



From The President

Apart from me not being at the paddles everything seems to be going well. (Sorry, moving house, going on trips and family commitments) There is a lot happening at the meetings with very good attendance's and I thank those people for putting in the time. We were going to have every second Tuesday as the meeting date but for the first one I couldn't read a calendar and this one falls in the Rotto week so we have decided to put it back to the third Tuesday in February. Maybe March we will get it right. In this issue you will see the draft copy of our training levels and sea gradings for your comment. This is an issue that will affect all members and I would like you to come along to the next meeting and have your say as this is when it will be sorted out. Its probably timely considering the number of water related tragedies so far this summer. As this is the first edition in 99 I would like to take this opportunity to wish all members a happy and safe 1999.

The Albany Region

We have just completed a trip to the Albany region meeting the locals and paddling some of the coast line. The area is a sea kayaking Mecca with a large variety of paddling from rough cliffs to quiet bays, harbours and rivers.

The local people are very friendly and hospitable but do need some assistance to improve their sea kayaking skills. I suggested to the club members that the sea kayakers in their club could affiliate with us, not financially, but by adopting the same gradings and standards we do so there is a continuity in sea paddling along the coast. The people I spoke to seemed to like the idea and I will bring it up at the next meeting.

We were so impressed with the area for paddling that I will be returning for the Easter break and would like to make it a club paddle. (I will bring it up at the next meeting). If we go as a club there is no shortage of both adventure and leisure paddles to do. The locals are supporting a harbour swim, on one day, so there will be a lot of socializing to be done.

The area has lots of tourist attractions if the weather is too bad or for a change we could go tourist.

The trip we did was from the whaling station to Peaceful Bay. Apart from the first day we had windy conditions for the rest of the trip. Also on the first day Tel got sick and did not enjoy the last 4 hrs of the day. Unfortunately he had to pull

out of the trip but as he had his family down it was not a bad week after he picked up. The cliffs along the coast line are quite impressive and the deep water different to paddle than our local sheltered waters.

After the headlands and cliffs we passed beautiful bays with beaches, rocks and some very sheltered bomb proof landings.

Every camp site was very impressive with white sandy beaches sheltered spots for tents and even fresh water running down to the beach.

The weather at night was cool for sleeping and we did get some drizzle and rain during the night and day. A great trip and thoroughly recommended. Some caution is required in these waters though L. Allen

Surfing Moon Beams

The Thursday night paddle turned out to be one of those perfect paddles. Five of us met at 7.00 pm at Shoalwater with a south westerly blowing at 18 to 20 knots as we headed out past Penquin Island into the setting sun. The wind produced lovely 1.2 to 1.8 mt waves that were perfect to surf and play with.

As we passed the Islands we witnessed a perfect moon rise and as we neared Point Peron the moon laid down one of those liquid silver moon beams. It was very difficult to see where the channel through the reef was but it didn't matter too much as there was a very high tide and enough water over the reef to surf across. For safety sake we set off one at a time with John in the lead then Neville, Kester and Steve with me in the rear.

I let Steve have 20mt head start and started paddling in at 8 to 9 km per hour and just to the right of where Steve disap-

peared. As I approached the reef I could see paddle flashes from Neville and John on the other side of the reef when I was picked up by a really big wave. It was magic because I was paddling straight down the middle of the moon beam surfing a steepening wave. The spray of the bow was silver in the moonlight as I flashed over the reef. It was a real hoot one moment I was at the back the next I was with John and Neville waiting for Kester and Steve.

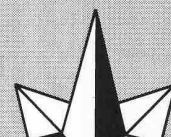
As the moon rose bathed the island in lovely soft light and as we glided in and out of the bays the islands looked totally different than they do in the daylight. To make it even better the wind dropped to about 5 knots making it a perfect balmy night.

Top that off with a cold beer and some of Frans excellent cooking and you could not get a better night.

