

Easy Reference & Local Information – Scotland – Version 6.1 / 2015-10-15

3 knot / 6 kph paddling speed assumed						
Tidal Assistance		Tidal Retardation		Speed into Wind		
Knots	Time save	Knots	Extra Time	BF	Knots	(GB)*
0.5	15%	0.5	20%	0,1	3	3
1	25%	1	50%	2	2.5	3
1.5	33%	1.5	100%	3	1.5	2.75
2	40%	2	200%	4	1.0	2.75
2.5	45%	2.5	500%	5	0.5	2.5
3	50%	3	Stationary	6	Stationary	2.25
3.5 to 4	55%	*(GB) – Gordon Brown's Sea Kayak Manual allows better headway into wind but notes 'Limit of Adequate Reserve' One can only paddle for 1-2 hours into a F6 headwind.				
4.5 to 5	60%					
5.5 to 6	66%					

BF – Beaufort Wind Scale				SS – Sea State		
BF	Description	Knots	MPH	SS	Description	Wave Ht (mtrs)
0	calm	0-1	0-1	0	flat calm	0
1	light air	1-3	1-3	1	ripples	0 – 0.1
2	light breeze	4-6	4-7	2	smooth	0.1 – 0.6
3	gentle breeze	7-10	8-12	3	slight	0.6 – 1.0
4	moderate breeze	11-16	13-18	3-4	slight / moderate	1.0 – 1.5
5	fresh breeze	17-21	19-24	4	moderate	2.0 – 2.5
6	strong breeze	22-27	25-31	5	rough	3.0 – 4.0
7	near gale	28-33	32-38	5-6	rough / v.rough	4.0 – 5.5
8	gale	34-40	39-46	6-7	v.rough / high	5.5 – 7.5
9	severe gale	41-47	47-54	7	high	7.0 – 10.0
10	storm	48-55	55-63	8	very high	9.0 – 12.5

Wind against tide aggravates sea state, wind with tide moderates sea state.

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
Speed of Tidal Flow	1/3	2/3	3/3	3/3	2/3	1/3

Coast Guard Phone numbers	Shetland - 01595 692976
Aberdeen - 01224-592334	Holyhead – 01407 762051/763911
Belfast - 02891 463933	Stornoway - 01851 702013/4

Maritime Safety Information broadcast by Maritime Rescue Co-ordination Centres
Listen Channel 16 - then go to the Coast Guard nominated channel.

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
Holyhead *	0150	0450	0750	1050	1350	1650	1950	2250
Belfast	0210	0510	0810	1110	1410	1710	2010	2310
Stornoway	0110	0410	0710	1010	1310	1610	1910	2210

A = Full MSI broadcast including new inshore waters forecast and outlook, gale warnings, shipping forecast, navigational warnings, subfacts / gunfacts (where appropriate), 3 day fisherman's forecast (when & where appropriate).

B = New inshore waters forecast and outlook plus gale warnings.

C = Repetition of inshore waters forecast and outlook plus gale warnings and new Strong Wind Warning (F6 or above) as in the previous A or B broadcast.

BBC Radio 4 broadcasts coastal waters forecast at 0048 & 0520 on LW & FM. At 1201 LW and 1754 LW. In addition, some bulletins include a forecast for all UK inshore waters, as distinct from the coastal waters forecast. This can be heard on BBC Radio 4 at the end of programmes (approximately 0048)

*** NOTE: Liverpool closed Jan 2015 – and is replaced by Holyhead.**

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
Clyde Estuary Control / Tay Nav : 12 - Forth Nav: 71, 20

Emergency CPR
If casualty 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:

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Notes / weather / tidal constants

Coastguard Operating Areas

MRCC	Description
Shetland	Shetland Islands, Fair Isle and Orkney Islands and mainland Scotland from Cape Wrath to South of Brora (NC 894 027)
Aberdeen	South of Brora (NC 894 027) to Scotland/England Border (NT980 576)
Holyhead	Covers the area from Froig to Queensferry on the River Dee North Wales, to the Mull of Galloway, Scotland, plus the English Lake District
Belfast	Northern Ireland/Irish Republic Border, Lough Foyle to Northern/Irish Republic Border Carlingford Lough Mull of Galloway to Ardmurchan Point, including the Islands of Jura, Gigha, Islay, Arran, Colonsay, Coll, Tiree, Mull, Bute and Cumbrae (see note)
Stornoway	Ardnamurchan Point to Cape Wrath, Mainland - Barra Head to Butt of Lewis and St Kilda Mull of Galloway to Ardmurchan Point including the Islands of Jura, Gigha, Islay, Arran, Colonsay, Coll, Tiree, Mull, Bute and Cumbrae (see note)
Note	Both Stornoway and Belfast are jointly responsible for this larger area now - day to day they will decide between them how to cover it and can each take the whole area as required. You can ring either Belfast or Stornoway's telephone number and they can transfer you to the relevant operator or will answer your enquiry themselves. 999 calls will be answered by the centre. Users at sea simply have to call 'