

Surfs up digs.....

Oh dear !!!!!

Steven Allen surfing at Scarbrough

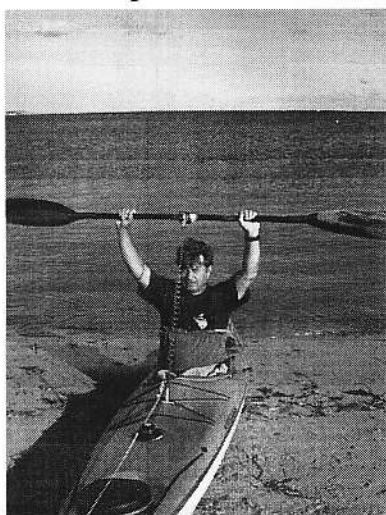


# Standard Signals For SEA KAYAK WA

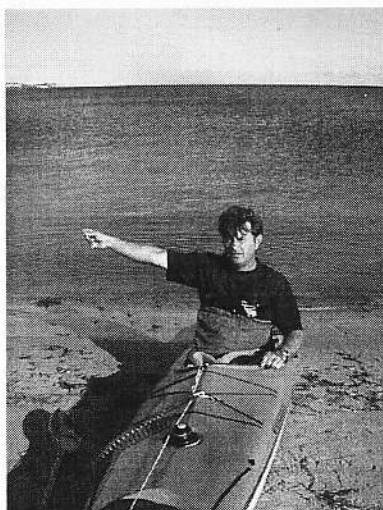
The following are the standard signals to be used while paddling. These signals can be given in rough waters and should cover most situations. If we all use the same signals it takes the ambiguity out of communicating when voice communication is not possible. Blowing a whistle also means stop and look for a signal.

The person on point should regularly communicate his intentions via signals to the tail end Charlie.

**Stop or Go Back**  
Holding your paddle horizontally over your head means  
Stop or Go back



**Go Left**  
Point in the direction that you want the other paddlers to go

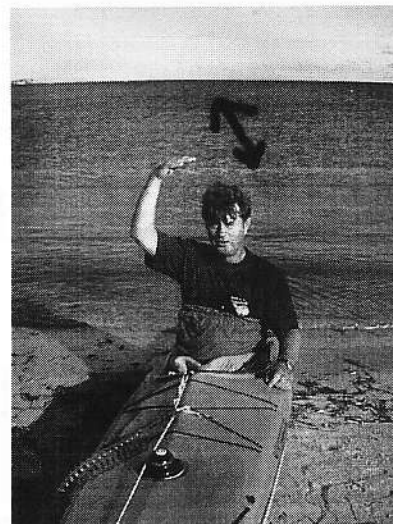


**The international distress signal for ocean paddlers is to hold your paddle upright**

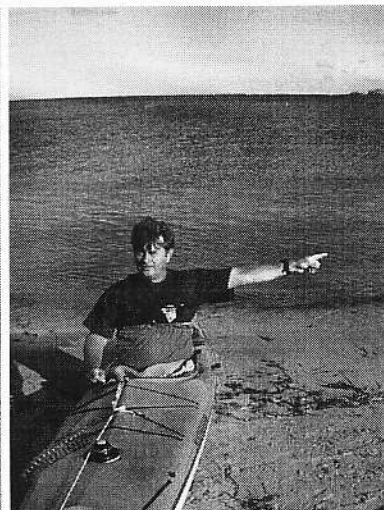
**Go Straight**  
Holding your finger straight up means go straight ahead



**Come To Me**  
By moving your hand up and down from your head like you are patting your head means Come to me.



**Go Right**  
Point in the direction that you want the other paddlers to go





## From The President

**Over the last two months we have had some good paddles with training being introduced at each paddle I have been on. We haven't had a lot of adventure paddles but that will change in winter as we have the opportunity to do some rough water paddles. Those who don't want to do long distance but want to paddle rough water will be catered for this winter. Also...We do need some suggestions and assistance to get more slides, speakers and subjects to make our meetings more interesting.**

I am also interested in who wants to go through the skills lists we have and organize some training, help and practice so we can be confident in our ability to do all the skills on the list. You don't have to be the best paddlers to join the group and you can even opt out of some skills you find difficult at the moment.

