PADDLER PROFILE

SEA KAYAK LEVEL 5.
HORIZON AWARD

Candidate Name:_____

Canoeing Ireland Membership No.:_____

If found please contact -

Phone:_____

Address:_____

_____

_____

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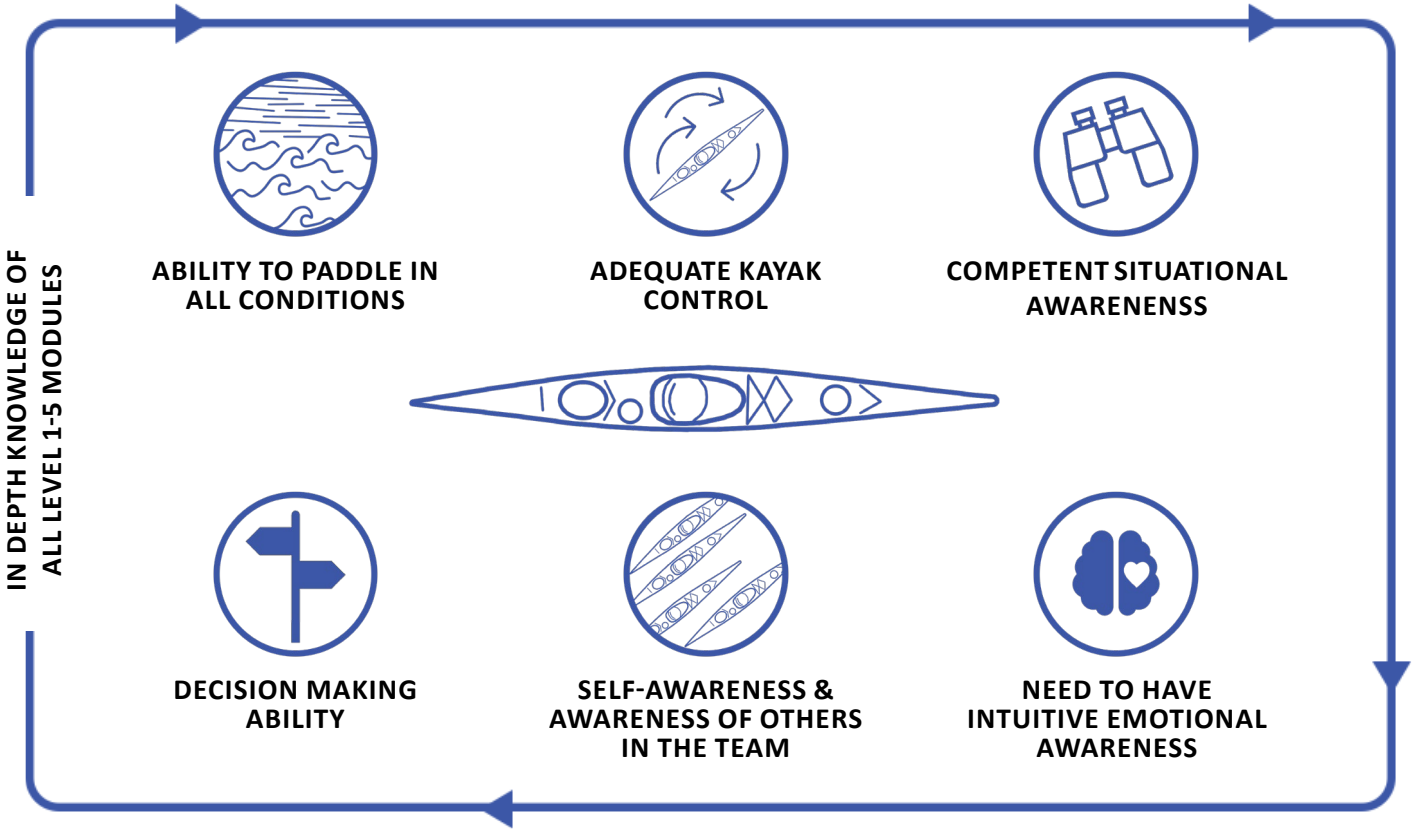
AM I READY FOR LEVEL 5 SEA SKILLS HORIZON AWARD?

