

## NSW SEA KAYAK CLUB TRIP BRIEFING GUIDE

This is a summary list. It is intended for use immediately prior to launch. It is not a detailed checklist for trip preparation and organisation. Leave it in your kayak for ready reference.

### INTRODUCTIONS

- \* *Waiver, Membership, Skill levels, Trip Grade*

### TRIP OUTLINE

- \* Weather forecast
- \* Route (maps?)
- \* Distances/Legs/Anticipated timings
- \* Prominent features/Navigation aids & waypoints
- \* Food and water requirements (Lunch at sea?)
- \* Exit/rendezvous points
- \* Potential hazards/Tides and currents
- \* *Confirm individual intentions*

### GROUP MANAGEMENT

- \* Numbers at start and finish
- \* Location of leader/2IC/navigator
- \* Identify tail end Charlie (always)
- \* Identify lead paddler (if appropriate)
- \* Rest policy
- \* Maximum spread/Routine regrouping
- \* Automatic/emergency regroup policy
- \* Subgroups
- \* Communications (radio, whistle and signals)
- \* Emphasise individual responsibilities to these

policies, buddies if needed.

### SAFETY & MEDICAL

- \* Location of safety equipment
- \* Check personal equipment
- \* Location/accessibility of first aid kits
- \* Medical/first aid skills in groups
- \* Medical problems/check boats

### QUESTIONS?

#### Weather Forecasts

Bureau of Meteorology National Marine Forecasts  
Tel: 1900 955 370

Bureau of Meteorology NSW Coastal Forecasts  
Tel: 1900 926 101

#### Emergency Radio Channels

27 MHz Marine Band	Primary channel - 88 Secondary channel - 86
VHF Marine Band	Primary channel - 16 Secondary channel - 67

**Approved by the NSWSKC 01 Nov 2000.** The NSWSKC accepts no responsibility for any modifications not

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## NOTES FOR TRIP LEADER

- \* Identify experienced paddlers, choose a 2IC, tail and lead paddlers.
- \* Discuss your plans and alternatives with 2IC, review trip grading, assign tasks.
- \* On and from launch, observe the paddlers carefully. Ask the 2IC to do the same.
- \* Early on identify paddlers who may require assistance.
- \* Do not be afraid to ask people to return to the start if you are concerned as to their ability to complete the trip as you anticipate it.
- \* Talk to your 2IC and other experienced paddlers frequently. Seek their advice. Rotate tail and lead paddlers.
- \* Watch for paddlers slowing down or other signs of distress or fatigue. If necessary assign someone to watch over them.
- \* Maintain a close watch on the weather, monitor winds and compare to forecasts.
- \* Don't be afraid to modify, shorten or shut down the trip if you are concerned about the weather.
- \* Keep track of your position and progress.
- \* Watch the shoreline and water ahead for hazards and exit points.
- \* Maintain appropriate distances from shore.
- \* Maintain rest, re-group and group spread policies.
- \* In first aid, stick with DRABC

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