

Easy Reference & Local Information – Scotland – Version 4.1 / April 10

3 knot paddling speed assumed			
Tidal Assistance		Tidal Retardation	
Assist (Knots)	Timesave	Retard (Knots)	Time Increase
0.5	15%	0.5	20%
1	25%	1	50%
1.5	33%	1.5	100%
2	40%	2	200%
2.5	45%	2.5	500%
3	50%	3	Stationary!
3.5 to 4	55%	Wind Retard (Beaufort)	
4.5 to 5	60%	0 = 3knts / 1 = 3knts / 2 = 2.5knts /	
5.5 to 6	66%	3 = 2knts / 4 = 1.5knts / 5 = 0.5knts /	
		6 = stationary!	

Force / Desc.	Knots / MPH	Description	Waves - Meters
0	0-1 / 0-1	calm	0
1 / smooth	1-3 / 1-3	light air	0
2 / smooth	4-6 / 4-7	light breeze	0.1 - 0.3
3 / slight	7-10 / 8-12	gentle breeze	0.4 – 1
4 / slight	11-16 / 13-18	moderate breeze	1 - 1.5
5 / rough	17-21 / 19-24	fresh breeze	2 - 2.5
6 / rough	22-27 / 25-31	strong breeze	3 - 4
7 / very rough	28-33 / 32-38	near gale	4 - 5.5
8 / very rough	34-40 / 39-46	gale	5 - 7.5
9 / very high	41-47 / 47-54	severe gale	7 - 10
10 / very high	48-55 / 55-63	storm	9 - 12.5

(Thanks to Julian Patrick for the calculators & descriptions above)

Gale Warning Timescales	
Imminent	Expected within six hours of time of issue
Soon	Expected within six to 12 hours of time of issue
Later	Expected more than 12 hours of time of issue

Approx Conversion: Knots / Mph / Kph	
3 knots = 4 mph = 6 kph	
1 square (horizontal or vertical) on 1:50 OS map = 10 mins paddling	
1 square (diagonal) = 15 mins paddling	

Rule of 3rds for Tidal Flow							
Hour of Tidal Cycle	1	2	3	4	5	6	7
Speed of Tidal Flow	1/3	2/3	3/3	3/3	2/3	1/3	

CG Phone numbers & MSI Broadcast Times (Listen Ch 16)								
Shetland - 01595-743514								
Aberdeen – 01224-597900								
Forth – 01333-450666								
Liverpool – 0151-931-3341								
Clyde – 01475-729988								
Stornoway – 01851-702013								
MRCC	B	C	A	C	B	C	A	C
Shetland	0110	0410	0710	1010	1310	1610	1910	2210
Aberdeen	0130	0430	0730	1030	1330	1630	1930	2230
Forth	0130	0430	0730	1030	1330	1630	1930	2230
Liverpool	0130	0430	0730	1030	1330	1630	1930	2230
Clyde	0210	0510	0810	1110	1410	1710	2010	2310
Stornoway	0110	0410	0710	1010	1310	1610	1910	2210
<p>A = Full broadcast including inshore forecast and outlook, gale warnings, shipping forecast, navigational warnings, subfacts / gunfacts (where appropriate), 3 day fisherman's forecast (when & where appropriate).</p> <p>B = Inshore forecast plus previous outlook and gale warnings</p> <p>C = Repetition of inshore forecast and gale warnings as per schedule A or B broadcast plus strong wind warnings (F6 or above).</p>								

Marine VHF Channels – (CG will use those in brackets)	
Emergency & Initial Calling Channel: 16	
Intership: 6, 8, 9, (10), 13, 15, 17, (67), 69, 72, (73), 77	

Emergency CPR:
If casualty is not breathing do 30 compressions followed by 2 breaths. Continue with 30:2 ratio until help arrives. You no longer check for a pulse. If victim drowning, give 5 rescue breaths before commencement of 30:2 ratio.

Home / Emergency Contact details:

UkSeaKayakGuidebook.co.uk

~ The UK Rivers Guidebook and UK Sea Kayak Guidebook Websites, the home of UK paddling on the Net ~

Created by Mike Buckley – June 2006 – Revised Version 4.1 / April 10

Easy Reference & Local Information – Scotland – Version 4.1 / April 10

Notes / weather / tidal constants

UkSeaKayakGuidebook.co.uk

~ The UK Rivers Guidebook and UK Sea Kayak Guidebook Websites, the home of UK paddling on the Net ~

Created by Mike Buckley – June 2006 – Revised Version 4.1 / April 10