When I know who wants to do this we will organize separate skills paddles or incorporate these skills in our normal paddles. What I want to achieve is every one who comes to be confident they can do the skills in a real life situation. An example would be to self rescue in rough water every time or be able to surf 1.5 mt waves with confidence. This may take some time to develop the skills but you will never learn if you don't try.

It also means you go on a paddle with a purpose and that may make the paddles more fun.

In the following pages you

will see the trip notes and equipment list. This is meant to be a guide and each trip the participants will have to evaluate what is necessary for that trip. Where possible every one should try to have all the equipment and whoever is leading should go through all the points on the briefing. The idea of all these lists is to try and set some standards and continuity in all the club paddles. Obviously new paddlers won't have all the equipment necessary so maybe we need to have some club equipment for them. This of course means the equipment needs maintaining and controlling and that in its self is a problem. The issue of a club boat also needs to be looked at now there are some second hand boats available.

It also gets back to what we want in the club. Do we want to keep it small and only for keen paddlers or do we want to promote sea kayaking with club gear to encourage people to try the sport without the financial

outlay first.

It must be remembered that to promote sea kayaking we need the people who are prepared to put the time and effort into making these things work.

These are issues that need to be looked at over the next few months. The AGM is in October and we need some focus for the next 12 months. When I took over as president I made some major changes with some more successful than others. What we need is a new president who can continue what John started and I continued with. This may mean a different focus or direction.

It should be the members who decide the direction but as with the gear we need a president who will run with the ideas and the club. John's original idea of changing presidents to get new enthusiasm and ideas is a good one. I hope someone wants to take the job from me so I can come back at a late date when the club has grown some more.



## Helmets.

It appears there are now more and more people wearing helmets for sea kayaking. I will be joining their ranks as I have just purchased one myself. When you think about it there are a lot of good reasons why we should be wearing helmets and the only reason against is they don't look cool.

The main reason I like helmets is they keep your hat on when you take a swim (highly likely when surfing) and of course protect your head should you decide to headbutt a rock. There are other reasons that may be not so obvious. In winter time they protect your head from the wind chill reducing the risk of hypothermia as your head is a major heat loss area. In summer it cools your head by stopping the sun's rays hitting your head directly and allowing air to flow between the helmet and your head.

Even if you don't surf over reef the chances of striking your head on your boat, your paddle or someone else is still there. Just grinding your ear on sand is not pleasant and being struck by another boat could be fatal.

When you consider the for and against argument I think the decision is easy. I would not recommend making it mandatory as people need to make their own minds up on this issue. L Allen

## Club Survey

In order to direct and run a club we need to know where we want to go. Then a plan to achieve that can be put in place. Can you fill in the survey and get it to Neville by post, personal delivery or phone.

*1. Do you want the club to promote sea kayaking to the public*

**Yes**

**No**

*2. Do you want the club to own its own club house*

**Yes**

**No**

*3. Do you want the club to own boats and equipment*

**Yes**

**No**

*4. Do you want the club to stay small and with a relaxed atmosphere.*

**Yes**

**No**

*5. Are you prepared to put more time into growing the club.*

**Yes**

**No**

**N a m e** .....

## For Sale

**Rivergods** have for sale double sea kayaks. Dusky Bay fiberglass with forward and aft hatches, rudder, 6m long. These boats are very fast, stable and can carry a lot of gear. Great for day trips or extended trips. Also they are in good condition – no leaks. **\$1500.00.**  
Also for sale one Traveller plastic K2 with rudder and rear hatch, 5m long **\$1000.00**

For those interested I will be running a white water skills course in June on the 12th, 13th, 26th and 27th. It will also include two week night rolling sessions in a heated pool. Cost is \$295.00

