



PADDLER PROFILE

SEA KAYAK LEVEL 3. EXPLORER AWARD

Candidate Name: _____

Canoeing Ireland Membership No.: _____

If found please contact -

Phone: _____

Address: _____





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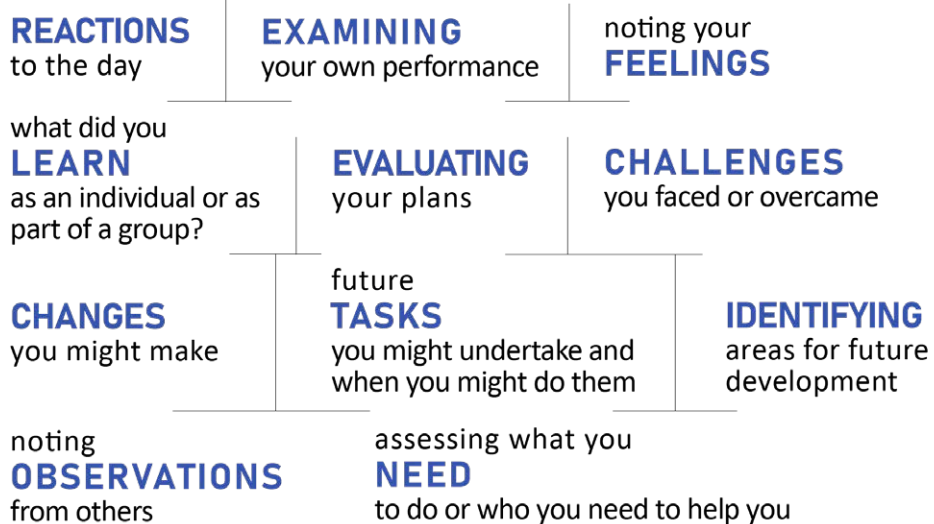


HOW TO COMPLETE YOUR PADDLER PROFILE.

Welcome to your Canoeing Ireland Paddler Profile. This book provides a record of your progression and Certification along your Sea Kayak Skills Awards pathway.

1. The sea kayak skills in each award are grouped into different modules, each with their own learning outcomes. Completion of these outcomes must be signed off in the Skills Checklists Section of your Profile, by a registered, qualified Canoeing Ireland sea kayak instructor to verify that you have met the required standard. You can work on the modules in any order you wish.
2. Once you have completed the learning outcomes for all modules in the award you must get a qualified, Canoeing Ireland registered sea kayak instructor to sign the Certification Section and they will then process the relevant sea kayak skills award certificate for you.
3. At the end of each award there is a section for you to note down ideas and plans for your future development as a paddler.
4. You may choose to train and do a one-off assessment for each award or you may complete modules over time at your own pace. Once all modules are signed off, and the certification section completed, you have attained the award.
5. In the Reflection Pages you are encouraged to reflect on your paddling pathway, and to engage with instructors, coaches and other paddlers to help guide and refine your progression.

Reflection can involve some or all of the following:



6. The Sea Kayak Paddle Journal is there to encourage you to record the trips you have done and to assist in your trip planning. It is good practise to keep a paddle journal. At Level 4. Adventure Award and L5. Horizon Award you are expected to keep a Paddle Journal as part of your assessment. You can download extra pages from canoe.ie and insert them into your Profile.

SEA KAYAK LEVEL 3. EXPLORER AWARD.

EXPECTATIONS

I can join a group of peers on a day-long trip. I can plan a trip incorporating weather, navigation and tidal information. I can assist a suitably qualified sea-kayaker in group management and rescues. I have access to the necessary equipment. I have the skills to safely manage my kayak on coastal trips in L3 conditions. I can launch and land in small surf. I can rescue myself unassisted from a capsize in deep water.

I understand the effects of wind, wave, tide and coastal features on the sea kayak. I can summon outside rescue assistance. I understand how to reduce my impact on the environment and wildlife while sea-kayaking. I can identify the next steps in the Canoeing Ireland Sea Skills Awards.