If you have achieved your sea kayaking skills Level 4 Adventure Award with Canoeing Ireland, have completed some substantial trips and you are thinking about progressing to the Level 5 Horizon Award but are not sure about whether you should, then take time to read these statements to yourself:

- I feel competent and comfortable in Level 4 Adventure Award conditions.
- I am seeking to expand my sea kayaking skills and knowledge by kayaking with other like-minded people who I may not know, in an area I may not know.
- I would like to challenge my ability to execute sea kayak rescues in a challenging environment.
- I would like to obtain the highest award in the Canoeing Ireland Sea Kayaking skills syllabus.
- I would like to be confident in open crossings and have the competence to approach longer and more exposed sea kayaking passages safely and confidently.
- I would like to set myself a high standard goal to achieve.
- I am planning an extended or remote trip and would like to prepare for it adequately.
- I would like to improve my overall sea kayaking competence so that I can give back to my club or paddling community.
- I have looked at the Level 5 Sea Kayaking skills Horizon award and feel that it is a realistic challenge for me.
- I would like to contribute to improving the national standard of sea kayaking in Ireland.

If some of these statements apply to you, then you are ready to take the next step in your sea kayaking skills journey.

WHAT DISTINGUISHES A LEVEL 5 PADDLER?



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.
2. At the end of each module is a Reflection page. This section is compulsory at L4 Adventure, and L5 Horizon Awards. Here 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.
3. You are expected to develop your own paddler profile recording trips as part of your training and assessment. The Sea Kayak Paddle Journal is there to assist in recording the trips you have done. You can download extra pages from canoe.ie and insert them into your Profile. More details about your paddler profile are on page 16 of this document.
4. Once you have attended a L5 Horizon Award training course, completed the learning outcomes for all modules, submitted your paddler profile and have been successfully assessed on a two and a half day assessment by a Canoeing Ireland Level 5 Sea Kayak Instructor(s) they will then process the relevant sea kayak skills award certificate for you.

Reflection can involve some or all of the following:

REACTIONS to the day

EXAMINING your own performance

noting your **FEELINGS**

what did you **LEARN** as an individual or as part of a group?

EVALUATING your plans

CHALLENGES you faced or overcame

CHANGES you might make

future **TASKS** you might undertake and when you might do them

IDENTIFYING areas for future development

noting **OBSERVATIONS** from others

assessing what you **NEED** to do or who you need to help you

5. 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 5. Horizon Award level you are expected to keep a Paddle Journal as part of your assessment. You can download extra pages from canoe.ie and insert then into your Profile.

CRAFT, TRAINING AND ASSESSMENT

CRAFT

A seaworthy sit-in sea kayak of adequate buoyancy, fitted with deck lines (perimeter lines) fore and aft, a minimum of two bulkheads, minimum of two hatches and a minimum length of 435cm/14 ‘6”. The hull shape must be conducive to edge-turning and pivot turns required at this level. Skegs and rudders are acceptable when used as appropriate. Your kayak must be capable of carrying the full complement of safety and rescue equipment as required for this level.

TRAINING COURSE ENTRY REQUIREMENTS

	Sea Kayak Level 4 Adventure Award certificate (or equivalent).
	Obtain a Canoeing Ireland L5 Horizon Award Paddler Profile from canoe.ie, or their instructor before attending training (see guidelines on page 16).
	Must be a current member of Canoeing Ireland.
	Be at least 18 years of age.

TRAINING COURSE

DURATION OF TRAINING COURSE (INDICATIVE GUIDELINES)	The training course will be 2 days plus one evening and include a reduced visibility/ night navigation session. It is recommended that the paddler will undergo a consolidation period post training course (minimum 6 months - maximum recommended 2 years) before presenting for assessment.
TRAINING COURSE PPREREQUISITES	Before attending the training course, your paddler profile should contain a record of a **minimum** of 4 relevant trips which suitably challenge you at your stage of development. These trips should incorporate a mix of paddling in flow, wind, surf, expeditioning, camping if possible. It is recommended that these trips should be undertaken in areas you are not familiar with.
POST TRAINING COURSE	Your course instructors will give you post course recommendations and additional trips to enhance your progression pathway and route to assessment. These recommendations will also be recorded in your Paddler Profile and will be checked before attending assessment. Upon completion of a Level 5 Horizon Sea Skills training course, your paddler profile must contain evidence of all post training course recommendations from your instructor within a 2 year period before assessment.

