

NSW SEA KAYAKER

Newsletter of the NSW Sea Kayak Club Inc.

P.O. Box A1045 Sydney South, NSW 2000

No:5

Nov. 1990

PRESIDENTS REPORT

Hi there! This is the start of our second year as a club and I hope that the sport will grow with the same enthusiasm as demonstrated over the first twelve months. Thanks must go to Perc Carter for steering the club in the right direction.

I hope this year, as the paddlers gain more experience, that new members can also move into the sport more confidently and safely. Some of the many trips done over the past year come to mind: - Jervis Bay, Broughton Island, Sydney Harbour paddles, Kiama, Botany Bay, Palm Beach and many more.

The Committee encourages member's participation in the paddle program. Please inform any member of the Committee if there is a trip which you would like to do and hopefully we will arrange the trip to suit. We have been doing a paddle program to cover three months with a paddle on approximately every two weeks. We will have more training weekends to hone the rescue and safety skills and also to organise courses to get some qualified instructors in the club.

The club should work well if the effort is put in. So:-

HAPPY PADDLING

John Slattery
President

NSW SEA KAYAK CLUB INC.

MINUTES OF THE FIRST ANNUAL GENERAL MEETING, 10TH SEPTEMBER, 1990

VENUE: Club Meeting Room, Macquarie University Gymnasium Complex, Marsfield.

TIME: 7:30pm

PRESENT: P.Carter, R.Abrahall, S.Abrahall, J.Bamberry, K.McDonald, P.Ingleby, G.Mundy, R.Chambers, F.Newman, A.Preema, J.Slattery, R.Slattery, P.Chidgey, J.Wildforster, R.Rafferty, M.Richardson, D.Gemenis, P.Baker, G.Groves, G.Higgins, F.Brandon, P.Dibben

APOLOGIES: D.Carter, A.McCarthy, B.Lee
Those present were welcomed and the Minutes of the Inaugural Meeting were read.

Moved J.Bamberry, K.McDonald that the name of the Vice President be changed to Ken McDonald and the Minutes be adopted.

BUSINESS ARISING:

- 1. NZ Insurance Public Liability for the sum of \$2,000,000.00 -Premium \$334.00: refer President's Report
- 2. Application for Incorporation: refer President's Report. Public Officer will be whoever lodges the document.

Moved K.McDonald and R.Raftery that we make a fresh submission to the Corporate Affairs Commission adopting the model rules.

PRESIDENT'S REPORT

NSW SEA KAYAK CLUB INC ANNUAL GENERAL MEETING 10 SEPTEMBER, 1990.

Ladies and Gentlemen, it is with some pride that I deliver the Inaugural President's Report to the NSW Sea Kayak (almost incorporated) Club. We got off to a great start on 12 September 1989 and we now have 41 financial members. Unfortunately, only three are female and I am sure you will all agree, we should encourage more females to join and enjoy this terrific branch of canoeing.

We have come a long way from our initial meeting at Canoes and Camping in Ryde in 1988, a subsequent meeting at Canoe Specialists at Beecroft and then to Canoes and Camping at Kogarah. Without the support of the proprietors of those businesses, and the interest and drive of a number of members who are too numerous to mention by name, we would probably still be talking about forming a club.

We have a healthy account with the St George Building Society as you will hear from our Honorary Treasurer, a regular newsletter and a number of prospective members.

If well-attended and interesting trips are an indicator of our Club's success, then we have made it.

As a prerequisite of incorporation, we have Public Liability cover with NZ Insurance in the sum of \$2 Million. The premium for this sum insured was \$334.00. However, we have not met with much success in our efforts to gain incorporated status. Our documents have gone astray at the Corporate Affairs Commission on a number of occasions and I have a fourth set almost completed for another attempt after this meeting.

I note from discussions with Ray Abrahall that membership applications are still being received. This means that some members will be paying dearly for a very short year. Perhaps consideration could be given to pro rata membership fees after a specific date.

We are indeed fortunate that our members do not want long formal meetings bogged down with speeches. Meetings on the water are the way to go.

In closing, I would like to thank the outgoing Committee for their support and all of the members who have participated in the Club's activities during the preceding twelve months. I welcome the incoming Committee who have a great foundation upon which to build and I know that our Club will go from strength to strength.

Thank you
Perc Carter

TREASURERS REPORT

NSW SEA KAYAK CLUB INC.
FINANCIAL STATEMENT FOR YEAR ENDING SEPT. 1990.

INCOME

Membership and Joining Fees	89/90	- 39 @ \$40.00	1560.00
Membership Fees	90/91	- 1 @ \$20.00	20.00
Bank Interest			32.36
			\$ 1612.36

EXPENDITURE

PO Box Charges	1989	\$ 33.37	
	1990	\$ 60.00	93.37
Postage			119.72
Stationary (envelopes)			28.91
Public Liability Insurance			334.50
Bank Charges FID & FIX			1.10
			\$ 577.60

BANK BALANCE 5/9/90 \$ 1034.76

Shirley Abrahall
Hon. Treasurer

Moved G.Mundy, M.Richardson that the 2 reports (Presidents and Treasurers Reports) be received.

CORRESPONDANCE: Roscoe Canoes, Tasmanian Sea Canoeing Club, Maatsukyer Canoe Club, and meeting apology from Anthony McCarthy.

ELECTION OF OFFICE BEARERS FOR 1990 - 1991.

R Raftery in chair for Election of President. John Slattery was the only nomination for President and was elected President for 1990/91. John Slattery took the chair and the elections continued.

