

For back to back to back lamination with “The Paddler’s Progress”.

A Further Note for Beginners.

Updated 16 /03/2020

Enemies and Friends

- **Your greatest Enemies:-**

Are Wind, and prolonged Emersion.

Winds of Force Four 10 – 16 Mph in can generate large breaking waves.

Emersion in 10 degrees Celsius for 20 minutes will mean you will have lost the functional use of your hands and arms. With regard to safety only two questions need to be asked. Namely:-

“Given the Weather Forecast, can I “consistently” Deep Water Rescue and Roll in the on seas which I am about to paddle? If not, why am I going?

As very few paddlers have 100% roll the Deep Water Rescue is **Essential**.

- **Your Greatest Friends:-**

If you have them, VHF radios, Satellite Personal Locator Beacons, Flares and Cell Phones ought to be taken with you But beware; they can give a false sense of security. In remote coastal waters rescue services can take half an hour, to hour or more, to get you.

- The in the water range, of a VHF held in hand, is only 5 miles line of sight. Flares are highly visible but unlike a radio do not give an accurate fix and are dependant on being seen, In remote waters Cell Phone reception is often non existent, Satellite PLB’S have a 24 hr battery life and can be used anywhere in the world, and unlike VH or Smart phone PLB’s contact is assured;. It is for these reasons that **your Greatest Friend is a Consistent Roll.**
- After your “consistent roll” has failed; (something which can happen to us all!!) Your next “Bestest Friends” are your two Buddies who have practiced **Deep Water Rescues**. One will put you back in your boat. The Other will hook up the Rescuer’s boat to prevent you and him drifting on to rocks while your rescue is in progress. Which is why:-
- The Golden Rule is: - **Less than three there should never be!!!**
- **Finally** your Kayak was designed by the Inuit’s as a coastal hunting craft. It is not an ocean going vessel. There is no need to paddle to St Kilda because it’s there!

GMM