ASSESSMENT

Entry Requirements

- Completion of a two and a half day L5 Horizon Award training course.
- Canoeing Ireland Advanced Navigation Certificate or equivalent.
- Short Range Certificate (SRC) for VHF operators.
- Remote Emergency Care Level 3 First Aid Award (in date) or similar or higher.

Please note: Before attending for assessment, candidates must hold The Short Range Certificate (SRC) for VHF operators. This course is accredited by the Irish Department of Transport and is the minimum qualification required for use of VHF radios on boats / kayaks in coastal or inland waterways.

The assessment will take place over two days and one evening. There should be where possible, a minimum of two Level 5 instructors present. The location will be agreed prior to assessment based on the forecast conditions. Feedback on a paddler's skills, knowledge and competence will be provided. If the paddler is 'not there yet' in any module they will be advised on how to improve their performance and the pathway to completion.

The assessment will include the following components:

- Submission of paddler profile.
- An equipment check: All equipment must be shown (see L5 Horizon Award equipment list on canoe.ie).
- In a shore-based session, candidates will prepare an offshore trip.
- A theory test based on the questions shared during the training course covering a wide range of sea kayaking knowledge around safety, environment navigation and technique.
- Candidates will be expected to discuss their answers to the theory test during the face to face assessment day.
- Practical skills session based on the Level 5 skills modules.
- Feedback.

CERTIFICATION AND EQUIPMENT

CERTIFICATION	When all the required L5 sections of your Paddler Profile have been successfully assessed by your instructor/s, they will then process the Sea Kayak L5 Horizon Award certification for you.
EQUIPMENT FOR SEA KAYAKING	The list of equipment you will need to use for this award is available on canoe.ie

SEA KAYAK LEVEL 5 HORIZON AWARD CONDITIONS

The following parameters will help guide on conditions on any given day. All conditions may not be present at any one time. The Level 5 paddler is expected to have the competence to adjust to the conditions listed below as they occur.

COASTAL FEATURES:	Large headlands, unavoidable tidal gates, sections of coastline where landings would not be possible or would be hazardous, committing sections of coastline.
WIND (BEAUFORT):	F0-5
SEA STATE (MET EIREANN):	Moderate (1.25 - 2.5m significant wave height) swell of 1.25 to 2.50 metres
SURF:	≤ 1.5m broken waves/surf
FLOW:	Overfalls, tidal streams and tide races ≥ 3kn
COASTAL ENVIRONMENT:	The following may exist, in combination with several of the above: Clapotis, wind against tide, strong tidal currents, local anomalies, sea breeze effect, katabatic effects, downwind paddling, interaction between swell and shoreline.
OPEN CROSSINGS:	Open crossings where the destination is out of sight.

LEVEL 5 HORIZON AWARD MODULES

There are 4 modules to be completed in this award.

SHORE BASED TRIP PLANNING

TEAM RESCUES

NAVIGATING ON THE WATER

ENVIRONMENTAL AWARENESS

L5. HORIZON PADDLER 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

EXPECTATION: I am competent in creating a plan for single and multi-day trips in areas of complex tidal and environmental conditions, identifying all relevant data and carrying out a detailed risk assessment of the plan.

LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓ I can plan and plot trips such as: A. Open crossing of more than five hours duration on a chart. B. A circumnavigation of an island or offshore lighthouse. C. A multi day camping expedition.	

