

Tims Sea Kayak Guided Trips

COASTAL SEA KAYAK GUIDE

COASTAL SEA KAYAK GUIDE	1
SOME USEFUL RESOURCES FOR TRIP PLANNING	2
RISK AND SAFETY BRIEFINGS	2
MORE GREAT RESOURCES	3
SEA KAYAK LEADER STANDARD.....	5

I am training to be a Sea Kayak Leader. Each Leader must complete 12 trips/sessions acting as Leader and be seen leading a group of 3 to 6, up to 2 Knots of tide Wind below force 4, (Moderate breeze, Small waves).

You need to have basic paddling skills, your own kayak, paddle, buoyancy aid and be able to transport. This isn't professional or commercial paddling as regards risk, insurance etc.,

What I offer is safety in numbers, a VHF, towlines, flares, strobe, Garmin FirstAid kit and training, and some reassurance from someone who has Sea Kayak, and Coastal Sea Kayak and (hopefully in 2023) Coastal Sea Kayak Leader qualification.



Tim's Coastal Kayak
Paddling beyond the headland

What I offer is safety in numbers, a VHF, towlines and some reassurance from someone who has Sea Kayak, Coastal Sea Kayak and (soon hopefully!) Coastal Sea Kayak Leader qualification.

Ultimately you are responsible for yourself but I there to support you. Do not paddle in conditions or circumstances that you are not comfortable with, do make sure you dress appropriately to the conditions, do carry whatever safety kit you own.



Message me if you are interested. CONTACT timhjrogers@gmail.com
Mob +447797762051 VHF Channel 69

If you don't have a kayak or are new I recommend Dave Priddis
<https://kayak-nomad.com/>

Tims Sea Kayak Guided Trips

SOME USEFUL RESOURCES FOR TRIP PLANNING

Everything I need for a mini-adventure

Front Hatch (loading order)

1. Water bottle (fits in nose of kayak)
2. Sleeping Bag and Bivi (Sometimes tent)
3. Cooking Bag (Stove, Pan, Food, Fire Starter, Pan-Scrub, Cup, Spork, WashKit)
4. Fleece and Jacket and Torch

Day Hatch (loading order)

1. Lunch (Food and Flask)
2. Snacks
3. Drink
4. Kayak Repair Kit
5. Emergency Shelter
6. First Aid Kit (last item, easy access)

Rear Hatch (loading order)

1. Water bottle (fits in tail of kayak)
2. Shoes (fits in tail)
3. Chair
4. Dry Clothes (2 tops, leggings, waterproof trousers, 2 x socks)
5. Thermarest



Deck Bag

1. Food
2. GPS
3. Drink
4. Gloves
5. Torch
6. Sun Screen
7. Hat
8. Phone
9. Tide Chart

Front Deck

1. Chart
2. Compass / GPS
3. Navigation, Tide, Weather details

Rear Deck

1. Spare Paddles
2. Pump
3. Paddle Float

Wearing

1. Hat
2. Shoes
3. Swim wear
4. Leggings
5. 2 x Rash Vest
6. Cag Top



Buoyancy Aid

1. Food
2. Flares / Torch
3. Drink
4. VHF
5. Knife
6. Towline

Tim ROGERS
Consultant, Coach,
Mentor, Mediator

RISK AND SAFETY BRIEFINGS

Briefing Checklist M.Y.A.B.C.D.E. stands for-

1. Me – Introduction and a bit about me.
2. You – Introductions from the group.
3. Area – the plan for the day, the water we will be on, and the 'type' of trip we will be undertaking.
4. Boats and kit – safety checks and also who has what kit and where.
5. Communication – how will we communicate, what signals (hand, whistle, VHF) will we use.
6. Doctor – anyone to let me know any relevant medical needs and a reminder for people to carry any medication.
7. Emergency – what to do if an incident occurs – a swim brief and what the rest of the group should do.

CLAP: Communication, Line of sight, Avoidance (Awareness is better than cure), and Position of maximum usefulness

- a) Know Resources: Who has a towline? Who has a 1st Aid Kit? Who has VHF? Who has Phone? Who has whistle?

Tims Sea Kayak Guided Trips

- b) Have a Plan: If there is a rescue, please stop and gather together, possibly as a raft, but don't get in the way
- c) Have a Checkpoint: We will pause/check at following key points...
- d) Have a Roles: Who is tail gunner, advance party, rock-hopper or deep-water or running sub-group

Participant Declaration

- a) I have watched and understood the safety brief given by the tour leader(s) for the tour I am taking part in. I have asked the leader(s) to clarify any points I am uncertain of.
- b) I am aware that the activities I am to take part in are of a strenuous and adventurous nature. I acknowledge such risk and therefore accept the need for responsible behavior, including listening to and following safety instructions.
- c) I have no medical condition or disability which may be relevant to me participating in this activity.
- d) I have been advised on the water quality issues.
- e) I am not under the influence of Alcohol or Drugs.
- f) I am able to swim and I am confident in open water wearing the clothing I will be wearing whilst participating in the activity.
- g) I am aware that the session may be cancelled for operational, weather or environmental related safety issues.
- h) I understand that this isn't professional or commercial paddling as regards risk, insurance etc., and I am responsible for my own decisions and participate at my own risk.

<https://britishcanoeing.org.uk/uploads/commonUploads/Safety-Checklist-For-Club-Activity.pdf>

<https://www.britishcanoeing.org.uk/uploads/commonUploads/British-Canoeing-Safety-Guidance.pdf>

MORE GREAT RESOURCES

For comprehensive information regarding Jersey's ports, Notices to Mariners, approaches, ferry times, Harbours news, Registry and much more, visit Jersey Harbours website - [Click here](#)

- [Jersey Notices to Mariners](#)
- [St Helier Tide Times](#)
- [2023 Jersey Cruising Guide](#)
- [Useful Waypoints](#)
- [St Helier Port Information](#)
- [Weather Forecasts from Jersey Radio](#)
- [Local Tidal Differences](#)
- [Beaufort Scale](#)

French Customs Forms:

- [St. Malo](#)
- [Granville](#)
- [Saint Brieuc](#)
- [Cherbourg \(including Carteret\)](#)
- [Roscoff](#)
- [Saint Quay](#)
- [Saint Cast](#)
- [Lorient](#)
- [Dielette](#)

Tims Sea Kayak Guided Trips

Here is the weather, wind, tide

<https://www.windfinder.com/forecast/st-helier-marina/>

Here is what the waves are doing

[https://marc.ifremer.fr/en/resultats/vagues/modeles_atlantique_nord/\(variable\)/hs/\(typevisu\)/map/\(zoneid\)/7160/\(date\)/20220819_180000#appTop](https://marc.ifremer.fr/en/resultats/vagues/modeles_atlantique_nord/(variable)/hs/(typevisu)/map/(zoneid)/7160/(date)/20220819_180000#appTop)

Here is what the current is doing

[https://marc.ifremer.fr/en/results/currents/north_east_atlantic_models/\(typevisu\)/map/\(zoneid\)/6966#appTop](https://marc.ifremer.fr/en/results/currents/north_east_atlantic_models/(typevisu)/map/(zoneid)/6966#appTop)

Here is what the local current is doing

[https://marc.ifremer.fr/en/results/currents/north_east_atlantic_models/\(typevisu\)/map/\(zoneid\)/7160#appTop](https://marc.ifremer.fr/en/results/currents/north_east_atlantic_models/(typevisu)/map/(zoneid)/7160#appTop)

LATEST WEATHER

<https://www.windfinder.com/forecast/st-helier-marina>

<https://thewisemonkey.net/>

USEFUL CHART NO1

<http://fishing-app.gpsnauticalcharts.com/i-boating-fishing-web-app/fishing-marine-charts-navigation.html?title=Channel+Islands+-+Jersey+-+North+Coast+boating+app#12/49.2900/-2.1350>

USEFUL CHART NO2

https://data.shom.fr/donnees?fbclid=IwAR2E-XWLbr3gDVk0MyGWtz48ocBEBab-TvpZVvI0BOp-X-fKqjRKFLZar_s#001=eyJljbpbLTlZnJc1OC4zNTY4NTE0NzYxLDYzMMDMyNDUuMjg5ODE2MzVdLCJ6IjoxMSwiciI6MCwibCI6W3sidHlwZSI6IklOVEVSTkFMX0xBWUVSliwiaWRlbnRpZmllcil6IiJBU1RFUI9NQVJJTkVfMzg1N19XTVRTIiwib3BhY2I0eSI6MSwidmIzaWJpbGl0eSI6dHJ1ZX1dfQ==

USEFUL CHART NO3

https://webapp.navionics.com/?lang=en&fbclid=IwAR0-250fkRcrLfxeoZGrvxkLs3BXW_cngMHQFh9EPv0kauO_oUgL9Ktn-ZE#boating/routing/manual@10&key=culkHjv%7BJ

TIDAL FLOWS JERSEY AREA

[https://marc.ifremer.fr/resultats/courants/modeles_mars2d_atlantique_nord_est/\(typevisu\)/map/\(zoneid\)/6966#appTop](https://marc.ifremer.fr/resultats/courants/modeles_mars2d_atlantique_nord_est/(typevisu)/map/(zoneid)/6966#appTop)

WAVES FLOWS JERSEY AREA

[https://marc.ifremer.fr/resultats/vagues/modeles_atlantique_nord/\(typevisu\)/map/\(zoneid\)/6966#appTop](https://marc.ifremer.fr/resultats/vagues/modeles_atlantique_nord/(typevisu)/map/(zoneid)/6966#appTop)

TIDAL FLOWS JERSEY LOCAL

[https://marc.ifremer.fr/resultats/courants/modeles_mars2d_atlantique_nord_est/\(typevisu\)/map/\(zoneid\)/7160#appTop](https://marc.ifremer.fr/resultats/courants/modeles_mars2d_atlantique_nord_est/(typevisu)/map/(zoneid)/7160#appTop)

WAVES FLOWS JERSEY LOCAL

[https://marc.ifremer.fr/resultats/vagues/modeles_atlantique_nord/\(typevisu\)/map/\(zoneid\)/7160#appTop](https://marc.ifremer.fr/resultats/vagues/modeles_atlantique_nord/(typevisu)/map/(zoneid)/7160#appTop)

TIDAL FLOWS MINQUIERS

[https://marc.ifremer.fr/resultats/courants/modeles_mars2d_atlantique_nord_est/\(typevisu\)/map/\(zoneid\)/7161#appTop](https://marc.ifremer.fr/resultats/courants/modeles_mars2d_atlantique_nord_est/(typevisu)/map/(zoneid)/7161#appTop)

WAVES FLOWS MINQUIERS

[https://marc.ifremer.fr/resultats/vagues/modeles_atlantique_nord/\(typevisu\)/map/\(zoneid\)/7161#appTop](https://marc.ifremer.fr/resultats/vagues/modeles_atlantique_nord/(typevisu)/map/(zoneid)/7161#appTop)

Tims Sea Kayak Guided Trips

SEA KAYAK LEADER STANDARD

Currently SLK is 12 trips/sessions as an active, capable member of a group, plus 12 trips/ sessions acting as Leader and there is no reference to non-adjacent coastal areas or to a day trip being 6 hours. However it is anticipated that the new standard in 2023 will mandate experience in 3 non-adjacent coastal areas.

The current remit says: Each Leader must be seen leading a group (minimum of 3) in conditions at the top end of the environment.

This includes a stretch of coastline with some areas where it is not easy to land but there will always be straightforward land points a maximum of two nautical miles apart, crossings not exceeding two nautical miles, up to 2 Knots of tide (but not involving tide race or overfalls). Wind strengths do not exceed Beaufort force 4. Launching and landing through surf (up to 1 metre, trough to crest height).

Jersey, Guernsey, Alderney Sark, Écréhous, Normany, and Minquiere are all in the same sea area as Jersey (Portsmouth) so you can paddle to all these locations but they only count as one sea area: Portsmouth. Perhaps consider North Cornwall (Lundy) South Cornwall (Plymouth) and *Morbihan* - a department in the administrative region of Brittany – (Biscay).

More details here

http://www.timhjrogers.com/zone7_kayakSKL/

http://www.timhjrogers.com/zone7_kayakSKL/Tims%20SKLGuide.pdf