I am eligible to enter the following:

- Sea Kayak Club Leader pathway.
- Sea Kayak Instructor scheme.
- Level 4 Adventure Award training course.

CONDITIONS

COASTAL FEATURES Coastal areas within 1 nautical mile of shore. Launching and landing from beaches with no greater than 0.5m broken waves.

WIND (BEAUFORT) F0-4

SEA STATE (MET ÉIREANN) Slight (0.5 - 1.25m significant wave height)

SURF ≤ 0.5m broken waves

FLOW Overfalls, tidal streams and tide races of less than 2kn

OPEN CROSSINGS N/A

CRAFT A seaworthy sit-in sea kayak of adequate buoyancy, fitted with fore and aft toggles, deck lines (perimeter lines) fore and aft, a minimum of two bulkheads, minimum of two hatches. The hull shape must be conducive to edge-turning and pivot turns required at this level. Skogs and rudders are acceptable when used appropriately.



TRAINING, ASSESSMENT, CERTIFICATION

| | |
|--|---|
| TRAINING COURSE ENTRY REQUIREMENTS | Level 2. Sea Kayak Peer Award Skills standard (mandatory requirement or Approved Prior Learning). At least 12 years of age. Obtain a Canoeing Ireland Sea Kayak L3 Explorer Award Paddler Profile from the Canoeing Ireland website at canoe.ie or their instructor. Be a member of Canoeing Ireland. |
| DURATION OF TRAINING COURSE (INDICATIVE GUIDELINES) | Recommended 14-21 hours contact time with a qualified instructor. The sea kayaker is expected to put in significant and sufficient self-directed time to practice Level 3 skills and knowledge in order to achieve L3 Explorer Award standard. Likely minimum 70 hours. |
| ASSESSMENT | <p>Paddlers can choose a single one day assessment or progressive sign off of skills in their Paddler Profile.</p> <p>One day assessments are not binary pass/fail outcomes, instructor/s sign off the paddler's module/s where they have met the required standard, and provide feedback to the paddler where they are 'not there yet.'</p> <p>The paddler is required to be able to demonstrate all knowledge and skills from lower levels, and at a higher standard than that required for the preceding level.</p> |
| CERTIFICATION | <p>When all the required L3 sections of your Paddler Profile have been signed off by your instructor/s, you must ask the final instructor to apply for certification. Canoeing Ireland then award the Canoeing Sea Kayak L3 Explorer Award Certificate to you.</p> <p>Sea Kayak Level 3 Explorer Award holders under 18 years of age should be appropriately accompanied by a person who is over 18 and holds the Sea Kayak Level 3 Explorer Award or higher. Please refer to your club or centre's guidelines regarding paddling with under 18s.</p> |

LEVEL 3. EXPLORER AWARD MODULES.

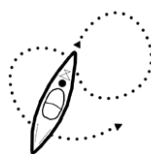
There are 12 modules to be completed in this award.



