough weather paddles, I feel it would be a good policy to adopt.

This journal is a good forum for putting ideas forward as everybody can discuss them, then put their views to the committee for them to make some decisions or recommendations. *What do you think?*

**Garden Island Epic** Sun 22 March by Les Allen. The around Garden Island trip started well. Thirteen boats lined up on the beach with a light rain falling and two marine and harbours inspectors checking us out. (Actually they weren't that bad, it was really just a PR exercise for the introduction of EPIRB regulations. They did suggest we use the Sea Rescue clubs to log our trips which is not such a bad idea) Due to our discussions with the establishment we started our paddle at 8.30 and headed for the south western end of the island. As we left the protected waters we faced a 1.5 to 2m swell with a small southerly wind wave to help us along. The waves were not too steep which made for paddling conditions that were safe but challenging for paddlers not used to rough water. By giving the reef a wide berth we had plenty of time to rescue anybody who went swimming. We just started heading North when Mike must have seen a cray because one minute he was paddling next minute he was duck diving in the water. (He reckons he fell out !!) The rescue was easy as he knew exactly what to do. (In fact his actions were perfect. He stayed next to the boat called out and extended his hand to be seen) The rescue in fact prompted conversation on how we should do rescues. (The subject of my other article) The wind picked up to about a 12 to 15 kn south wester as we headed down the north side of the island.

Peter must have got a bit hot because he decided to have a little swim as well. Sufficiently cooled off and back in his kayak we continued on at around 5km per hr to the northern point of the island where we stopped for an early lunch. Gear was the main topic of conversation as we had a couple of demo cags to try. (Well one demo; I hogged the breathable one and its not going back. A sneaky way of selling gear, Kevin)

The trip back was into a 10 to 15kn wind and unfortunately turned into a real slog for some people. One of the good things about this paddle is it is safe to test yourself as if you can't make it you can short cut to Kwinana or Rockingham. The only problem was Mike had to catch a plane at 5.00pm and we did not get back to shore till 3.00. We grouped up at the causeway before heading back to the shore and of course the stronger paddlers (except John Satherly...on ya John) bolted for the shore leaving the others to fend for themselves. This resulted in some very tired paddlers towing some even more tired paddlers. (Could be a lesson to be learned) Afterwards I slapped my wrist for not thinking of the others. (I only slapped myself lightly though, just in case I enjoyed it). The trip was an excellent turnout with some new paddlers getting experience in rougher water, some paddlers testing their endurance and a variety of conditions to add to the fun.

**Winter's just around the corner.** By Les Allen  
With the change in the season just around the corner its probably a good time to start looking at winter gear. We are very fortunate in WA because our water temperature in winter is still quite mild compared to other parts of the world. This means we can paddle without the need for a lot of specialised gear. Two things I would keep in mind are a good cag and some thought



to limiting hypothermia whilst in the water.

One suggestion is to take a survival bag with you. A cheap survival bag is a 200lt bin liner. The aim is to reduce the amount of water that passes your body and convects heat away. By climbing into a bag you trap a layer of water around your body, increasing your survival time in the water. But like all survival gear it must be on your body when you get into a survival situation not in your boat or on the back seat of the car. Incorporating some survival equipment into or on your PFD and then wearing your PFD is one way of ensuring you maximise your survival time.

The other problem we face and probably the most serious is wind chill. Wind chill can seriously affect your body temperature even on mild days when you are wet and stationary with the possibility of disastrous results. 30 kph or 16 kn wind can effectively reduce the temperature 11 degrees Celsius making paddling in 15 degrees the equivalent of paddling in 4 degrees. The best defence from wind chill is a good cag.

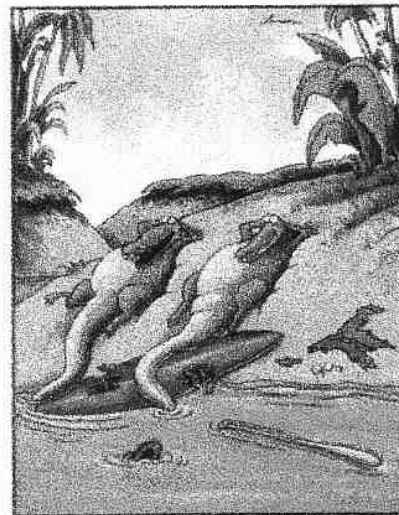
Davenwood have got samples of two new cags made by Palm Equipment and gave them to me to try in the water. One is a light weight design made with new breathable material called Tactel Meryl Trilobal, a light weight textured rip stop nylon fabric and the other a heavier non breathing medium weight nylon covered with a flexible polyurethane coating. Both have neoprene collars with a gussets in the front that allows ventilation and appear to be well made with a good cut that allows plenty of movement. Both have elastic waist bands that fit me snugly. The heavier model has neoprene cuffs with the light weight model having elastic cuffs. I now a lot of people use nylon spray jackets in winter

but unlike a purpose built cag they don't have a neck seal, which lets a lot of water in when you are in the water and also in very wet conditions.

As well, most jackets are not cut to allow the movement needed for paddling.

Both these cags are well suited to WA's mild conditions but don't forget that Palm make around 20 different cags and with air bags can be available quickly and cheaply. My advice is to look at the catalogues and buy what is designed for the conditions you are paddling in even if it is not on the shelf. But don't forget that by using our local WA companies you have the support and back up for warranty or other problems as well as ensuring we have the support needed for all paddling disciplines.

Also with paddling we must remember this type of equipment can mean the difference between survival or not in a worst case scenario.



"That was incredible. No fur, claws, hooves, antlers, or rosin' - just soft and pluk."

# Sea Kayak WA Inc. Calendar - April / May 1998

Date	Sea Kayak Activity	km	Safety Equipment	Start Time	Contact
Sun 19/4	Nth wall Hillarys-Little Is. surfing.	8	PFD Flares Bailer Radio Food Water Warm clothes	8 am	Neville H.
Wed 22/4	Marine radio demo. Whitford's SRC.			7 pm	John S.
Sun 26/4	Fremantle bathers beach - Mewstone Rock, Carnac Is, Freo.	18	PFD Flares Bailer Radio Food Water Warm clothes	8 am	
Sun 3/5	Penguin Is south via rocky islands.	15	PFD Bailer Bailer Radio Food Water Warm clothes	8 am	
Sun 10/5	Garden Is circumnavigation. Average speed 5km	26	PFD Flares Bailer Radio Food Water Warm clothes	8 am	
Sun 17/5	Ocean Reef -Burns Rocks	8	PFD Food Water Warm clothes	8 am	
Sun 24/5	Fremantle bathers beach -Woodman Pt	10	PFD Bailer Water Warm clothes	8 am	
Sun 31/5	MAAC - Little Is. surfing	10	PFD Flares Bailer etc	8 am	

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