

# Kayaking Safety

*The following is a general statement of policy/philosophy regarding sea kayaking trips and safety. The purpose is to inform new members, and remind all members, of the way trips should function and of a relatively safe way to sea kayak, based on past experience. Our goal is to function as safely as possible, however, be advised that risk cannot be entirely eliminated when paddling a kayak. Decisions regarding teamwork, group formations, signals, etc. must be tailored to each trip and will be made by group consensus or by the trip initiator.*

## Personal Responsibility

- On any of our club trips, **each and every participant is responsible for his/her own safety**. Use your own judgment. Never blindly follow anyone into a situation you are unsure about.
- **Be prepared to take care of yourself**. This does not mean that the other members of the group won't assist anyone who needs it; but such assistance should never be taken for granted, especially in difficult conditions. Be aware that, despite all good intentions, there is always a real possibility of being separated from the group.
- **Be sure your skills are adequate for any given trip**. There is nothing wrong with bailing out at the put-in; everyone has done it.
- **It is up to each and every participant to know the trip agenda**. Use a map or chart, carry a compass, and consult with the trip initiator if you are not familiar with the area. Approach the trip as if you were planning it. Trip initiators have been known to screw up or bail at the put-in; don't be over-reliant on them.
- **Assume that benign conditions will deteriorate and be prepared for the worst possible scenario**. Also be prepared to take advantage of conditions that turn out to be better than expected.
- **Make sure you have the appropriate equipment for the trip**. Check to be sure your kayak and other equipment is fully functional and in good repair. In cold water, wear a wetsuit or drysuit. Always wear a helmet in surf and ocean rock gardens.

## Trip Initiator

- **The trip initiator is the trip organizer, not a tour guide**. Commercial outfitters get paid to be responsible for their customer's safety. Our club, not an outfitter, and does cooperative, not guided, trips. Trip initiators are no more responsible for the safety of others than anyone else in the group. Everyone has to paddle their own craft; a "leader" can't do it for them.
- **Trip initiators are not responsible for evaluating participants' kayaking abilities**. However, they have the right to eliminate anyone who is not prepared. Participants should evaluate their own skills. Try to be realistic.
- **The trip initiator can organize, or not organize, the trip in any way he or she wants**. Feel free to talk to the initiator beforehand to find out how the trip is to be structured. If you don't like the way a trip is organized, initiate your own trip and do it your way.

## **Skills**

The following list of skills is not all-inclusive or absolute. Judgment and common sense are as important as any of the skills listed below, but are more difficult to quantify objectively. Assess your own skills honestly. This is only a general guide of suggested skills for various areas.

### **For the easiest trips in sheltered water:**

1. Previous basic instruction (beginning class or equivalent), including self-rescue.
2. Ability to perform basic paddle strokes with reasonably good boat control.
3. A working knowledge of assisted rescues.

### **For exposed areas, including any crossing longer than two miles:**

*The above plus:*

4. Ability to paddle with good boat control in 2-3 foot chop and brisk wind while traveling in any direction.
5. Knowledge of tidal currents and overall wind patterns for the area you are paddling.
6. Ability to hold a course during crossings, taking wind and current into account, using ranges and/or compass.
7. Ability to paddle several miles without becoming totally exhausted.
8. Knowledge of shipping lanes and ability to deal with boat traffic; familiarity with "Rules of the Road".

### **For the Open Coast:**

*The above plus:*

9. Ability to launch and land though surf.
10. Ability to paddle in large seas (6-8 feet or larger) and strong wind (15-25 knots is common in northern California) in reasonable comfort.
11. Good boat control in rough water and following seas; good balance and reflex bracing.
12. Eskimo roll or reliable self rescue skills.

The best way to learn most of these skills is in a "controlled" situation: Take classes from one of the local outfitters, attend skills practice sessions and workshops; practice in areas with easy bail-outs; fine-tune your skills, especially strokes, on easy trips. Above all, take your time, learn in increments, and have fun.