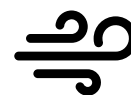
SHORE BASED TRIP PLANNING



EQUIPMENT KNOWLEDGE



BOAT - HANDLING SKILLS



PADDLING IN WIND



PADDLING IN SURF



PADDLING ROCKY SHORES



PADDLING IN FLOW



SELF-RESCUE AFTER CAPSIZE



TEAM RESCUES



SCENARIO MANAGEMENT



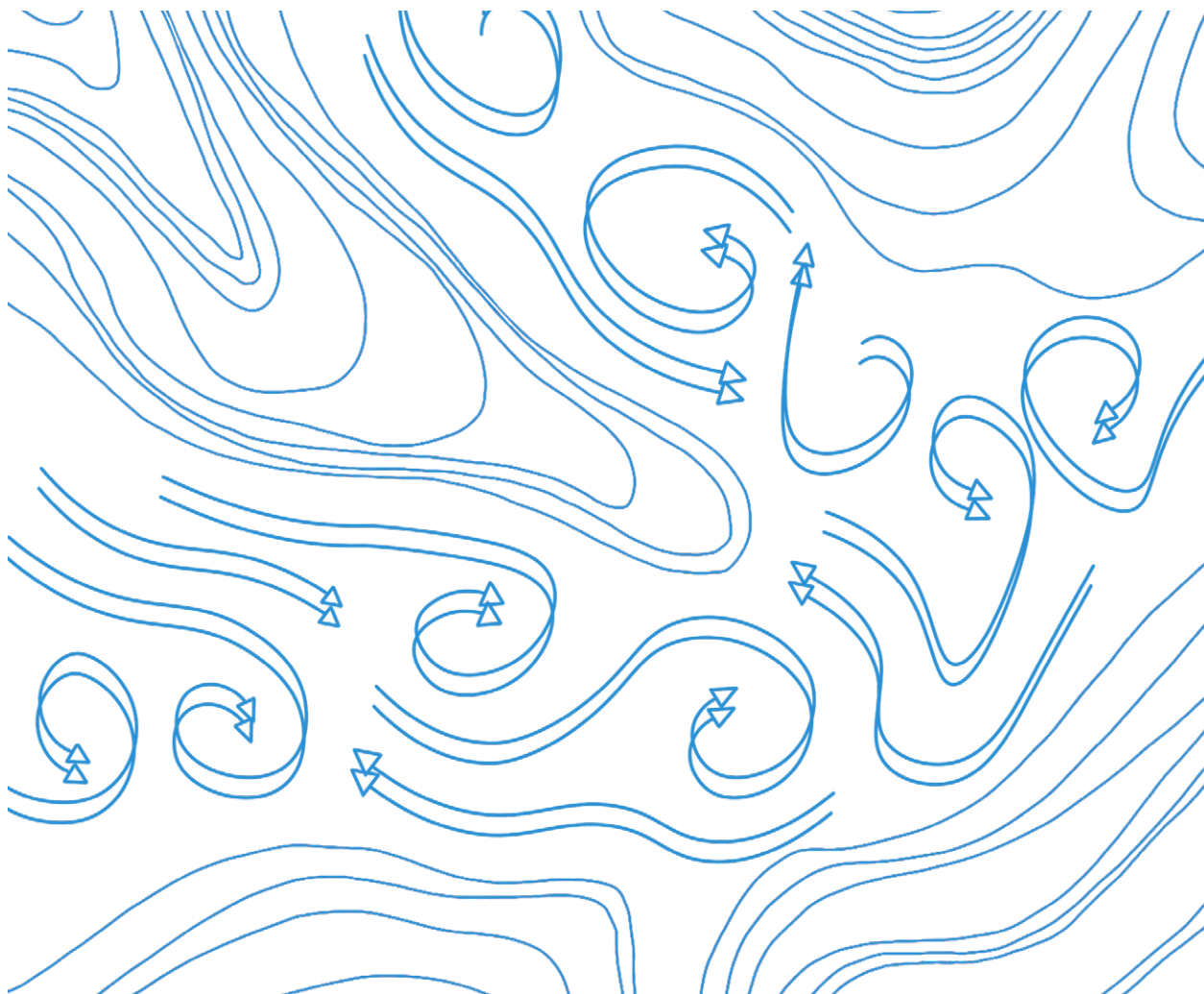
NAVIGATING ON THE WATER



ENVIRONMENTAL AWARENESS

EQUIPMENT FOR SEA KAYAKING.

The list of equipment you will need to use for this award is available on canoe.ie



SEA KAYAK L3. EXPLORER AWARD SKILLS CHECKLISTS.

The sea kayak skills in each award are grouped into different modules, each with their own learning outcomes.