The following persons were elected:-

- Vice President - Ken McDonald
- Secretary - Ray Abrahall
- Treasurer - Shirley Abrahall
- Programme Coordinator - Michael Richardson
- Editor - John Bamberry
- Social Convenor - Peter Ingleby
- Programme Committee - Frank Newman
- Alex Preema
- Editorial Committee - Ron Chambers
- Graham Mundy

GENERAL BUSINESS: John Slattery discussed programme and training days, also personalised fitting out of craft and recommendations, a weekend with the Victorian Sea Kayak Club and future programming was generally discussed.

Night paddling was discussed with Ray Abrahall informing the meeting that the revised MSB Safe Boating Handbook to be available soon will include requirements for Canoes and Kayaks to show a 360 degree visible white light at night.

Minimum requirements for Racing Kayaks. A Committee was formed with Ken McDonald (Chairman), and Committee members Ron Chambers and Phil Chidgey. Ken McDonald requested that Gary Burnham be approached to be part of the Committee.

Club members were asked for input into the Committee and results would be forwarded to the NSWCA. Additionally this Committee would define what a SEA KAYAK is and consider what a safe boat in basic design and fitted out.

ing
WAIVER OF FEES IN LAST 3 MONTHS: It was moved that memberships received in the last three months of the financial year be waived and that membership fees received be credited to their first 12 month's membership.

Moved P.Carter, K.McDonald.

SOCIAL: It was moved that a budget of \$ 200.00 be allocated for a social event on 6th October.

Moved P.Carter. K.McDonald.

CLUB EMBLEM: It was moved that submissions from Club members be made for a Club ~~Member~~ *Emblem*

Moved J.Bamberry, R.Abrahall

P.F.D.s: Moved that the wearing of PFDs be worn in compliance with the safe boating rules and additionally as determined by the trip leader.
Moved J.Bamberry, K.McDonald.

Meeting closed at 9:40pm.

TRIP REPORTS

PALM BEACH TO BRISBANE WATER - September 9th, 1990.

Looking at a topographic map, I thought a place with a name like "Sand Point" would be a convenient spot to cast off in our kayaks for this trip. Little did I know that "Sand Point" is made of rocky land-fill. Anyhow, after a quick muster of cars, kayaks and persons, we relocated to Sand Point Lane where Ron Chambers (who definitely had better local knowledge than myself) was waiting.

Paddlers and boats were:-

- John Bamberry - Estuary
- Ron Chambers - Estuary
- Graham Mundy - Greenlander
- Frank Newman - Greenlander
- Alex Preema - Roscoe

Frank met us on the water after paddling from Bayview (does the name Frank always imply a marathon paddler?). From Sand Point we made a beeline for Lion Island in calm conditions and sunny weather. After

passing on the western side of Lion Island, we headed off to Pearl Beach for a short break. This location is protected by Green Point and usually makes for an easy exit from the water. However, recent storms had moulded the foreshore into a steep slope which presented an interesting challenge in exiting one's boat. In trying to ride up the swash of the wave, I spear-headed my kayak into the sand. Ron successfully executed the dangle-one-leg-out-of-the-side technique whereas Graham delivered a not-so-speedy exit. After a short chat and drink, we slid down the beach and directed our kayaks towards the channel into Brisbane Water. To avoid the shoals and waves, we paddled towards Little Boxhead and followed the channel markers into Brisbane Water on a flood tide. This allowed us to pass directly over Half Tide Rocks where some interesting eddies were forming. Lunch was had in a small park by the water with a beach just big enough to fit five kayaks.

The return trip was hastened by the start of the ebb-tide. Heading out from Brisbane Water, we made straight for the eastern side of Lion Island by passing over the oncoming waves. Picking our way between patches of white foam, five kayaks abreast passed over the swells, some nearly peaking. Having got a little bit ahead, I looked back to see several boats more than three quarters out of the water as they flew over the waves. With the sun behind them, this would have provided for some excellent photos (if only anyone could sit still to take one!). After accelerating over several steep waves, we wondered if the loud "thwack" of the fibreglass had any detrimental effect.

On nearing Lion Island, a 5-8 knot wind picked up and this, combined with the tide and the swell presented bumpier conditions. Graham was feeling a bit green but maintained the constant pace that Alex was setting. The trip from Brisbane Water to Sand Point seemed a bit arduous but we covered the 9.5 km return trip in just over an hour. If you want to do a bit of surfing in your sea kayak, the entrance to Brisbane Water presents an excellent spot.

John Bamberry.

SHELLHARBOUR - KIAMA 21st October, 1990

Originally, this trip was supposed to be from Minnamurra to Wollongong (32km) but due to the prospect of a long slog into a forecasted northerly wind, finishing up amidst the cycle races at Wollongong and the participation of a couple of prospective members, we paddled the shorter (16km) trip from Shellharbour to Kiama instead. Nine paddlers met at Shellharbour on a slightly cold and windy Sunday morning.

Attendees were:-

Alex Preema - Roscoe	Danielle - Greenlander
John Bamberry - Estuary	Colin Campbell -Greenlander
Ken McDonald - Estuary	Ron Chambers - Mermaid
Dirk - Estuary Plus	Gary - Estuary Plus
David Saxton - Seafarer	

(nb. Sorry that I don't have all the surnames!)
With the kayaks and gear unloaded at Shellharbour, a quick car shuffle saw us on the water by about 9:30am. The weather included sunny periods and fresh westerly to north-westerly winds with 1 metre seas. Paddling out of the concrete walls that protect Shell Harbour, we were immediately greeted by a school of around twenty dolphins that were cruising southwards past the harbour entrance. We paddled across their course being aware not to disturb them and were treated to a display of a few leaps and acrobatics whilst most of them passed under our boats without a worry. After that encounter, we made a beeline

6.

for the eastern tip of Bass Point. Dirk started to hallucinate, or so his mate Gary thought so, as he claimed to see "something large" in the water. As we paddled further towards Bass Point, Dirk's hallucination became real as a spray of water hissed from this rather large object. Turns out that it was a mother and calf hump back whale wallowing in the water. The mother was lying on her back with flippers in the air whereas we weren't quite sure of the orientation of the other. We got within 50 metres of the whales but were subsequently informed by Ken of the "Whale Watching Guidelines" (see copy within). I thought everybody had seen the whales and so after the photographic session, we continued towards Bass Point.