These trip plans must include the following information:

- Start, finish points
- Length of crossing
- Estimated duration of the trip / crossing
- Waypoints
- Distance between waypoints.
- Tidal Flow
- Course to Steer between waypoints (vectors)
- Areas where the potential for dynamic water is high
- Crux points
- Estimated position at various times in your trip
- Group Tactics: e.g. rest points/ fog/sea sickness/ injury/movement
- Communication factors such as Shore contact
- Weather / Wind & Swell Forecast
- Tidal coefficient, moon phase, tide turn time, slack water, high & low water.
- Size of and experience of group
- Equipment factors and food and water supplies
- Emergency back-up plan including Search and Rescue as well as evacuation considerations
- Rendezvous points (RV) point in case of split group

✓ I can apply information from tidal diamonds and tidal curves to calculate tidal flows and depths at specific times and locations, integrating this data into trip plans.	
✓ I can identify tidal gates and plan routes that optimise passage through these areas.	

	LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓	I can use a digital electronic navigation tool to plan a course and use it to set waypoints along a course.	
✓	I can prepare a brief risk assessment outlining the unique hazards and risks associated with a trip plan. I can explain how changes in the various elements of the trip will affect the risk assessment.	

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.

ASSESSOR NOTES

MODULE: ENVIRONMENTAL AWARENESS

EXPECTATION: I have a deep understanding of environmental stewardship through my knowledge, practical skills, and support of marine conservation. I am aware of and respect the abundance of life in the littoral environment, acknowledging the various strategies living things employ to survive. I inspire others by my own actions to implement strategies that minimise the impact that sea kayaking has on the environment.

	LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓	I have reflected upon the concept of a personal sustainability ethic to govern my sea kayaking and have begun to develop my own.	
✓	I can identify a number of different species in the littoral environment – birds, cetaceans, crustaceans and macro algae (seaweed), some seashore wild plants and their habitats.	
✓	I can identify the seasons when sensitivity to the seashore is paramount for a variety of flora and fauna.	
✓	I engage with environmental Gov/NGO citizen science projects and report sightings/activity relating to the coastal environment and I can explain to my paddling group how to contribute to them.	
✓	I can advise other sea kayakers about the ethical purchase of equipment to help protect the environment.	
✓	I can apply Leave No Trace principles when planning and undertaking a trip/expedition.	
✓	I am aware of my proximity to marine animals and plants and of my influence on their wellbeing. I abide by regulations governing human interaction with marine wildlife such as birds, cetaceans, seals and basking sharks.	

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.

ASSESSOR NOTES

MODULE: NAVIGATING ON THE WATER

EXPECTATION: I can demonstrate an ability to locate and verify my position on a chart/map confirmed by using feature recognition and/or digital means.
I can progress a trip towards a specific waypoint in limited visibility, adjusting my course for dynamic wind, swell and current conditions en route.

	LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓	I can communicate an effective and clear shore brief to a group of paddlers incorporating SHEETSS* or similar briefing tools.	
✓	I can generate and determine a bearing on a map from the deck of the sea kayak in active conditions.	
✓	I can estimate my position on the water using a 3 point fix and mark this position on a chart.	
✓	I can adjust my course to steer to allow for leeway and tide both from information obtained from a chart/ almanac/sailing directions and from sound judgement.	
✓	I can adjust the time calculated between waypoints to allow for changes in speed due to conditions encountered while on the water.	
✓	I can paddle in poor visibility (night-time included) and navigate to specific waypoints effectively.	
✓	I can communicate effectively with other water users/ port authorities while paddling in areas of marine traffic.	
✓	I am conversant with the use of electronic navigation tools.	
✓	I can use and apply digital methods as well as environmental indicators to locate my position on a chart.	
✓	I can identify a variety of navigation lights and use them to locate myself on a chart.	
✓	I can observe and communicate with members of my paddling group on the water, and make effective decisions about the progress of the trip based on my observations. Changing the original trip plan when necessary.	

***SHEETSS:** **S**afety & Signals, **H**uman factors, **E**quipment, **E**nvironment, **T**imings, **S**ustainability, **S**afe to go

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.

ASSESSOR NOTES

MODULE: TEAM RESCUES

EXPECTATION: I can demonstrate effective boat handling while managing rescues in complex, active environments. I can confidently perform self-rescue, individual and team rescues in deep water, tidal overfalls, surf, rock gardens/ gullies and confined spaces, ensuring the safety and well-being of all team members. I can integrate effective decision making (DM), communication and situational awareness (SA) into all rescue scenarios.

