

WA SEA KAYAKER

Journal of Sea Kayak WA Inc.

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Welcome once again to another club journal. We didn't put one out with the last calender, sorry but time got away from us!

Welcome new paddlers! Michael Nahas - new to paddling but on a fast learning curve. Paul Sutton - Fit and adventurous. Cheryl Foote - Confident and keen. Nick - Experienced, paddling since a boy. Glen Higgins - Raring to go. Peter Henley - New to ocean paddling.

Good luck and good paddling to Andrew and Gerald for their Bass Strait crossing. Also, Les, Tel, John and Co for their Dampier trip. And to Eric and son-in-law on their Cape to Cape trip. Congratulations to Nick, Neville and Peter for their first Rottnest crossing.

Special thanks to John DiN, whose selfless efforts to get John S. and Neville Holden to Eskimo roll, finally paid off. Thanks also to Kester for his input.

Since our last journal Sunday's paddles have been well supported by members. We have had a number of new members, some first time paddlers, who have felt confident enough with the group, to venture into testing conditions. This has provided opportunities for the more experienced to practice their rescue techniques.

To see first time paddlers gain confidence in their own abilities and the abilities of their fellow paddlers, over a relatively short period of time is most encouraging.

During the abalone fishing season, trips to offshore islands were popular with those with fishing licences and provided them with excellent catches, while without looked on with envy.

The Australia Day paddle to watch the fireworks, while not well supported, was a great night and all involved agreed, they had the best view of the fireworks ever. Well worth planning for next year.

GOODBYE FOR NOW AND GOOD PADDLING TO ALL. !!

Safety Signals for Sea Kayakers - An attempt to find a standard range of hand signals for sea kayakers

When you go on a sea kayaking tour all members of a group should stay within voice communication of each other. But is this possible? We can not always talk at conversation volume due to wind and wave noise, compounded by distance. Therefore it is important before you start a tour along the shoreline or off shore, to agree within your group what kind of signals you want to use. However which signals come into question? We think it should be only such signals, which are very important for communication between members of a group. In 1996 and 1997, several sea kayakers of different sea kayaking clubs - spread all over Europe and the world - contacted one another and discussed this problem. We all agreed that sea kayaking is becoming more popular around the world. Added to this, more and more groups of sea kayakers consist of persons from different countries. Therefore it is thought it is time to select a few uniform signals, which one can handle and remember easily, and what is more, be able to be used even in difficult conditions. The result of this work can be found on the following page. As a matter of point, there are 11 basic sea kayaking/canoeing books, written in English, but only one, Randel Washburne's "The Coastal Kayaker" mentions three hand signals, which, more is the pity, these having been recommended by American white-water kayakers!

The signals in the survey say something about "Attention!" "Come to Me!" "Wait for Me" "Help Me" "Distress - Mayday" and "Caution" or "Danger." Indeed one could find other signals for these. It is however important to have signals which can be used by any kayaker, advanced or beginner, and in any situation; ie force 1 to 7 winds, in a tidal race, or among breakers. The common consensus is that any proposed signal should be able to be performed with both hands on the paddle (except perhaps in the case of a capsize when the paddler is out of his boat). There is but one exception, the Signal No 2: "Come to Me" which should only be used by the group leader, or "scout" who would both be expected to be "advanced" paddlers.





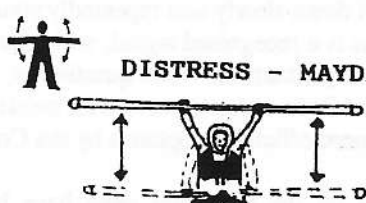

Of course, there might be other information which one may wish to signal, eg, "Raft Up" "Are you OK?" Is it necessary, however, for these to be included? It is not believed so. It is important that it be clear that what is recommended is a set of simple to understand signals which are important for group communication, and not a special "sign language" of sea kayakers for every eventuality. The "Tsunami Rangers," a US American sea kayaking association of very advanced sea kayakers, has developed 42 hand signals (see "Bay Currents" (Dec 1991), a newsletter of "The San Francisco Bay Area Sea Kayakers" (BASK)). All of these signals are interesting, but who is likely to be able to learn and memorise, let alone use all of them, during a lifetime of sea kayaking! Furthermore, it is unlikely that a large number could be used on a windy day with a good sea running. A further problem, and perhaps the major problem, is that all group members would need to know the meaning of these signals if misunderstandings are to be avoided.

It should be stressed that Signal No 5 should only be used when a sea kayaker is in a life threatening situation, which can not be dealt with by other members of his group. This signal signifies "Distress at Sea." "Mayday." Using this signal denotes that you require immediate assistance from anyone who can give it, and that the Coastguard (SAR) should be notified that assistance is sought. Up to the present time, there exists, with the exception of the use of red flares and the use of "MAYDAY," etc, no specified "Distress" hand signal for sea kayakers. Having said this, however, Collision Regulations (IRPCS < ColRegs, KVR) recommend the following "Lift and let down slowly and repeatedly your arms, which are stretched out!" (See small drawing alongside Signal No 5). This is a recognised signal, which each sea kayaker should keep in mind, in the event he finds himself in a life threatening situation. The question is, what should he do when sea conditions are such that he dare not lay down his paddle in order to wave with outstretched arms. It is suggested Signal No 5 is an equivalent signal, but this would need official acceptance by the Coastguard and other bodies.

The signals on the following page have been discussed among the following...Didier Plouhinec, Udo Beier, Bernhard Hillejan, Sergio Cadoni, Christian Gabard, John Ramwell, Tony Ford....

Safety: The Sea Kayaker's Paddle Signals

Before you start a tour agree with the members of your group what kind of signals should be used. Remark that these signals must not be used, if other persons could misunderstand them as distress-signals (exception: signal, no. 5)! (G = groupleader)

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|---|---|
| <p>(1) <u>"Signal" (e.g. blast by foghorn, whistle or cry; in state of emergency: white rocket flare)</u></p> <p>▷ Meaning: <u>"Pay attention! Look at once to the person, who gives the signal and wait for his optical signal"</u></p> | <p style="text-align: center;">ATTENTION!</p>  |
| <p>(2) <u>"One arm raised up"</u></p> <p>▷ Meaning: <u>"Gather around me!", if the group-leader (G) stops paddling. Everybody has to paddle to G, also those which are in the front of the line.</u></p> <p>or</p> <p>▷ Meaning: <u>"Follow me and gather around me!", if G shows - after raising his arm - to an object, changes course and paddles in the direction of this object.</u></p> <p>or</p> <p>▷ Meaning: <u>"Come to me!", if one of the paddlers, e.g. a scout, is away from the group and the other group members should follow him, because he has found a good or harmless passage respectively place to camp, picnic or land.</u></p> | <p style="text-align: center;">COME TO ME!</p>  |
| <p>(3) <u>"Paddle held horizontal over the head"</u></p> <p>▷ Meaning: <u>"Wait for me!", if one of the paddlers, e.g. a slower paddler, gives this signal.</u></p> | <p style="text-align: center;">WAIT FOR ME!</p>  |
| <p>(4) <u>"Paddle held horizontal and moved up down between head and shoulders"</u></p> <p>▷ Meaning: <u>"Help me, I need assistance!"</u></p> <p>If one of the paddlers swims in the water and is in need of help: <u>"Hold paddle vertical and move it side to side!"</u></p> | <p style="text-align: center;">HELP ME!</p>  |
| <p>(5) <u>"Paddle held horizontal and moved up down between head and spray-deck"</u></p> <p>▷ Meaning: <u>"Distress-Signal! (Mayday): Help me or inform coast guard (SAR)!"</u> This signal has the same meaning as e.g. "red rocket flares", therefore give this signal only, if nobody of your group is able to help you.</p> | <p style="text-align: center;">DISTRESS - MAYDAY!</p>  |
| <p>(6) <u>Paddle held horizontal and moved diagonal up down"</u></p> <p>▷ Meaning: <u>"Caution, when coming to me!", if this signal was given only five times.</u></p> <p>or</p> <p>▷ Meaning: <u>"Danger, don't come to me!", if this signal was given ten times and more.</u></p> | <p style="text-align: center;">CAUTION! (5x) DANGER! (10x)</p>  |

This proposal will be supported by D.Plouhinec (France); U.Beier, B.Hillejan (Germany); S.Cadoni (Italy);

SEA KAYAK WA Inc.
MARCH / APRIL. 1998.
CALENDER

MARCH

Sun 1st Mar. 7.30am

Penguin Is Paddle. Meet at beach near Kiosk. Snorkel & swim with the seals.
Eskimo rolling practice.

Sun 8th Mar. 7.30am

Yanchep Lagoon to Two Rocks and return. Meet at lagoon opposite kiosk.
Wilke Ave, Yanchep.

Sat 14th. 4.30pm @ Sun 15th Mar. 7.30am

Party, 4.30pm onwards, BBQ and Drinks, Sleep over Sat night, paddle Sun.
No 1. Pepper St. Falcon (bring a sleeping bag, food, booze).
Mandurah Is circumnavigation Paddle. north via the Ocean, River, Estuary,
Dawesville Cut, Ocean back to start point. Sun at 7.30am. Meet by 7am at
Pepper St house if you are coming down on sun morning only.

Sun 22nd Mar. 7.30am

Garden Is circumnavigation. Meet on beach (east) next to Causeway. Bring
lunch, snorkel and mask.

Sun 29th Mar. 7.30am.

Woodman Point to Carnac Is @ RTN. (Carpark near yacht club)

APRIL

April 1st. is the 1st Anniversary of Sea Kayak WA club starting up.

Committee meeting. Neville's place. 33 Lawley St. North Beach.

7 pm. Possible talk from Whitford's sea rescue group.

Sat 4th @ Sun 5th April. (5.30 for 6am start ??).

Club Rottneest Crossing (from Cottesloe) expect 3 hrs each way, stay
o'nite at Rotto. Paddle back Sun. Or paddle back on Sat if you wish!
Ring by 1st March if interested. Participation by arrangement!

Sun 5th April. 7.30 am. (alternate paddle !).

MAAC - Little Is - Pinaroo Point - RTN. (Marmion angling club, Marmion).

Sun 12th April. 7.30am

MAAC to Obversation City and RTN. coastal paddle.

- PADDLE ALBANY IN APRIL - Let us know also by 1st March
if you are interested for this ANZAC Day LONG WEEKEND.
- Camping Ground accommodation, car - trailer pooling.
- Book early so we know who's interested and can arrange things.

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