The westerlies were blowing about 12 knots and provided some steep chops to ride for assistance. We paddled into Bushrangers Bay, a narrow, deep sheltered bay which forms part of Bass Point. This bay was dead calm and crystal clear in comparison to the open waters and after a short drink and a look-see, we paddled southwards towards The Farm. On this stretch, some of us played around in the reflected waves that were bouncing off the headlands whilst the others paddled on. From here, we headed towards Stack Island which marks the entrance of Minnamurra River. Unfortunately, due to my lack of instruction, I did not keep the group in a tight bunch and was later annoyed for not doing so. This is probably one of the harder aspects of leading trips and we will have to organise a method of maintaining the group within earshot without inhibiting those who want to explore. Despite the scatter, we regrouped near the mouth of the river and surfed some small waves towards the entrance. Paddling several hundred metres upstream, we landed for a lunch break on the lee-side of a sand dune.

After lunch, a few boats were given test drives in the quiet waters of the river. We then headed seawards and past the southern edge of Stack Island. Due to the strength of the westerlies, we hugged the cliff lines which were well protected from these winds; some of us using emerged boulders as a slalom course. The swell was fairly non-existent so there was not much danger of collision between boat and cliff. Crossing parallel to Jones Beach, we subdivided into two group's. Some of us investigated Cathedral Rocks paddling around several rocky obstacles. The other group made a more direct route across to the next point where several small flying fish were spotted. From there, we headed towards Kiama Harbour but with plenty of time to spare, we decided to take a look at Kiama Blowhole. Since the swell was down, it allowed the opportunity to paddle into the blowhole. It wasn't working much, until the sets rolled in (with four kayakers inside):- this produced some interesting backpaddling techniques. The main hazard was some locals jumping off the entrance into the water (obviously as a cure for a hangover).

All the excitement over, we turned back towards the harbour to finish the day off. On nearing the harbour entrance, one participant decided to test the rescue skills of the team by capsizing on a small reef just outside the harbour entrance. After rafting up, we helped HIM back in his boat within a few minutes.

The day was an eventful paddle with the sighting of the whale leaving most of us on a natural high. The volcanic rocks that dominate the headlands around the area provide numerous small inlets to poke in and out of and demonstrates that this stretch of coast is well worthy of many more club trips. Thanks to those who could make it.

John Bamberry

WHALE WATCHING GUIDELINES

Introduction

Whale watching can be an exciting and educational experience if done safely. Increasing numbers of whales are being seen in Australian waters in recent years. The reason for this is unclear, but one explanation is that with the cessation of commercial whaling in the seas around Australia, there are more whales and they are less wary of people.

Most species of large whales spend the summer feeding in Antarctic waters and migrate to more temperate and sub-tropical waters in winter where they give birth and mate. At this important time some species of whales come close to the Australian coastline and people need to be particularly careful not to disturb them. The following guidelines have been prepared to encourage enjoyable and safe whale watching without interference to the whales.

Please remember

Operate your vessel or aircraft so that it does not disrupt the normal movement or behaviour of a whale. Disrupted behaviour may be shown by prolonged diving, evasive swimming with rapid changes in direction or speed and interruptions of breeding or nursing activities.

Abandon contact with the whales at any sign of their becoming disturbed or alarmed. Whales may abandon an area if continually disturbed.

Do not separate or scatter a group of whales. Whales often form groups for mutual support, reproduction and protection. Some groups may be tightly-knit extended family units. Disturbance which breaks up the groups may separate individuals and increase their vulnerability.

Do not attempt to feed whales or throw rubbish into the water. Dumping rubbish, particularly plastics, can kill whales through accidental swallowing or entanglement.

Avoid loud disturbing noises near whales. Whales have extremely sensitive hearing and are affected by sounds above and under the water.

Observe general boating and aircraft regulations and restrictions.

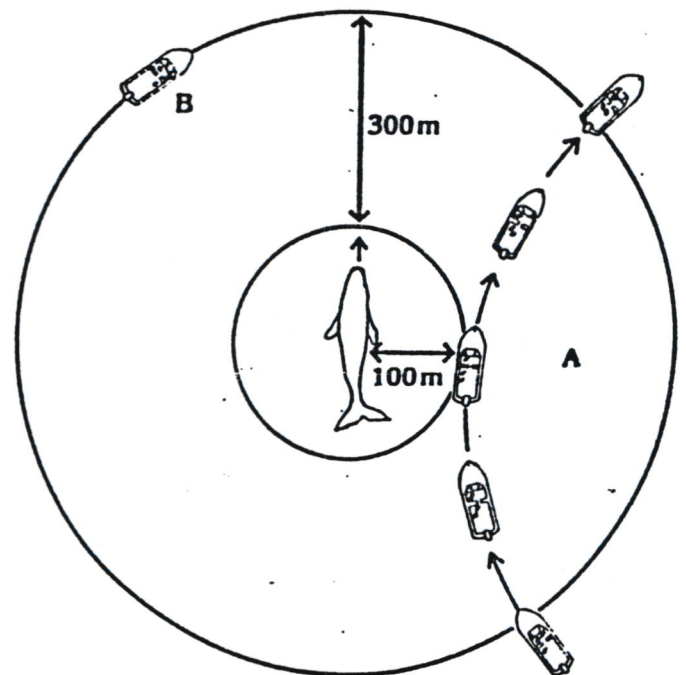
Aircraft

Do not operate any aircraft including helicopters less than 300 metres (1,000ft) above or near a whale. The use of helicopters for whale watching should be avoided as they can cause considerable distress to whales because of the loud noise and down draught. If using a helicopter, under no circumstances fly directly above a whale and if the whale changes its behaviour, move away.