The rumour that I told Neville he looked beautiful was taken out of

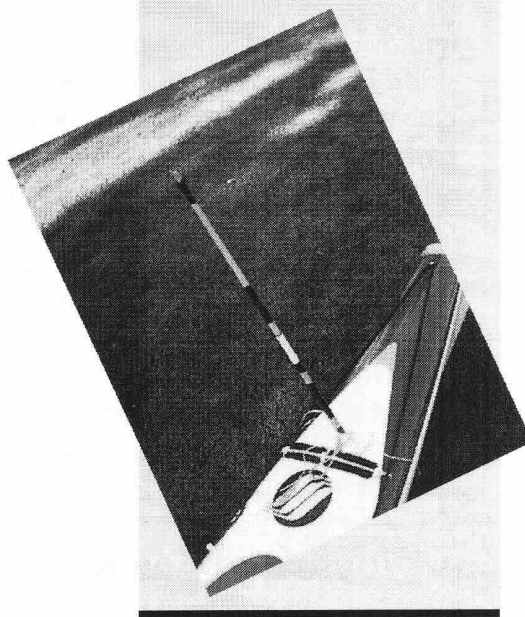
context. We were in a bay when he paddled across the moon beam and I said it was the first time in his life he looked beautiful as you could only see his silhouette. Im sure I will live to regret the comment.

L Allen



Bright Idea

If you are going night paddling you need a good light. I made an ideal light for the back of my kayak that can be seen all round and does not reduce your night vision. I used a piece of fishing rod and glasses a 12 volt globe into the top so it is water proof. The cable runs down the centre of the rod and comes out the bottom where I fibreglassed a base. The base ties to the deck lines and the cable plugs into my pump battery. This gives me 15 hrs of light should I need it. The light is very visible at night from all angles and can handle surf. If you don't have a pump battery it is not difficult to make a water proof battery pack. L



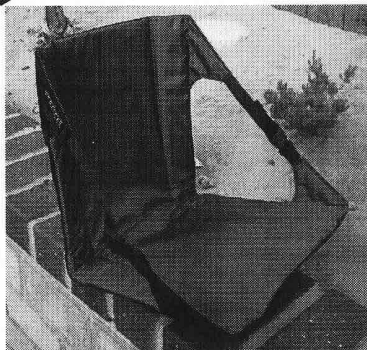
Verticle Chair for Horizontal Surface

The manu-

Cumulative Strain

One of the things we need to consider when doing trips is cumulative strain. This means if you are doing a series of movements over a long period of time the body is taking strain. When you finish that activity if you do another activity that would normally be in your capability but uses similar muscles it may result in an injury because of cumulative strain. If you go on a trip and have been paddling hard for two days just lifting your boat could cause an injury.

One way to help that is to take some comforts that will help you reduce this cumulative strain. The vertical chair is one of those comforts as it supports the lower back which is an area that needs support after a long days paddle. It folds up small enough to fit into a standard 8in hatch and is adjustable to suite several sitting positions.



facturer assures me that the new models will last for a very long time as they have fixed the week spots found in the original designs. If anyone wants to try one they can have a test sit in mine. They are also good at insulating you from cold wet sand in winter. L Allen

Editorial comment

Every member is entitled to put in your comments, thoughts, articles or any thing you want. Its your news letter so have your say and be famouse for a while !

On the Move

The Canoe Shop is on the move to new premises. See the ad for details.

Rotto Week

The Rotto week is almost on us and we need some details of who is doing what. The costs are \$10 per night for floor and \$15 for a bed. As we have 8 beds available it will be first in first served. If you are not keen on paddling over it only cost \$10 on the ferry for your boat. If you want to bring family or friends they become your responsibility and you will need to inform Neville of who they are. Please support it

From the Fishing Group

We have had two fishing trips since starting of this group, the first was squid fishing in Cockburn Sound from Woodmans Point. It was a great day, Eric and myself decided that because of the strong easterly, the site of our governments grand plan for a new harbour would be the best spot. This proved to be a magic spot and after drifting around for a while we found a quiet place and stopped for morning tea with discussions about how lucky we are to have a government that can manage tax payers funds so that they can raise the necessary two hundred million to destroy this idyllic spot. By the way the squid tasted great on the B.B.Q..



The second trip was on Thursday evening from North Fremantle which turned into an unsuccessful search and rescue mission for my line and lure. With a strong sea breeze blowing once away from the shelter of the moles, Ian and I decided to leave Eric towing the lure between the three of us and paddle out into the weather for about 20 mins, flowed by a 5 min ride back to the beach. No fish, great sunset and great time.