NOTE: The L5 paddler is expected to be able to perform all rescues as specified at L4 Adventure award. In addition to all of the below.

	LEARNING OUTCOMES	INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
✓	I can demonstrate the application of recognised protocols (STIG, STOP, SAFER, PRTTGH)* as appropriate in any rescue I undertake.	
✓	I can coordinate the paddling team to complete the rescue of a swimmer and multiple swimmers while recovering all equipment in active / confined areas.	
✓	I can recover and drain a swamped kayak with flooded hatches in active conditions. Assistance may be sought.	
✓	I can perform rescue of a swimmer and capsized kayak laden with equipment.	
✓	I am competent at swimming in confined rocky areas in swell, I can receive a throw line and can enter and exit the water from a rocky shore safely.	
✓	I can self-rescue in active conditions.	
✓	I can demonstrate technical ability and good communication with my team to manage a damaged boat or a casualty in realistic conditions for the purposes of repair or further care.	

TOW LINE SKILLS	✓	I can demonstrate appropriate tow rope technique and towing management in active conditions.	
	✓	I can demonstrate efficient use of a throwline to recover an active swimmer from a confined area.	
	✓	I can demonstrate effective teamwork and appropriate use of a tow line to perform a swim landing and re-launch.	

LEARNING OUTCOMES			INSTRUCTOR SIGNATURE, CI REGISTRATION NUMBER AND DATE
TOW LINE SKILLS	✓	I can discuss the risks associated with surf zone rescues and can employ a range of techniques as appropriate to the conditions.	
	✓	I can disconnect my, or another paddler's tow in active conditions.	
	✓	I can demonstrate the quick release and recovery of a tow while under load.	

*** STIG:** **S**elf, **T**eam, **I**ndividual, **G**ear
STOP: **S**top, **T**hink, **O**rganise, **P**erform
SAFER: **S**top, **A**ssess, **F**ormulate, **E**xecute, **R**eview
PRTTGH: **P**reach, **R**each, **T**hrow, **T**ow, **G**o, **H**eli

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: _____

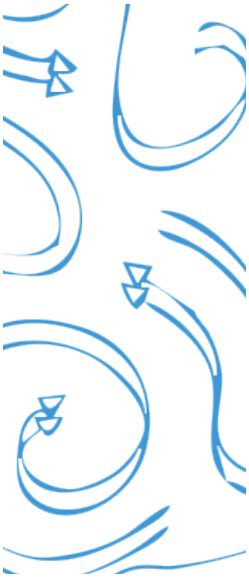
Canoeing Ireland Registration No.: _____ Date: _____

REFLECTION ON MY PROGRESSION IN 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.

ASSESSOR NOTES

SEA KAYAK LEVEL 5 HORIZON AWARD PADDLER PROFILE GUIDELINES



The purpose of your paddler profile is to provide evidence of your core competencies through your recorded trips to ensure you are a versatile sea kayaker at this standard and to adequately prepare you to attend an assessment with the aim of a successful outcome.

Your Level 5 Horizon award paddler profile is a reflection of your paddling experiences and trips before and after the training course. The design and format of your paddler profile is left open to allow you to express your experience in your own way. Various forms of media are welcome to reflect your preference. Examples of this would be written trip reports, video formats, Blog posts, Vlogs, use of online paddler profile as well as traditional handwritten entries.

Your paddler profile will support the Shore Based Trip Planning module. Logged trips will show the work process as well as the result. The Paddle Journal is one way of recording your logged trips, but you will need to add your own maps, and evidence of tidal workings.

COMPULSORY LOGGED TRIPS

In addition to your normal paddling trips, your paddler profile should contain evidence of planning, plotting and completion of trips as follows:

✓ An open crossing of up to five hours duration on a chart.	
✓ A circumnavigation of an island or offshore lighthouse.	
✓ A multi day camping expedition.	