Swimmers and divers

It is recommended that swimmers and divers do not enter the water when near whales because of the possibility of being injured. However, if you are in the water near a whale, do not approach closer than 30 metres.

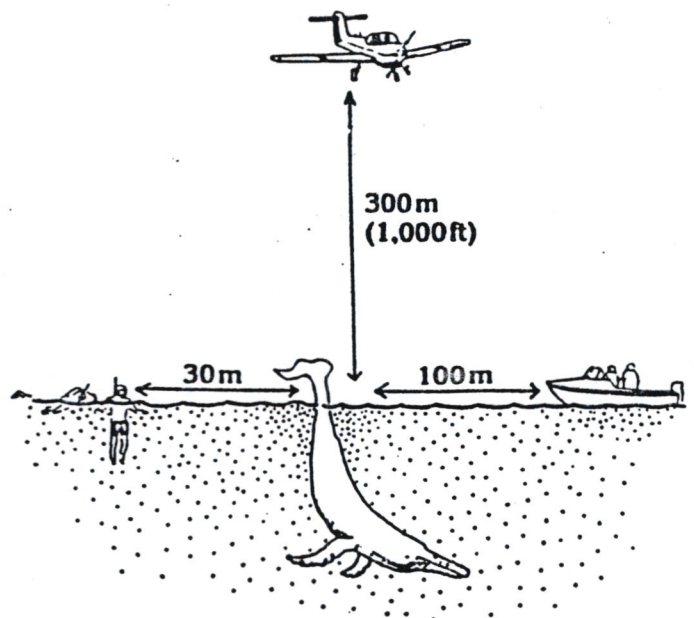
How to approach a whale (nicely?)



Caution

- When whale watching, accidents may occur, especially if the whales feel threatened or harassed. Active whales also require ample space particularly during the mating season when males competing for females may engage in rough physical contact.

Limits of approach



Powered and unpowered vessels

Vessels should approach whales from a direction parallel and slightly to the rear (Illustration A). Alternatively, position your vessel at least 300 metres ahead, well clear of the path of the whales and allow them to approach you (Illustration B). Head on approaches can be threatening to a whale and should be avoided as should approaches from directly behind.

Within 300 metres of a whale move at a constant slow speed no faster than the slowest whale or at idle, 'no wake' speed.

Avoid sudden or repeated changes in speed or direction. Changes in speed or direction may alarm whales. If you continually need to change speed or direction to watch the whales, they are probably trying to avoid you, so it is best to leave them alone.

Do not approach whales closer than 100 metres. If whales approach within 100 metres of your vessel, either slowly steer a straight course away from them or stay put and place the engines in neutral and let the whales come to you. Do not engage props while the whales are within 100 metres and do not chase the whales when they leave.

When stopping to watch whales either place your engines in neutral or allow the motor to idle for a short period (1 minute) before turning it off. Whales can be alarmed not only by a sudden noise but also by a noise to which they have become accustomed suddenly ending.

No more than three vessels should attempt to watch a whale or group of whales at one time. If people in a number of vessels wish to watch the whales, limit your time with the whales so that others may see them.

When attempting to watch whales do not 'box' the whales in, cut off their path or prevent them from leaving, particularly when more than one vessel is present.

Do not attempt to approach mothers with young calves. Should you mistakenly approach these whales, leave the immediate area at once at a constant slow 'no wake' speed. A whale with a young calf may protect her offspring aggressively if it feels the calf is threatened. Even an inadvertent separation of a calf from its mother e.g. because of the calf's natural curiosity of an observer vessel, can pose a risk to the vessel.

When leaving the whales, move off slowly at idle, 'no wake' speed until at least 300 metres from the closest whale before picking up speed.

From land

If whales come close to the shore, remain quiet and do not disturb them. Cliffs and headlands are good vantage points for watching whales. Whales can be more easily seen on clear calm days.

Where to watch whales

Whales can be seen almost anywhere along the Australian coastline at some time but their visits are infrequent and unpredictable. Humpback and Southern-right whales are the two species of large whales most likely to be seen by whale watchers. Accessible areas where whales have been seen over the last few years are:

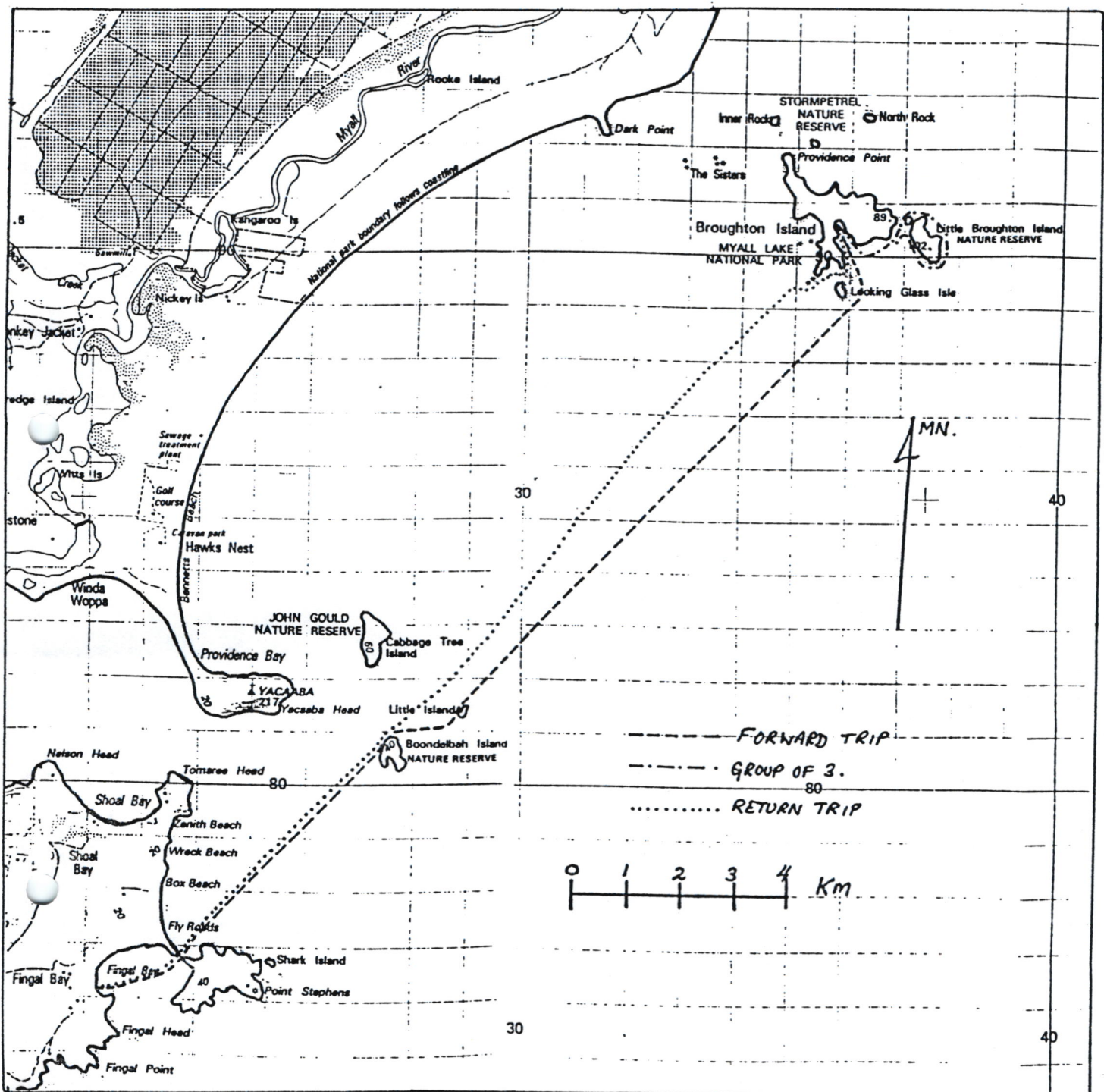
NSW	Humpback whales	Cape Byron at Byron Bay, Korogoro Point at Hat Head National Park, Camden Head at Camden Haven.
	Southern-right whales	Sydney Harbour area.
Qld	Humpback whales	Hervey Bay, Point Lookout on Stradbroke Island, the waters between the Great Barrier Reef and the coast.
SA	Southern-right whales	Cliffs of the Great Australian Bight, Wilson's Bluff at Eucla, Merdayerrah Sand Patch east of Eucla, south coast of Kangaroo Island.
Tas	Southern-right whales	D'Entrecasteaux Channel, Storm Bay and generally along the east coast (humpback whales can also occasionally be seen from the east coast).
Vic	Southern-right whales	Otway coast including Warrnambool, Port Fairy and Portland Bay.
WA	Humpback whales	Dampier Archipelago; Point Quobba at Shark Bay; Ningaloo Marine Park.
	Southern-right whales	Cape Leeuwin and embayments along the south coast including Twilight Cove and Bremer Bay.
	Dolphins	Monkey Mia at Shark Bay.
NT	Large whales are not common in inshore tropical waters, however, several dolphin species are often seen in the Northern Territory including Darwin Harbour and the neighbouring coastline and river estuaries.	

Whales are protected

The whale watching guidelines have been written to help people watch whales safely without disturbing the whales and contravening the laws protecting them. Whale watchers should be aware that since 1979, the Australian Government has a policy of complete protection for all cetaceans (whales, dolphins and porpoises). The Whale Protection Act 1980 prohibits killing, taking, injuring and interfering with cetaceans in the waters of the Australian Fishing Zone (AFZ) i.e. approximately between 3 and 200 nautical miles offshore. Interference as defined in the Act, includes harassment, chasing and herding of whales. The Act also prohibits such actions by Australian citizens anywhere in the world and provides for substantial penalties.

Cetaceans are protected also in State and Territory waters (from the shoreline to some 3 nautical miles offshore) under various State and Territory legislation.

BROUGHTON ISLAND September 22 - 23



The Broughton Isles lie approximately 20 km northeast of Port Stephens and consists of Broughton Island, Little Broughton Island and numerous other rocky islets. They are uninhabited with the exception of a few fisherman's huts in Esmeralda Cove on the southern side of Broughton Island. The islands form part of the Myall Lakes National Park and

are administered by NPWS who request notification by intended paddlers. Hence, minimal impact camping is essential.

Paddlers were:-

Michael Richardson	- Seafarer
John Bamberry	- Estuary
Frank Bakker	- Pittarak
John Perkins	- Greenlander
Phil Chidgey	- Greenlander
Alex Preema	- Roscoe
Paul Hewitson	- Mirage
Bruce Lee	- Greenlander
John Slattery	- Pittarak
Clive Gover	- Mermaid
Dylan Gover	- Nordkapp

Port Stephens itself is a remarkable natural harbour about as big as Sydney Harbour but largely unspoilt. It offers the sea kayaker access to sheltered and open paddling waters. Tides are about 20 mins behind Sydney and a little higher. The entrance experiences strong currents especially on the ebb.

We chose to depart from Fingal Bay which is to the south of Port Stephens and on the coast. Fingal offers a sheltered beach and a good camping ground. We had a group of eleven paddlers, having lost Anthony McCarthy who had lost his hatch cover and decided to pull out. We travelled in separate groups as three arrived late. A direct course of about 28 km took us over the spit between the mainland and Point Stephens and then via Boondelbah Island and Little Island, outside Cabbage Tree Island and into Esmeralda Cove. Despite foul weather during all of the previous week, we had perfect conditions with a gentle breeze assisting most of the way under overcast skies. There is nowhere to land along the way but the water was warm and a large sea turtle and numerous shearwaters entertained the group for a while. The pace was leisurely with about four hours to make the passage including stops (rafting up for rests) and meandering.

Esmeralda Cove should be approached with caution as a bombora occupies the entrance. It wasn't working but a fisherman from one of the huts told me that it can be very dangerous. We used hand-held radios to advise the RVCP of our arrivals and departures but there is an emergency solar powered radio on the outside of the northernmost hut. Frank Bakker, John Bamberry and Bruce Lee took off for a paddle around Little Broughton Island and reported many spectacular sea caves and cliffs, and sighting a sea eagle. Paul Hewitson and Phil Chidgey climbed to the highest part of Broughton Island and watched the group of three negotiate the passage between Little Broughton and Broughton Island.

Camping on the beach proved noisy. Mutton birds spend their days at sea and return to their rookeries at dark. The chicks and parents find one another by their calls. There must have been tens of thousands of burrows on the island as the sound was incredible. Saturday night saw a stiff northeasterly but come Sunday morning it had eased. Phil, Bruce and Paul left early for a quick trip home whilst the remainder spent time exploring a little and checking out a cave or two before the 3 and 1/2 hour trip back to Fingal.

I have deluged with requests to repeat the trip by those who stopped home to watch the footy. Hopefully, this should be possible in the second half of summer. It was a truly pleasant weekend for everyone involved. Maybe take three days next time and have more time to play.

Michael Richardson

SOCIAL NIGHT/PICNIC October 27/28

On the 27th October, the Club held a social night with kayaking videos at the Parkway Hotel, Frenchs Forest. The night was aimed at introducing new and prospective members to sea kayaking whilst providing some entertainment for members. The videos were followed by several slide shows. Al Bakker presented a talk on trips to Patagonia which was followed by a presentation by Ken McDonald on a Broughton Island trip. Ray Abrahall followed this up with some interesting slides on kayaking in Fiji. The club looks like gaining up to ten new members and it proved a good social night too.

The following day, a picnic was held at Clontarf. Apart from a feast of food, there was a feast of boats. Most members paddled from various parts of the harbour and a large part of the day was spent testing different kayaks. A number of new paddlers came down to gain a small taste of sea kayaking. Both events saw very good attendance.

If anyone would like to view the second half of the Canadian video on rescue techniques, I have copies of them to lend short term.

Michael Richardson.

KAYAK KLASIFIEDS

Bazaar bargain boat buy.

Vice President says "Bye Bye" to beaut' boat - buy it now at a bargain basement price. Only \$600 ono for a good second hand kayak fitted with decklines, rudder, sail, self bailer and bulkheads. Large hatches for easy gear storage. Paddle \$50 extra. Call Ken on (02) 520 5349 for a test paddle if you're interested in buying this fine craft.

CATCAN Sea Kayak:- Double, Brand New, Custom built using latest in f/glass technology; Complete with custom trailer - \$3,250.

Ph: Syd. (02) 671 4236 after 6pm.

KAYAKING AWARDS AS APPLIED TO SEA KAYAKING

The Board of Canoe Education of the Australian Canoe Federation produce a handbook which details the various awards available to canoeists. The purpose of the awards scheme is to develop the competency of canoeists in a logical sequence with the opportunity for the progression from basic skills to more advanced awards (in a manner similar to the surf-lifesaving associations). Development of a canoeist's skills in this manner also promotes and emphasises the safety aspects of the sport. The following 3 award schemes are included for your consideration as they make useful guidelines as to what skills are desirable and were forwarded to me by Ray Abrahall.

II BASIC SKILLS AWARD

The test is to be carried out on any stretch of outdoor, unheated water and may be taken in either a canadian or a kayak. The candidate's performance throughout the test must be satisfactory and confident. If using a double canadian the candidates should be tested in both the bow and stern positions. If using a double kayak, it must be used solo.

The candidates will:-

1. Present their canoes and equipment for inspection.
2. Swim 50 metres in canoeing clothing (shirt, shorts and sandshoes as a minimum, and with a buoyancy vest/life jacket). Swim under a canoe and surface on the other side.
3. Satisfy the examiner that they fully understand the basic safety requirements for themselves and their canoes and appreciate the use of a buoyancy vest/life jacket.
4. Launch their canoes, embark and paddle away from the launching point.
5. Demonstrate:-
 - a) paddling forwards, backwards, and emergency stops;
 - b) turning the canoe;
 - c) the use of the paddle as a means of support on the water;
 - d) coming alongside another canoe and also a clear approach to the launching point.
6. Disembark, then re-embark, paddle to deep water, capsize and swim ashore with the canoe. Empty the craft, take it from the water and place it properly on the bank.

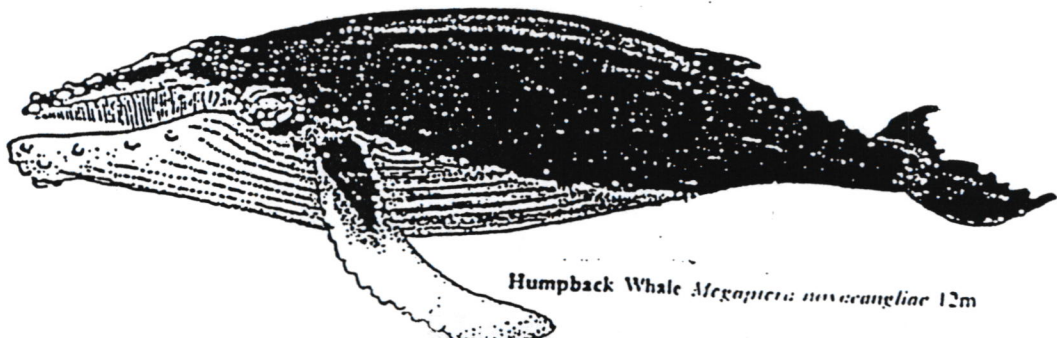
Guidelines:-

1. The examiner will observe the candidate's attitude throughout the test.
2. The candidate must be considered a safe and sensible canoeist.
3. Effectiveness is more important than technique.
4. When executing a support stroke the candidate should be able to dip the gunwale/cockpit to water level.
5. The candidate may have assistance to lift and empty the canoe.
6. Canadian pairs must not change paddling sides to steer the canoe.

III (c) SEA PROFICIENCY AWARD

The purpose of this test is to ensure that the candidates have sufficient knowledge and skill to enable them to take their kayaks to sea under a competent leader.

The test must be taken at sea under moderate conditions. Allowance will be made by the examiners if conditions are rough, but the kayak skills must be performed in a competent manner. For reasons of safety, four kayaks will participate. The test will not be taken in a flat calm sea.



Humpback Whale *Megaptera novaeangliae* 12m

The candidates will:-

1. Present themselves suitably equipped for the test.
2. Present for inspection the following items, which must be both suitable and serviceable:
 - a) Kayak, paddle and spraycover.
 - b) Practical deckline system.
 - c) Positive buoyancy in kayak.
 - d) Life jacket or buoyancy vest to I.C.F. standards.
 - e) Repair kit and simple first aid kit.
 - f) Rudder and steering gear if fitted. It is recommended that the kayak be fitted with rudder and steering gear, but it is not essential.
 - g) Waterproof containers.
 - h) Sponge.
3. Pack waterproof container/s with the necessary items for 1 day tour and stow it/them in the kayak for the duration of the test.

In addition to those items listed at 2. above, the following will be included:

- a) Spare clothing.
- b) Packed lunch.
- c) Emergency food.
- d) Matches.
- e) Torch.
- f) Compass.
- g) Fresh water.
- h) Emergency spare blanket.

It is important to note that items may be added or altered to suit local conditions.

4. Demonstrate:-

- a) Launching and embarking. Then paddle at least 150 metres offshore into deep water, i.e., well out of their depth.
- b) Efficient paddling technique, forwards and backwards.
- c) Turning the kayak 360 degrees by using sweep strokes. If the kayak is fitted with a rudder, whilst paddling evenly on both sides, turn the kayak again in both directions, this time steering with the rudder only.
- d) Emergency stops, forwards and backwards.
- e) Drawing the kayak sideways in both directions.
- f) Support strokes.
- g) Paddle brace, high and low on left and right sides.
- h) Stern rudder.

5. Demonstrate:-

- a) Bringing the kayak alongside a jetty or another kayak.
- b) Bringing the kayak into a beach forwards, sideways and backwards in small surf.

6. Perform capsize drill, followed by a deep water rescue with partners. Take charge of a rescue and then act as a capsized patient.

7. Prove that they can swim. Then swim 100 metres in canoeing clothing and buoyancy aid. Swim under a kayak and surface on the other side.

8. Answer questions on:-

- a) Practical experience, giving firm evidence of having taken part in at least 3 one-day expeditions at sea.
- b) Safety precautions applying particularly to the kayak at sea.
- c) The general effects of tide, current and wind.
- d) Local rescue services.
- e) Local waters and conditions.
- f) Elementary chart reading.

IV (c) ADVANCED SEA AWARD - KAYAK ONLY.

The purpose of this test is to ensure that the successful candidates have sufficient knowledge and skill to take parties on advanced sea journeys with safety. The candidates must give evidence (i.e., log book), to satisfy the examiner that they have taken part in at least six advanced trips, totalling at least 30 hours, and have assisted the leader on at least two trips. The candidate must hold the Sea Proficiency Award which will be produced at the time of testing. The test will be conducted on the sea, in an advanced situation.

The candidate will:

1. Present suitable equipment for the test. (refer to Sea Proficiency).
2. Demonstrate control in advanced surfing techniques; i.e., in forwards, sideways and backwards approaches; rolling on broken waves, launching through surf and coping with dumping situations. The candidate must reveal the ability to handle 1-2 metre surf competently.
3. Demonstrate and take charge of, with partners:
 - a) A deep water rescue;
 - b) an eskimo roll
4. Demonstrate an efficient means of towing.
5. Present evidence of an accredited resuscitation award.
6. Answer questions of the following, with the aid of a chart where necessary:
 - a) Repairs and maintenance.
 - b) The causes of tides and tidal streams, and how to allow for them.
 - c) The use of a compass.
 - d) Sea conditions and effects of winds, particularly on:
 - (1) shelving bottom.
 - (2) rips
 - (3) tide races
 - (4) lee shore
 - (5) overfalls
 - e) The means of obtaining, and understanding, weather forecasts.
 - f) Group leadership and control.
 - g) Estuary canoeing, coastal touring and provisions for along various coast types, e.g., beach, cliffs.
 - h) Types of canoes and equipment
 - i) General sea canoeing knowledge
 - j) Particular health risks associated with sea canoeing.
7. Plan a sea canoeing expedition of two to three days duration, in detail, from an unfamiliar chart and tide tables. The candidate will demonstrate how to lay off a course to allow for winds and/or current.
8. Be able to demonstrate the ability to paddle a compass course with external reference for a suitable period of time.

An advanced sea journey is one that is undertaken on open water as defined for sea proficiency, and involving a minimum of five hours paddling for which the candidate is totally self-sufficient. At least 3 trips must include an open crossing where the canoeist is committed to a minimum distance of three nautical miles from shore for a minimum distance of one mile's paddling. At least 3 trips must include a passage along a no-landing zone (e.g., sheer cliffs) of at least seven nautical miles. Recorded wind speeds of force 3-5 with an average wave height of 1 metre. Shorter trips may be counted providing the wind speed was greater than force 6.

The logged journeys must be carried out in three different sea areas.

VICTORIAN SEA KAYAK CLUB

**EAST COAST SEA KAYAK WEEKEND -
CHRISTMAS 1990**

Part 1, Sea Kayak Proficiency Course

Date: 15-17 December, 1990

Venue: Mallacoota Inlet.

Part 2, Expedition: - Eden to Mallacoota

Date: 17-22 December, 1990

All sea kayakers are invited to come to Mallacoota for a week of Sea "Yakking" in one of the best locations on Australia's East Coast. This week is designed to be something for everyone!

For those interested an expedition along the last piece of wilderness coast in SE Australia; Eden to Mallacoota. This is an excellent venue for Sea Kayaking. You will require a reasonably seaworthy craft and some offshore sea kayaking under your belt.

If you are keen to get some tips and gain enough confidence to tackle a trip like this, a proficiency course will be run beforehand. Several Sea Kayak Instructors have made themselves available and you will receive an ACF ratified qualification on successful completion.

Some sea kayak hire can be arranged from Andrew Cope, Larry Gray or Malcolm Cowell.

Camping accommodation has been arranged at the Mallacoota Foreshore Camping Park. The area nominated is overlooking the entrance and has plenty of room during the above period. Any family and friends are welcome to stay throughout the week at a modest charge of \$4:00/night for unpowered tent sites. Powered tent or caravan sites can be arranged separately by ringing the park manager on (051) 58 0300.

This presents an ideal opportunity to see some great country and meet Sea Kayakers from both Victoria and NSW. All those interested in any part of this week should contact me before the end of November on (060) 76 9360 (AH) or (060) 76 5503 (BH). I'm looking forward to seeing as many people as possible.

Frank Bakker
PO Box 103, Cooma, 2630.

STATISTICAL ASSESSMENT OF SEA KAYAKING SKILLS

Over the past twelve months, we have seen a wide variety of paddlers who obviously possess varied kayaking skills and experience, particularly as they apply to sea kayaking. Only a few training days were conducted during the past year but unfortunately, the cold weather meant that no one was really keen on getting wet! However, NOW is the time to get cracking with tuning your skills to develop self reliance on the water and benefit from the wealth of experience within the club. In the coming months, the club will hold TRAINING DAYS which will include sea kayaking skills, and safety and rescue

16

techniques. In order that the training days are of the utmost benefit to participants, a questionnaire is included in this newsletter so that the Committee can determine what levels or degree of training is required. Of course, if you are a proficient paddler and answer "Yes" to all the questions, you will obviously feel proud of your abilities: others will benefit from your experience. However, if you need to answer "No", then this is to your benefit as the Committee will then be able to determine the right program to develop the club's skills. It is, therefore, important that the questionnaire is filled out. You needn't write your name on it because we are not attempting to assess individual skills but the skills of the club as a whole. The results of the survey will be published (obviously no names included); e.g. x % of members can use high braces. So please fill in the form and send it to either:-

John Bamberry
25 Ross Street
North Curl Curl NSW 2099

or

Ken McDonald
22 Dalley Road
Heathcote NSW 2233

5 Evans Close
Bowenfels NSW 2790
22 October 1990

The Editor
NSW Sea Kayaker

Dear Sir,

I would like to complain about the practice of a club trip leader who is in the habit of withholding sightings of uncommon or rare sea creatures from other members of the party whilst on coastal paddles.

My sentiments are particularly strong when it comes to cetacean sightings, which as everyone knows are, at the best of times, flukes. So to keep these to oneself instead of sharing and letting everyone have a whale of a time is a krilling shame!

If this particular leader should persist in his ways someone ought to put the jonah on him.

Let's hope this practice is baleen well stamped out once and for all!

Yours faithfully,


Alex Freema



Common Dolphin *Delphinus delphis* 2.3m

— We saw plenty of
these too, Alex!
J.B.