



New South Wales Sea Kayak Club

Paddler's Logbook

Name.....

Version 2.0 May 2013

Paddler Identification				Emergency Contacts	
Name:				Name:	
Address:				Phone:	
Phone:	Mob:	Home:			
D.O.B.		Sex:	Car Rego		
1 st Aid Qualification					
Other relevant Qualifications					
Qualifications				Medical Details	
Grade	Instructor	Signature	Date		
1					
2					
3					

NSWSKC Events

Most trip and training events conducted by the NSWSKC have a paddler grade defined on the club calendar. The paddler grade is subject to the leader qualification and the skills that the leader expects participants need to have in order to safely participate and to meet trip objectives. It is also an indicator to the sea kayak and equipment required to be carried for the trip (see club policy for more detail).

Intending participants need to make a self-assessment of their own current fitness and skill level before registering for a trip regardless of their formal grade. You must be candid with the trip leader when discussing your participation in a trip. If you have any doubts about your fitness or ability to paddle at the expected level, you must fully disclose all of your concerns. If asked, you must be ready and willing to demonstrate your skills. All paddlers on a NSWSKC trip are encouraged and expected to contribute to the safety and successful completion of the trip, at least to the level of their grade and ability.

Whether a trip is carried out as planned or not, will depend on conditions on the day. Experience shows that roughly a third of NSWSKC trips are carried out as planned – the rest are altered or even cancelled as dictated by weather and/or the composition of the group on the day of the trip. The trip leader has the right to refuse any paddler who does not meet the required standard or does not have the required standard of equipment for the trip.

All club trip leaders hold Australian Canoeing (AC) qualifications such as Flat Water Guide, Flat Water Instructor, Sea leader, Sea Guide, Sea Instructor, Advanced Sea Instructor (FWG, FWI, SL, SG, SI, ASI).

NSWSKC Paddler Grading Process

The NSWSKC paddler grade 1 and 2 observation is recorded using the observation sheet in the club log book. The observation record sheets can be signed off by various club leaders. The NSWSKC grade 3 and up uses the Australian Canoeing (AC) Award scheme which involves assessment by a qualified AC instructor who holds an AC assessor award. Club grade 3 is the AC Sea Skills Award.

Once you complete a grade level it is recommended that you advise the club training coordinator so that the club central membership database can be updated. This is best done by emailing a scanned copy of the completed observation record to the training coordinator or other committee member.

NSWSKC Grade 1 & 2 Observation Record for : _____

Skill Assessed	Who can assess	Assessed by	Signature	Date
Grade 1				
Perform a wet exit	All club trip leaders			
Perform a 50m swim in PFD	All club trip leaders			
Grade 2				
Perform an assisted rescue (as rescuer and rescue)	FWI, SG, SI, ASI			
Paddle at a speed of 5kph for 90 minutes	Any club trip leader			
Demonstrate basic low bracing skills	FWI, SG, SI, ASI			
Demonstrate turning skills	FWI, SG, SI, ASI			
Tow (as tower and towee)	FWI, SG, SI, ASI			
Show an understanding of the BOM weather forecast	Any club trip leader			
Present a kayak to grade 2 standard	Any club trip leader			
Perform minimum of 2 trips of 15km or longer				
Date	Location / Route	Conditions	Witness (any club member)	Signature

Logging your Paddling Experience

There are many reasons to record your paddling experience in a logbook:

- It can be used as evidence to gain or upgrade your paddling qualifications
- It can be used to record important information about a trip that may assist you to plan subsequent trips or repeat a trip
- It can help you to advise trip leaders of what trips and conditions you have previously completed which can help them assess your suitability to attend a future trip
- By recording your experience in your logbook, you are encouraged to reflect on your experience and learn from it

You may choose to keep a log book in a different format (e.g. electronic, spreadsheet) however having a paper copy initially helps in keeping your records handy when participating in club trips as you can get on the day sign off and for recording grade 1 and 2 observation.

To get the most out of your log book you should:

- Record your experience as soon as possible after the conclusion of a trip and at the end of every day on an expedition
- Be specific, detailed and accurate with the information you include.
- Allocate sufficient time to reflect on your experience and write your log.

Not all fields need to be completed or are applicable for every trip.

The Bureau of Meteorology term can assist in completion of the log. Glossary can be used (<http://www.bom.gov.au/lam/glossary/>)

- For wind speed look at the “Beaufort Scale”
- For Sea State, look up “Sea and Swell”

Essential Equipment for paddler grades and club trips

<p>Essential at all levels: well maintained sea kayak with at least 2 bulkheads or a fitted sea-sock and secondary (inflatable or fixed) buoyancy, fitted deck lines, paddle and paddle leash, spray skirt, sponge, bailer and pump system, Australian or NZ Standards approved Personal Flotation Device (PFD) with a suitable whistle attached by a lanyard, cag or paddle jacket, warm clothing, sun-protective clothing, hat — all accessible from the cockpit, sunscreen, matches, food and at least two litres of water — all accessible from the cockpit, footwear suitable for paddling, swimming and walking on rocks, dry containers, current weather forecast</p>	<p>Recommended at all levels: additional topographic maps for that unexpected walk out, flares and other signals to NSW Waterways specifications, instantly accessible knife, kayak repair kit — at least a roll of duct tape, relevant personal items e.g. medication, further warm clothing, waterproof clothing, footwear, food, water and a day pack, secured in dry storage in the kayak, emergency shelter and survival equipment, helmet for surf landings</p>
<p>Essential at paddler Grade 2 and above, recommended at all levels: tow rope — Club standard length of 15 metres with suitable bag and fittings for quick deployment</p>	<p>Essential at paddler Grade 3 and above, recommended at all levels: hands-free bailing pump system (i.e. electric or foot pump), spare paddle, personal first aid kit, garbage bags and/or 'space blanket', compass and charts.</p>

NSWSKC Trip Log

Date:	Trip Route / Location:		Duration:
Distance:	Kayak Type:	Start Time:	Finish Time:
Weather / Sea State:	Tide:	Wind:	Swell:
Trip details personal lessons			
No. in Group:		Trip Leader:	
Paddler Signature:		Trip Leader Signature:	

Trip Log

Date:	Trip Route / Location:	Duration:
Distance:	Kayak Type:	Start Time:
Finish Time:	Weather / Sea State:	Tide:
Wind:	Swell:	
Trip details personal lessons		
No. in Group:	Trip Leader:	
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