SEA KAYAK LEVEL 5 HORIZON AWARD TRAINING COURSE CONFIRMATION AND POST COURSE RECOMMENDATIONS

I (name of instructor)_____

Confirm that (name of paddler)_____

has completed a recognised Sea Kayak Level 5 Horizon Award Training Course.

Signature of Instructor: _____

Canoeing Ireland Registration number:_____

Date:_____ **Course code:**_____

Location:_____

INSTRUCTOR'S POST TRAINING COURSE RECOMMENDATION(S):

_____

_____

_____

_____

_____

_____

_____

_____

Signature of Instructor: _____

Canoeing Ireland Registration number:_____

Date:_____

CANOEING IRELAND SEA KAYAK LEVEL 5 HORIZON AWARD CERTIFICATION.

Once all your modules have been completed, or you have successfully completed an assessment you must get the instructor who signed off your final learning outcome/module/assessment to apply for your Sea Kayak Level 5 Horizon Award certificate from Canoeing Ireland.

They must complete the form below.

I (name of instructor)_____

Confirm that (name of paddler)_____

_____**has completed all Level 5 Horizon Sea Kayak Skills Award modules to the standard required. I undertake to process the L5 certificate application from Canoeing Ireland.**

Signature of Instructor: _____

Canoeing Ireland Registration number:_____

Date:_____ **Course code:**_____

SAMPLE LEVEL 5 SEA KAYAK TRIPS

The following list provides examples of journeys suitable for an Aspirant Level 5 Paddler. These can be used to:

- Develop navigational and trip-planning skills through desktop exercises.
- Prepare for the Level 5 Horizon Award assessment planning tasks.
- Undertake selected trips to build practical skills and a robust experience portfolio. These should only be carried out in appropriate conditions and with suitably trained, qualifi ed, or experienced peers.

This list is not exhaustive; it simply illustrates the types of trips typically considered to be at Level 5 standard. Sea state, weather, and season can elevate the seriousness of otherwise less-exposed routes, so sound judgement and decision-making are essential at all times.

1. **Tour of Connemara Island from Finis through to Leitir Mor, to Coral beach and outside passage of Gorumna, Leitir meallain and back to Finis.**
2. **From Cleggan, Galway to Inishark, Inisboffin, Inisturk and Clare Island return or to Roonagh Quay.**
3. **Circumnavigation of Achill Island.**
4. **Malin Head through to the Garvan Isles to Inistrahull return.**
5. **From Rinroe point around the Stags of Broadhaven and Dun Briste to Bunahown pier on the North Mayo Coast.**
6. **Rathlin Island circumnavigation to Ballycastle return.**
7. **Strangford Lough from Kilclief to Salt Island return via the Routen wheel.**
8. **Carlingford Lough from Greenore to Guns island, Greencastle and Carlingford return.**
9. **Portronan around Malin Head to Culdaff.**
10. **The Copeland islands from Donaghahea return.**
11. **Circumnavigation of the Great Saltee Island from Kilmore quay return.**
12. **Tuskar Rock from Rosslare.**
13. **Kish Lighthouse from Howth or Bulloch Harbour.**
14. **Isle of Man Crossing from Uk mainland.**
15. **North Irish Sea Crossing from Donaghahdea to Portpatrick.**
16. **Ballycastle to Islay.**
17. **Fastnet Rock from Schull or Baltimore.**
18. **The Skellig Rocks Circumnavigation from Glenn Pier or Portmagee.**
19. **Bull Rock, The Cow and Calf Rocks from Dursey or Garinish, West Cork.**
20. **Trip to Blackrock Lighthouse from Belmullet.**
21. **Tory Island trip, Donegal.**
22. **Dunquin and circumnavigate any of the Blaskets.**
23. **Trip out and back to the Foze Rocks via the Blaskets.**
24. **Circumnavigation or Ireland.**
25. **Open crossing of Donegal Bay.**

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. For your paddler profile it should be supplemented with maps and evidence of tidal calculations etc.

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:

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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): _____

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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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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:

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Note: It is not to be used as a trip planner. For your paddler profile it should be supplemented with maps and evidence of tidal calculations etc.

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. For your paddler profile it should be supplemented with maps and evidence of tidal calculations etc.

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.

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Additional information: