

## TSKC paddler information form

Paddler name	Mobile number	Colour of kayak	Paddling level	First aider Y/N
Relevant medical info			Emergency contact name and number	

I confirm I will have emergency details (ICE card) in my BA ..... (please ✓ or write yes)

**Please complete the above and send to the trip leader at least 2 days ahead of the trip wherever possible.**

**Paddling level** Please try to estimate your paddling level based on the following guidelines. It's not a science, just a rough guide to where you think you are on the scale. Awards levels are there as a guide, not to suggest an expectation that you should have any awards.

Trip comfort level	Paddling level	Broad description	Possible award level or approx. equivalent level of skills
A	Beginner	Basic skills, few sea trips yet	Start / Discover
A+	Novice	Some training and practice, a few sea trips done	Explore Award / 2 star
B	Intermediate	Ongoing training / practice, many sea trips done	Sea kayak award / 3 star
B-C	Experienced	Trips / training / practice in range of conditions over a few years or more	Coastal Sea Kayak / 4 star personal skills
C	More experienced	Well experienced, competent in big conditions	Sea Leader / 4 star and above

### Paddle grades

**A:** Relatively easy landings with escape routes easily available. Offering relative shelter from extreme conditions and ocean swell. Some tidal movement may be found, but easy to predict with no major tidal races or overfalls.

**B:** Some awkward landings, and sections of coastline with no escape routes, should be expected. Tidal movement, tidal races, overfalls, crossings, ocean swell and surf may be found on these trips. They will also be exposed to the weather and associated conditions.

**C:** These trips will have difficult landings and will have no escape routes for long sections of the trip. Fast tidal movement, tidal races, overfalls, extended crossings, ocean swell and surf may be found on all these trips. They will be very exposed to the weather and sea state, therefore require detailed planning and paddlers competent in rough water conditions. The journey may require good conditions for the trip to be viable.

### Relevant medical information

Please note it is your responsibility to share with the trip leader any medical info that may be relevant to your paddling on this trip, and any measures that may be needed to alleviate the issues. Any of the following should be noted, along with other relevant conditions not listed here: sea-sickness, asthma, diabetes, epilepsy, muscular/skeletal issues, allergies, heart conditions, hearing or visual problems.