## *Sea Kayak WA Day Trip List And Briefing Notes*

<b>Inshore Paddling Equipment (Les than 2 kn miles)</b>			
<b>Equipment</b>		<b>Equipment</b>	
<b>Sea worthy Kayak</b>	<ul style="list-style-type: none"> <li>- Water proof bulk heads</li> <li>- Water proof hatches</li> <li>- Deck lines</li> <li>- Hand toggles</li> <li>- Good spray deck</li> <li>- Hull and deck in good condition</li> </ul>	<b>First aid Kit @ who is qualified as first aider</b>	Should be comprehensive enough to cover forceable accidents depending on emergency response time
<b>Bailer, pump or sponge</b>	Tied in so they don't come out. Pump and Sponge preferred.	<b>Chart / Map</b>	Covering area to be paddled
<b>PFD 1 or 2</b>	Correctly fitting and worn	<b>Whistle</b>	On PFD
<b>Flares</b>	2 orange 2 red. Should be accessible from cockpit.	<b>Helmet</b>	For surfing and areas of reef
<b>Spare paddle</b>	At least 1 per 5 kayaks	<b>Sun Protection</b>	Sun screen, hat etc
<b>Hyperthermia protection</b>	Thermals, wet suit warm dry gear etc. Spare dry clothes	<b>Water</b>	1lt per hr of paddling
<b>Repair kit</b>	Suitable for your kayak. Roll duct tape minimum.	<b>Tow Rope</b>	Accessible
<b>Self rescue equipment</b>	Sponsons, paddle floats, knife etc	<b>Food</b>	Enough to ensure energy replacement

<b>Additional Equipment For Off Shore Paddling (Over 2 kn miles)</b>			
<b>Equipment</b>		<b>Equipment</b>	
<b>EPIRB</b>	Attached to paddler	<b>Compass</b>	Boat compass and orienteering compass
<b>Marine Radio</b>	VHF or 27 meg	<b>Repair kit</b>	Comprehensive
<b>Split Paddle</b>	One for each kayak	<b>Heliograph</b>	On PFD
<b>Flares</b>	2 orange smoke, 2 red rocket flares Should be accessible from cockpit.	<b>Sea Anchor</b>	Easy deployable

<b>Night Paddling</b>	
<b>Lights</b>	All round white light. Spare light or torch

<b>Briefing notes</b>
<b>Equipment Check</b> - Check all boats are safe for the paddle proposed. (Refer to equipment list)
<b>People Check</b> - Medical / fitness / skills / confidence issues
<b>Route plan and escape route</b> - Inform all paddlers of route details. What every one should do in an emergency and the escape route to take.
<b>Weather forecast</b> - Inform all paddlers of weather forecast. Wind, waves, swell and temperature
<b>Leadership and communications</b> - Between paddlers in the group (detail signals etc) and land based backup / sea rescue group.
<b>Group dynamics</b> - Who is leader, point and tail end Charley and individual responsibility

<b>De-briefing Notes</b>
Were communications sufficient and efficient.
How did the group dynamics work out, what could have been done better.
Did everybody enjoy the day.

<b>Emergency Phone Numbers</b>	
Water Police	94428600
Two Rocks Sea Rescue	95615777
Whitfords Sea Rescue	94073757
Fremantle Sea Rescue	93351332
Cockburn Sea Rescue	94101544
Rockingham Sea Rescue	95282222
Mandurah Sea Rescue	95354789

Boating Forcast	1900155350
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# Sea kayak WA Inc.

## Rottnest Club Trip – 18 to 27 March. 2000

Organise your time off Now!!! It includes 2 weekends.

**Plan now for.....9 Days of Sea Kayaking and relaxation.**

Sun, Surf, Sand, Snorkel, Sunbathe, Fish, Walk, Bike, Eat, Drink, and Sea Kayaking!!!!!!!!!!

**Arr.Saturday..18th – Dep. Monday.. 27th March 2000.**

**Location. 2<sup>nd</sup> House on the beach as you arrive from Perth.**

- Come for all 9 days, the weekends only, a night, or just a few days.
- Family / Partners / Friends + other Paddlers are welcome if space available.
- Club Paddle. Over. Sat 18<sup>th</sup>. 6am. Opp. Beach Rd. Cottesloe. Back. Sun 26th.

OR.....Paddle over in a group of your own. OR ..... PUT YOUR KAYAK ON THE FERRY!  
(Bring some Padding to protect your boat from scratches). OR.....Fly over...Rottnest Air Taxi..  
OR....Get someone to paddle your kayak over and back.. OR....Come over by ferry!!

**Just get there!!!** (Other types of kayaks welcome as there are plenty of safe places to paddle)

**Accommodation...Villa Views, Kingstown Barracks.** Big spacious house-plenty of rooms.

**Rotto Transport...Free Shuttle bus...** every ½ hour to and from the settlement.

- 2<sup>nd</sup> last house on the hill overlooking the beach. Fantastic views of Thompsons Bay. Perth.
- Secure fenced yard for boat security.
- 1 double, 6 single beds, 1 divan, 2 sofas and lots of floor space. (we can get more beds).
- Fantastic Big shade tree, tables and chairs on the patio for great, cool outdoor living.
- The house has everything, Good drinking water, Cooking gear, Cutlery, Stove, Kettle, Microwave, BBQ, Washing machine, Vacume, Clothes line. Hot showers - of course!!
- Also has an additional outdoor shower, and even a scenic outdoor loo overlooking the beach.

Just ask any of the lucky kayakers who went over this year in Feb 99 what it was like! Fantastic!!

NB..... ALSO.....The Rottnest Is. Festival is on the Sat 18th and Sun 19<sup>th</sup> Mar 2000

The Dome café, the new Beach Tearooms, the Bakery, and the Quokka Arms are great for meals, but mostly you will eat and drink at home. BYO. Wine / Spirits / breakfast cereals / tea / coffee .

### Suggested activities.

- ½ day and full day trips to different locations. (Paddle with the dolphins)
- Skills practice sessions. ( Rafting up / Rescue practice. etc )
- Eskimo rolling Lessons / Practice.
- Circumnavigate the island (Full day paddle).
- ½ hour Paddle to a nearby Island to swim with the seals.
- Snorkle the pink coral at Parker point. (Snorkel, Goggles, Flippers. --- Wetsuit!!!)
- Kayak Surfing – The great break in Thompsons bay. (Also others). (Bring your Helmet!!!).
- Kayak Fishing. Beach fishing. Rock fishing. Jig for squid!!
- Night paddles on moonlight nights.
- Sundowners on the beach / patio. Cocktails...(Rotto formal...Shorts, Thongs, T Shirt and tie)

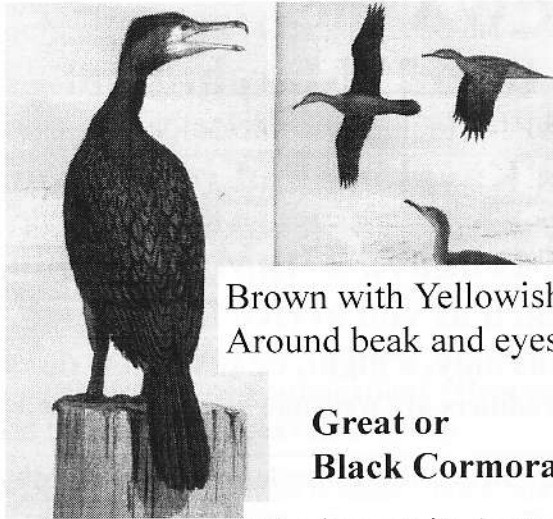
**Bring.** Sheets, pillowcases, Rid, Food, Suncream, Camera, Binos, Wine, Bike, Rollerblades,  
Send food and extras by boat . Label your luggage.Villa View, Kingston Barracks.

Or bring nothing.... and buy it all at the general store, pub, coffee shop, and the bakery.

**COSTS.** Our booking will cost the club \$1209.00..... (payable now.....in advance).

- Therefore we will need a deposit (refundable if you don't go) from all those interested.
- Approximate costs – Around \$20 per person per night. (Yet to be decided !!!).
- Deposit required! \$60 per person. \$100 per couple. ASAP. Cheque to SKWA Inc.

**WE INTEND TO MAKE THIS AN ANNUAL EVENT!!!**



Brown with Yellowish  
Around beak and eyes

### Great or Black Cormorant

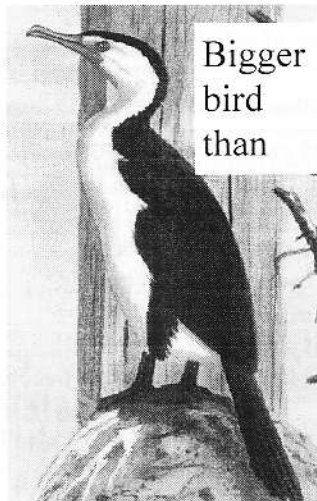
The largest in Australia

All  
black  
and  
Much  
smaller  
than  
opposite



Single and in big,  
big flocks

### Little Black Cormorant



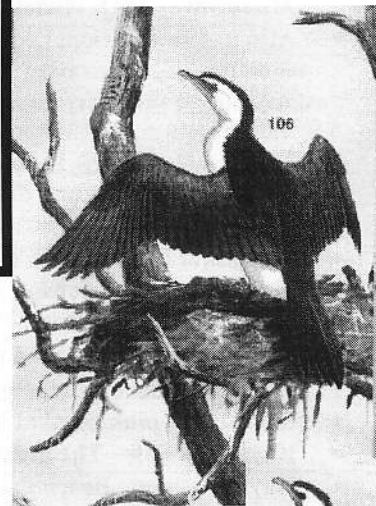
Bigger  
bird  
than

### Pied Cormorant

Shags They're not  
Shags We don't  
Shags have  
In our neck  
of the  
woods are ..

**CORMORANTS !  
CORMORANTS !  
CORMORANTS !**

### Little Pied Cormorant

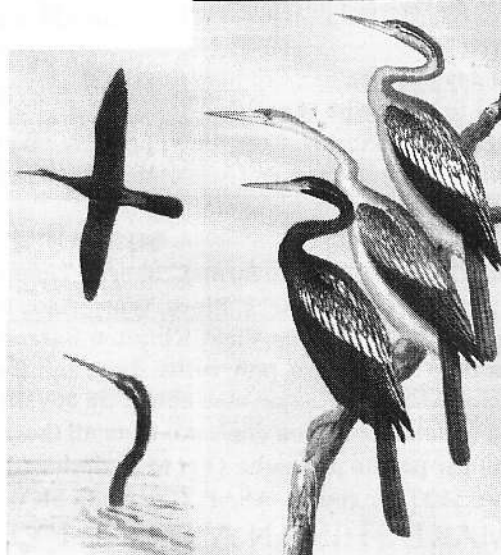


Short beak



Smaller than  
opposite

This one is  
the **Darter**  
It's com-  
monly  
called the  
Shag





18/7/99	A L	Circumnavigate Garden Is. Meet at Point Peron (Causeway Boatramp.) BBQ's and Picnic area at Herring bay for lunch. All day trip!!	25	All open water safety gear. Refer equipment list Bring water, BBQ food, warm dry clothing	7.30 for 8am	Eric
25/7/99	A L	Safety Bay. Surf the sand bank... Meet at Penguin Is carpark. <b>Practice day for skills group</b>		All open water safety gear Refer equipment list <b>Helmet .....recommended</b>	8.30 for 9am	Eric 93392952

### **NB**

**Adventure Paddles** - 6km per hour average speed - Minimum skill level / ability. Required. (To be able to paddle at least 20 km non stop).

Adventure paddles will be organised by Phone contact. Anyone wanting to improve rough water skills. Phone Steve Allen

**Leisure Paddles** - 4km per hour average speed - Rest stops every 1 - 1.5 hrs. Skills practice ( Basic skills coaching will be offered on these paddles).  
Private coaching of any skills can be organised for any member

**On any sundays when storms are forecast, a rough water experience paddle can be arranged! Ring Steve Allen on the Saturday.**

**.....Not of long distance.... Will have a ratio of one on one. experienced paddler to those wanting more experience.**

Phoning is essential for numbers.

## **Journal of Sea Kayak WA Inc. PO Box 230. North Beach. WA. 6920.**

President Les Allen 94562129. Secretary Neville Holden 94484196.0418929733.

### **SKWA Inc. Club Membership fees are due on 1/7/99.**

Senior membership. (1/7/99 to 30/6/2000)	\$75.00
Senior membership already with ACAWA Club.	\$30.00
Family membership.	\$140.00
Family membership already with ACAWA club.	\$60.00
Journal Subscription only.	\$30.00

**Please pay now.** Cheque to SKWA Inc. PO Box 230, North Beach, WA, 6920.

**Also..Update our records** about any changes to your Address, phone, fax, Email details if necessary