Completion of these outcomes must be signed off in the Skills Checklists Section of your Profile, by a registered, qualified Canoeing Ireland sea kayak instructor to verify that you have met the required standard.

You can work on the modules in any order you wish.



MODULE: SHORE-BASED TRIP PLANNING

| LEARNING OUTCOMES | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|---|---|
| ✓ I can use the Met Eireann sea area forecast and other complementary weather forecast sources to ascertain wind direction, wind strength, likelihood of precipitation, estimate temperature and apply these aspects of the weather forecast to a marine chart/OS map of the area I intend to paddle. | |
| ✓ I can explain the cause and effect of a sea breeze. | |
| ✓ I can obtain the time and height of high water and low water in their area and then transfer this to a marine chart/OS map detailing the effect the tide will have on my intended trip. | |
| ✓ I can explain and apply the 50/90 rule and the Rule of Twelfths | |
| ✓ I can explain the term 'Slack Water'. | |
| ✓ I can recognise areas on a chart where wind and tide oppose each other and discuss the challenges to sea kayakers which this effect may pose. | |
| ✓ I can obtain a swell forecast and estimate the effect of the swell on an intended trip at sea. | |
| ✓ I can combine the forecasted effects of weather, tides and swell to plan a basic trip at sea including waypoints, distances between waypoints, direction of wind relative to each leg between waypoints, and effect of the tide on each leg between waypoints. | |
| ✓ I can plot a compass course between two waypoints | |
| ✓ I can calculate the distance between two waypoints. | |
| ✓ I can estimate the time to paddle between two waypoints. | |

SHORE-BASED TRIP PLANNING MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN SHORE BASED TRIP PLANNING

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: EQUIPMENT KNOWLEDGE

| LEARNING OUTCOMES | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|---|---|
| ✓ I can demonstrate a check on my own to equipment ensure sea worthiness. | |
| ✓ I can demonstrate the equipment a sea kayaker at this standard should wear to be safe at sea when kayaking in Ireland. | |
| ✓ I can differentiate and explain the difference between different types of personal protective equipment for sea kayaking, e.g. wetsuit/drysuit, neoprene spray-deck/fabric spray-deck, buoyancy aid, adequate footwear/booties, different types of paddles, different types of sea kayaks, and the application and use of helmets. | |
| ✓ I can explain the use of the equipment a sea kayaker should carry to keep themselves safe on the sea when paddling in Ireland dealing with the following situations: 1. Fix a broken boat, 2. Provide alternate means of propulsion, 3. Deal with hypothermia, 4. Deal with an injury, 5. Provide spare food and drink, 6. Contact emergency services. | |
| ✓ I can stow safety equipment in a manner such that it can be deployed effectively when/if necessary. | |
| ✓ I am conversant with the uses and limitations of electronic navigation and communication aids. | |

EQUIPMENT KNOWLEDGE MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN EQUIPMENT KNOWLEDGE

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: BOAT HANDLING SKILLS

| LEARNING OUTCOMES | | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|---|--|---|
| SAFE KAYAK CARRYING. | ✓ I can demonstrate a 4 person carry of a heavy sea kayak using straps and slings. | |
| KAYAK ENTRY AND EXIT, LAUNCHING AND LANDING. | ✓ I can launch a sea kayak using the 'float boat' technique (forwards and backwards). | |
| | ✓ I can land a sea kayak using the 'float boat' technique (forwards and backwards). | |
| FORWARD PADDLING. | ✓ I can demonstrate methods of forward paddling using all-body involvement for acceleration, manoeuvrability, paddling long-distance and stability. | |
| REVERSE PADDLING. | ✓ I can steer a sea kayak while reversing between objects. | |
| STOPPING. | ✓ I can stop the kayak within 4 strokes and turn the sea kayak to face the conditions. | |
| STAYING UPRIGHT. | ✓ I can apply a low brace for support in a practical context. | |
| TURNING ON THE SPOT. | ✓ I can combine sweep strokes showing full torso rotation and pivot turn using a combination of reverse and forward sweep strokes while holding an edge to facilitate an efficient turn. | |
| TURNING ON THE MOVE. | ✓ I can apply a medium to high edge and/or lean to enable efficient steering while paddling forward. | |
| | ✓ I can apply a turn on the move in its correct context. Turn is initiated by a forward sweep stroke, edge/lean the kayak, and maintain speed or low brace. | |
| | ✓ I can apply a back-face stern rudder while running downwind. | |
| | ✓ I can demonstrate an effective bow rudder. | |
| MOVING SIDEWAYS. | ✓ I can use a sculling draw stroke to move the sea kayak sideways. | |
| | ✓ I can demonstrate a hanging draw. | |