The main aim of the fishing group is to have fun and take home a meal for the family. **Very relaxing and very peaceful** J Satherly

Important Notice

The following 5 pages contain the draft copies of skill levels, sea gradings and the welcoming letter to all new members. This will effect all members and will be discussed and voted on at the next meeting. The draft is the combined effort of several members with the aim of informing all existing as well as new members of what skills we consider necessary for the different sea conditions. Even though we consider each person to be the captain of their own boat the club has a duty of care to inform and to protect members safety whilst sea kayaking. This will become the basis of our training for the future. If there is ever an accident or incident that is investigated it is vital that we have this information documented and endeavor to stay within its guide lines. Like all aspects of the club it can be modified in time, but we do need a starting point now. L

Club Paddle Philosophy

1. Club paddles will be at the level of the least skilled person in the group.
2. All safety gear required by law will be carried at all club paddles.
3. P.F.D.'s will be worn at all times on club paddles.
4. Groups will stay together for the duration of the paddle unless pre-arranged and the safety of all the paddlers is not compromised.
5. All available assistance will be offered to any paddler in distress.
6. Only sea worthy kayaks can be taken on club paddles.

Draft

Sea Kayak WA - *Basic paddling skills* - Required for grade 1 seas

Swim	50 mt in kayaking gear.
Capsize drill	Confident in calm conditions
Forward stroke	Able to paddle straight
Forward sweep	Able to turn a kayak in calm conditions
Low brace	To have a basic understanding of the stroke
Emergency stop	To stop the kayak in calm conditions
Rafting up	To be able to raft up in calm conditions
Deep water rescue	To be able to get back in the kayak using club technique in calm conditions
Important Notes	Paddlers with basic skills are only to paddle in calm conditions with an experienced sea kayaker who is aware of your skill level. <i>Further skills are needed to paddle safely.</i> These are the minimum skills required to paddle with the club.

Sea Kayak WA - *Elementary Sea Skills* - Required for grade 2 seas

Swim	50mt in choppy seas in your kayaking gear.
Capsize drill	Confident in surf
Forward stroke	Correct technique in choppy seas
Forward sweep	Able to turn a kayak in light winds
Low brace	Brace up from off balance position
Emergency stop	Correct technique
Rafting up	Able to raft up and hold in choppy seas
Deep water rescue	Confident with both rolls in choppy seas
Reverse sweep	Correct technique in choppy seas
Reverse stroke	Correct technique in choppy seas
Forward paddling	Efficient style for long paddles. Confident in choppy seas.
Reverse paddling	Efficient style. Confident in choppy seas.
High brace	Good understanding of technique
Surfing	Able to surf 1.5mt wave and land through 1mt beach break
Self rescue	Confident with at least one method of self rescue
Weather	Able to read and understand a weather map and identify the cloud formations of typical weather patterns
Navigation	Know basic compass navigation, can read a chart correctly and good understanding of tides and currents
First aid	Good knowledge of first aid especially CPR, hyperthermia and dislocations.
Small boat regulations	A working knowledge of the small boating regulations.
Important Notes	Paddlers with these skills should still paddle with experienced sea kayakers. Beware changing weather conditions. These skills will not guarantee survival. This is the minimum level required for adventure paddles.

Draft

Sea Kayak WA - *Capable Sea Skills* - Required for grade 3 seas

Swim	50mt in rough seas in your kayaking gear
Capsize drill	Confident in surf
Forward stroke	Correct technique in choppy seas to 2mt
Forward sweep	Able to turn a kayak in strong winds while leaning the kayak
Low brace	Brace up from off balance position
Emergency stop	Correct technique in rough conditions
Rafting up	Able to raft up correctly and hold in rough seas
Deep water rescue	Confident with both rolls in rough seas
Reverse sweep	Correct technique in rough seas
Reverse stroke	Correct technique in rough seas
Forward paddling	Efficient style for long paddles. Confident in rough seas and the "soup" of 1.5mt beach break.
Reverse paddling	Efficient style. Confident in rough seas and the "soup" of 1.5mt beach break.
High brace	Good technique able to brace from level with the water
Surfing	Able to surf 2mt wave, and land through 1.5 mt break
Rolling	Confident both sides in rough conditions.
Launching	Able to launch from a beach into 1.5mt surf.
Self rescue	Confident with 3 different methods of self rescue in rough conditions
Weather	Able to read and understand a weather map and identify the cloud formations of typical weather patterns
Navigation	Know compass navigation, set and drift, can read a chart correctly and good understanding of tides and currents
First aid	Good knowledge of first aid especially CPR, hyperthermia and dislocations.
Small boat regulations	A working knowledge of the small boating regulations.

Important Notes

Beware changing weather conditions. These skills will not guarantee survival. These are the skills all adventure paddlers should aspire to. **Seas above grade 3 should only be paddled by very experienced paddlers.**

Draft

Sea Kayak WA - Sea gradings and descriptions

Sea Grade	Grade 1: Not Difficult	Grade 2: Moderate Difficulty	Grade 3: Difficult	Grade 4: Very Difficult	Grade 5: Extremely Difficult	Grade 6: Limit Of Possibility
Waters	Small, glassy or smooth waves, 0-30cm and or a very low swell, 0-30cm	Moderate waves 30-100cm, some breaking crests and or low swell 30-100cm. Can be larger waves in open water.	Large waves, 1-2mt many white horses some spray and or moderate swell 1-2mt.	Dangerous high seas 2-3mt, blown foam and spindrift and or strong swell 2-3mt.	Very dangerous. Very high hazardous seas 3-5mt, crests topple, much foam and spindrift and or very high swell 3-5mt	Extremely dangerous. Huge extremely precarious seas 5+mt waves with dense foam and spindrift. Visibility seriously affected and 5+mt swell
Winds	Light Airs or breeze 0 -6kn, 1 -11km	Gentle to moderate breeze 7-16kn, 12-18km.	Fresh to strong breeze 17-27kn, 29- 49km.	Very strong breeze to gale 28-40kn, 50 -74km.	Strong gale to storm 41-55kn, 75 -103km.	Violent storm to cyclone. 56-70kn, 104 -130km.
Conditions	Calm smooth and relaxed. Extremely good sight of other paddlers. Access almost unlimited.	Brisk sloppy and wet. Wind affects the boat. Good sight of other paddlers.	Heavy strong choppy waves blown spray. Moderate sight of other paddlers.	Very heavy powerful high waves. Uncomfortable paddling. Wind sometimes knocks down paddler. Poor sight of other paddlers.	Extremely hazardous and heavy, very powerful and high waves. Wind often knocks down paddler: full high waves. Winds constantly knocks down paddler. Extremely hazardous, survival not expected. Visibility near impossible.	Most extreme. Confused dangerous conditions extremely powerful high waves. Winds constantly knocks down paddler. Extremely hazardous, survival not expected. Visibility near impossible.
Skills	Basic paddling skills. No specific sea skills or experience required.	Elementary sea skills, good steering and support strokes. Awareness of rescue techniques to assist. Ability to roll may be useful.	Capable sea skills for confident control. Capable rescue skills. Ability to roll sometimes precise control. Advanced rescue skills needed. Ability to roll required.	Accomplished sea skills and experience for definite and precise control. Advanced rescue skills needed. Ability to roll is essential.	Extremely experienced and accomplished sea skills for extremely accurate control. Very advanced rescue skills needed.	Exceptionally experienced. All expert skills to survive.
Dangers	Very Low. Rescues easy. Beware, conditions can change quickly.	Low. Sloppy conditions. Rescues fairly easy. Beware, conditions can change quickly.	Moderate. Rescues difficult. Self rescue ability strongly indicated. Beware, conditions can change quickly.	High. Rescue very difficult. Self rescue ability is required. Beware, conditions can change quickly.	Very high. Rescues extremely difficult. Self rescue ability is essential. Beware, conditions can change quickly.	Extreme. Death expected. All rescue skills essential. Beware, conditions can change quickly.
Notes and scaling factors	You are the captain of your boat and must take full responsibility for your safety. These grades are a guide only. Water temperature <10c, air temp >35c or very remote trip add one grade. Water depth will greatly vary waves - beware. Sea descriptions and wave heights are for coastal areas, double for open sea deep water.					

Draft

New Member

Welcome to Sea Kayak WA. The club aims to introduce sea kayakers to like minded people who enjoy sea kayaking and to promote safe sea kayaking in WA. To achieve this we have two types of paddles, leisure paddles and adventure paddles. Leisure paddles are as the name suggests more leisurely trips and the adventure paddles more demanding so they require a higher skill level. The details are in the WA Sea Kayaker calender that you receive on a two monthly basis. We also have fishing and will introduce racing in the future. Club members also do a variety of trips and as you meet people will have the opportunity of going on trips that interest you.

The club promotes safe kayaking but it must be made clear that **as captain of your own boat you must take full responsibility for your own safety.** We have enclosed a sea grading to use as a guide and a list of skills needed to paddle with the club and recommended for each sea grading. We require you to grade yourself in this area as safety is ultimately your responsibility. If you don't have the skills for the conditions the club reserves the right to refuse your inclusion in the club paddle. Skills are only part of safe paddling as experience and confidence are also major factors. If you are a new paddler and don't have the minimum skills to paddle please call myself Les Allen on 0418245634 or Eric Pyatt on 93392952 and we will arrange to have those skills taught to you. If you are an experienced kayaker we will encourage you to improve your skills, experience and confidence in the company of other experienced paddlers and also to share your knowledge with paddlers who may not have your skill level. This way all paddlers have the opportunity to grow and we foster a safe, enjoyable paddling environment.

The club has monthly meetings at the Swan Hotel just north of the old traffic bridge in Fremantle at 7.30 pm and the meetings are an ideal place to meet members and discuss ideas (we try not to make the meeting too formal) and have a social evening. At most meetings will look at discussing some aspect of kayaking from navigation to dry bags from an education point of view.

Than you for joining the club and we wish you good paddling in the future.

Les Allen
President

WA Sea Explorer

Calender - Febuary to March

Date		Description	km	Requirements	Time	Contact
6/2/99	A L	Rotto week Dawn paddle to Rotto leave at Cottesloe opp Beach Rd	20 km	All open water safety gear required by law	6.00am	Eric Pyatt 93392952
13/2/99	A L	Rotto week Dawn paddle to Rotto leave at Cottesloe opp Beach Rd	20 km	All open water safety gear required by law	6.00am	Steven Allen 93544203
16/2/99		Meeting at Swan Hotel 201 Queen Victoria St North Fremantle				
21/2/99	A	Point Peron Boat ramp to back of Garden Island and return.	30 km	Open to all adventurer paddlers bring food and water	8.00am	Steven Allen 93544203
	L	Point Peron Boat ramp to back of Garden Island and return.	15 km	PFD 1, water, safety gear, food etc	8.00am	Eric Pyatt 93392952
	F	Point Peon Boat ramp to back of Garden Island and return	10 km	As above, incl fishing gear.	8.00 am	John Satherley
25/2/99	F	Pinaroo Point. Fish Whitfords Rock.	5 km	Trawling for tailor // Pike	5.30 pm	John 95287225
28/2/99	A L	Joint paddle Woodman Point base of old breakwater to Carnak and return	16	All safety gear	8.00 am	Eric Pyatt 93392952
7/3/99	A	Mindarie Marina Rosslare Prom to Alkimos and return	20 km	All safety gear will include surfing	8.00am	Steven Allen 93544203
	L	Mindarie Marina Rosslare Prom to Alkimos and return	14 km	All safety gear Morning tee	8.00am	Eric 93392952
9/3/99		Meeting at Swan Hotel 201 Queen Victoria St North Fremantle				
13/3/99	F	Meet penguin Is Cafe.. Fish Third rock from the sun..	10km	Safety. Fishing gear/ Garfish/Skippy/Pike	7.30 pm	John Satherley
14/3/99	A	Point Peron Boat ramp to Bathers Beach surfing the brease.	30 km	Contact Steve for kayak return transport	2.00 pm	Steven Allen 93544203

	L	Woodman Point base of breakwater to Garden Island (Herring Bay) and back	18km	All safety gear	8.00 am	Eric 93392952
21/3/99	A	Hillarys to Scarborough and return	30km	All safety gear plus helmet	8.00	Steven Allen 93544203
	L	Shoalwater Bay circumnavigation meet at cafe car park	10 km	All safety gear	8.00	Eric 93392952
28/3/99	A	Joint paddle Scarborough Beach south of surf club to Swanborne and return	10 km	All safety gear plus helmet	8.00am	Eric 93392952
	L					

Note Adventure Paddles are at 6km per hour average speed. Minimum skill level and ability to paddle at least 20 km non stop are required for all adventure paddles.
 Leisure Paddles are at 4km per hour average speed, with rest every 1..5 hrs or less where practice. Coaching in basic skills offered at every opportunity.
 Private coaching of any skills can be organised for any member.

Journal of Sea Kayak WA Inc PO Box 230 North Beach 6902 Phone Pres Les Allen 93994388 Sec Neville Holden 94484196



Sail mounts for
 Cappella Sea
 Kayaks will be
 available soon.

Come and see our
 range of Sea
 Kayaking boats and
 gear !

Tel: 9378 2747

144 Railway Parade, Bassendean, WA, 6054
 email: davenwood@hotlinks.net.au