BOAT HANDLING SKILLS MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN BOAT HANDLING SKILLS

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: PADDLING IN WIND

LEARNING OUTCOMES

INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

- ✓ I can paddle effectively in headwind, tailwind and beam wind, and counteract weathercocking or leecocking.

PADDLING IN WIND MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN PADDLING IN WIND

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: PADDLING IN SURF

| LEARNING OUTCOMES | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|---|---|
| ✓ I can paddle a sea kayak across small surf and perform an appropriate support stroke to stay upright. | |
| ✓ I can perform a beach landing in small surf by following the back of a wave to control speed and direction. | |
| ✓ I can catch a wave before letting the boat bongo slide in the broken wave and holding stability with a low brace for support. | |
| ✓ I can hold position inside the impact zone and identify the best time to paddle out past the breaking waves. | |
| ✓ I can paddle through the broken waves and take a position outside the impact zone. | |
| ✓ I can perform a pivot turn to line up a sea kayak to catch a wave. | |
| ✓ I can observe other water users in the area and maintain a safe distance from others when surfing. | |
| ✓ I can identify rip and cross shore currents. | |

PADDLING IN SURF MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN PADDLING IN SURF

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: PADDLING ROCKY SHORES

| LEARNING OUTCOMES | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|--|---|
| ✓ I can demonstrate an ability to make sound judgement based on my skill level and the dynamic nature of the white water found at the shoreline. | |
| ✓ I can apply an edging/leaning turn, and a pivot turn in the correct context. | |
| ✓ I can apply sound timing to navigate through, between and over obstacles found on the shoreline. | |
| ✓ I can work as part of a team of sea kayakers to navigate shorelines safely applying the CLAP principle at all times: <ul style="list-style-type: none">– Communication: Ability to share information without speaking.– Line of sight: Always being in visual contact with members of the group to enable communication.– Avoidance: Recognition of and avoidance of common hazards at this level.– Positioning: For best effect to enhance self and group safety, communication, and line of sight. | |

PADDLING ROCKY SHORES MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN PADDLING ROCKY SHORES

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: PADDLING IN FLOW

LEARNING OUTCOMES

INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

✓ I can break into a flow.

✓ I can break out of a flow.

✓ I can ferry-glide across a flow.

PADDLING IN FLOW MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN PADDLING IN FLOW

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: SELF-RESCUE AFTER CAPSIZE

LEARNING OUTCOMES

INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

- | | |
|--|--|
| ✓ I can perform a kayak roll on any one side, demonstrating good technique (i.e. technique that involves the whole body and which protects the shoulders). | |
| ✓ I can perform a self-rescue in deep water after exiting the kayak. This can be performed using a paddle float, cowboy rescue or roll. | |
| ✓ I can swim defensively and offensively using the paddle in a benign dynamic environment such as a shoreline or small surf. | |
| ✓ I can paddle a swamped kayak from waist-deep water to a beach and empty it. | |

SELF-RESCUE AFTER CAPSIZE MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN SELF-RESCUE AFTER CAPSIZE

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: TEAM RESCUES

| LEARNING OUTCOMES | | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|---------------------------------------|---|---|
| ASSISTED RESCUE AFTER CAPSIZE. | ✓ I can execute an X-rescue in deep water as rescuer and swimmer. | |
| | ✓ I can perform a link/toggle tow with a swimmer and their sea kayak. | |
| | ✓ I can carry a swimmer using a bow and/or stern carry for 20m. | |
| | ✓ I can demonstrate an assisted capsize rescue – T-rescue or paddle-presentation rescue in a dynamic environment. | |
| | ✓ I can perform an incapacitated paddler ('unconscious paddler') rescue. | |
| | ✓ I can perform an 'all-in' rescue | |
| TOWING. | ✓ I can execute a contact tow with and without equipment over a short distance, approx. 20m. | |
| | ✓ I can perform a single point tow using a sea kayaking towline for 100m. | |
| | ✓ I can perform a tandem tow of a two-person raft. | |

TEAM RESCUES MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN TEAM RESCUES

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: SCENARIO MANAGEMENT

| LEARNING OUTCOMES | | INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE |
|-------------------------------------|---|---|
| TEAMWORK | <p>✓ I can apply the CLAP principle while kayaking with a group on the water:</p> <ul style="list-style-type: none"> - Communication: Ability to share information without speaking. - Line of sight: Always being in visual contact with members of the group to enable communication. - Avoidance: Recognition of and avoidance of common hazards at this level. - Positioning: For best effect to enhance self and group safety, communication, and line of sight. | |
| | <p>✓ I can brief a part or the whole of DICET for a leg of a trip:</p> <ul style="list-style-type: none"> - Define: The length, duration, nature of and waypoints of the trip leg. - Identify: Sections of the trip which may be challenging (hazards). - Communication: Have a system of communicating basic messages. - Emergency/Exit: Have a plan for an escape point if things go wrong. Agree how a capsize will be managed. - Tactic: How the group will move as a team while maintaining the CLAP principle. | |
| | <p>✓ I can demonstrate situation management to deal with a scenario which could happen while paddling with a peer group e.g. sea sickness, sunstroke, hypothermia.</p> | |
| SEARCH & RESCUE AGENCIES | <p>✓ I can perform a mock scenario of how to summon outside assistance using three different methods of alerting others. One of these needs to include a method of contacting the emergency services in while in dynamic water.</p> | |

SCENARIO MANAGEMENT MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN SCENARIO MANAGEMENT

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: NAVIGATING ON THE WATER

LEARNING OUTCOMES

INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

✓ I can paddle on a compass bearing.

✓ I can paddle on a transit.

NAVIGATING ON THE WATER MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN NAVIGATING ON THE WATER

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.





MODULE: ENVIRONMENTAL AWARENESS

LEARNING OUTCOMES

INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE

- | | |
|---|--|
| ✓ I can explain 3 ways plastic pollution can interfere with marine wildlife and how to reduce plastic pollution in the sea (Three-for-the-Sea). | |
| ✓ I can explain how to differentiate between a porpoise and a dolphin. | |
| ✓ I can identify and name two different sea birds in the local area. | |
| ✓ I can describe the difference between two of the following jellyfish: Compass, Lion's mane, Barrel and Common jellyfish. | |

ENVIRONMENTAL AWARENESS MODULE SIGN OFF: Where one instructor observes a candidate achieve all Learning Outcomes for an entire module they must sign here:

Instructor Signature: _____

Canoeing Ireland Registration No.: _____

Date: _____

REFLECTION ON MY PROGRESSION IN ENVIRONMENTAL AWARENESS

Feel free to use this space to note any ideas and suggestions that you and your instructor have to help further your paddling progression and training in this module.



CANOEING IRELAND SEA KAYAK LEVEL 3 EXPLORER AWARD CERTIFICATION.

Once all your modules have been completed, or you have successfully completed a one-day assessment you must get the instructor who signed off your final learning outcome/module/assessment to apply for your Sea Kayak Level 3 Explorer Award certificate from Canoeing Ireland.

They must complete the form below.

I (name of instructor) _____

Confirm that (name of paddler) _____

has completed all Sea Kayak Level 3. Explorer Award modules to the standard required. I undertake to process the certificate application from Canoeing Ireland.

Signature of Instructor: _____

Canoeing Ireland Registration number: _____

Date: _____

YOUR FUTURE PLANS FOR YOUR SEA KAYAKING.

Use this section to make notes upon any aims, goals or other sea kayaking plans that you would like to work on in the future.



CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

This Paddle Journal can be used at any stage of your paddling life to record any trips you make. It will be compulsory for the Sea Kayak Leadership Award, and your Sea Kayak Level 4 Adventure and Level 5 Horizon Awards. You can download extra pages from canoe.ie and insert them into your Profile.

Note: It is not to be used as a trip planner.

Name: _____ Date: _____

TRIP DETAILS

My role in this Trip: _____ Map/Chart Number: _____

Group Members: _____

Start: _____ End: _____ Distance (NM/Km) _____

Day trip or multiday: _____ Car split locations: _____

Weather and swell (wind dir. speed, temp, visibility, swell): _____

Sea state: _____

Crux Locations: _____

Rest stop locations: _____

Escape points: _____

Safety equipment carried: _____

TRIP SKETCH

Draw a sketch of your trip. Show details of HW/LW (local and standard port), tidal flows (rate and direction) relative to the appropriate standard port, range, and whether Neaps/Springs. Wind and swell direction. Mark in crux points, rest stops and escape routes.

GENERAL OUTLINE OF YOUR TRIP

REFLECTIONS ON YOUR TRIP

What did you do well on this trip? _____

What challenges did you have on this trip if any? _____

Upon reflection, what changes would you make to the trip if you were doing it again? _____

What did you do to keep yourself (and/or your group) safe on the water during the trip? _____

List any wildlife, e.g. cliff/ground nesting birds, seals haul outs. What did you do to reduce your effect on them? _____

Additional information: _____

CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

This Paddle Journal can be used at any stage of your paddling life to record any trips you make. It will be compulsory for the Sea Kayak Leadership Award, and your Sea Kayak Level 4 Adventure and Level 5 Horizon Awards. You can download extra pages from canoe.ie and insert them into your Profile.

Note: It is not to be used as a trip planner.

Name: _____ Date: _____

TRIP DETAILS

My role in this Trip: _____ Map/Chart Number: _____

Group Members: _____

Start: _____ End: _____ Distance (NM/Km) _____

Day trip or multiday: _____ Car split locations: _____

Weather and swell (wind dir. speed, temp, visibility, swell): _____

Sea state: _____

Crux Locations: _____

Rest stop locations: _____

Escape points: _____

Safety equipment carried: _____

TRIP SKETCH

Draw a sketch of your trip. Show details of HW/LW (local and standard port), tidal flows (rate and direction) relative to the appropriate standard port, range, and whether Neaps/Springs. Wind and swell direction. Mark in crux points, rest stops and escape routes.

GENERAL OUTLINE OF YOUR TRIP

REFLECTIONS ON YOUR TRIP

What did you do well on this trip? _____

What challenges did you have on this trip if any? _____

Upon reflection, what changes would you make to the trip if you were doing it again? _____

What did you do to keep yourself (and/or your group) safe on the water during the trip? _____

List any wildlife, e.g. cliff/ground nesting birds, seals haul outs. What did you do to reduce your effect on them? _____

Additional information: _____

CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

This Paddle Journal can be used at any stage of your paddling life to record any trips you make. It will be compulsory for the Sea Kayak Leadership Award, and your Sea Kayak Level 4 Adventure and Level 5 Horizon Awards. You can download extra pages from canoe.ie and insert them into your Profile.

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Name: _____ Date: _____

TRIP DETAILS

My role in this Trip: _____ Map/Chart Number: _____

Group Members: _____

Start: _____ End: _____ Distance (NM/Km) _____

Day trip or multiday: _____ Car split locations: _____

Weather and swell (wind dir. speed, temp, visibility, swell): _____

Sea state: _____

Crux Locations: _____

Rest stop locations: _____

Escape points: _____

Safety equipment carried: _____

TRIP SKETCH

Draw a sketch of your trip. Show details of HW/LW (local and standard port), tidal flows (rate and direction) relative to the appropriate standard port, range, and whether Neaps/Springs. Wind and swell direction. Mark in crux points, rest stops and escape routes.

GENERAL OUTLINE OF YOUR TRIP

REFLECTIONS ON YOUR TRIP

What did you do well on this trip? _____

What challenges did you have on this trip if any? _____

Upon reflection, what changes would you make to the trip if you were doing it again? _____

What did you do to keep yourself (and/or your group) safe on the water during the trip? _____

List any wildlife, e.g. cliff/ground nesting birds, seals haul outs. What did you do to reduce your effect on them? _____

Additional information: _____

CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

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Note: It is not to be used as a trip planner.

Name: _____ Date: _____

TRIP DETAILS

My role in this Trip: _____ Map/Chart Number: _____

Group Members: _____

Start: _____ End: _____ Distance (NM/Km) _____

Day trip or multiday: _____ Car split locations: _____

Weather and swell (wind dir. speed, temp, visibility, swell): _____

Sea state: _____

Crux Locations: _____

Rest stop locations: _____

Escape points: _____

Safety equipment carried: _____

TRIP SKETCH

Draw a sketch of your trip. Show details of HW/LW (local and standard port), tidal flows (rate and direction) relative to the appropriate standard port, range, and whether Neaps/Springs. Wind and swell direction. Mark in crux points, rest stops and escape routes.

GENERAL OUTLINE OF YOUR TRIP

REFLECTIONS ON YOUR TRIP

What did you do well on this trip? _____

What challenges did you have on this trip if any? _____

Upon reflection, what changes would you make to the trip if you were doing it again? _____

What did you do to keep yourself (and/or your group) safe on the water during the trip? _____

List any wildlife, e.g. cliff/ground nesting birds, seals haul outs. What did you do to reduce your effect on them? _____

Additional information: _____

CANOEING IRELAND SEA KAYAK PADDLE JOURNAL

This Paddle Journal can be used at any stage of your paddling life to record any trips you make. It will be compulsory for the Sea Kayak Leadership Award, and your Sea Kayak Level 4 Adventure and Level 5 Horizon Awards. You can download extra pages from canoe.ie and insert them into your Profile.

Note: It is not to be used as a trip planner.

Name: _____ Date: _____

TRIP DETAILS

My role in this Trip: _____ Map/Chart Number: _____

Group Members: _____

Start: _____ End: _____ Distance (NM/Km) _____

Day trip or multiday: _____ Car split locations: _____

Weather and swell (wind dir. speed, temp, visibility, swell): _____

Sea state: _____

Crux Locations: _____

Rest stop locations: _____

Escape points: _____

Safety equipment carried: _____

TRIP SKETCH

Draw a sketch of your trip. Show details of HW/LW (local and standard port), tidal flows (rate and direction) relative to the appropriate standard port, range, and whether Neaps/Springs. Wind and swell direction. Mark in crux points, rest stops and escape routes.

GENERAL OUTLINE OF YOUR TRIP

REFLECTIONS ON YOUR TRIP

What did you do well on this trip? _____

What challenges did you have on this trip if any? _____

Upon reflection, what changes would you make to the trip if you were doing it again? _____

What did you do to keep yourself (and/or your group) safe on the water during the trip? _____

List any wildlife, e.g. cliff/ground nesting birds, seals haul outs. What did you do to reduce your effect on them? _____

Additional information: _____
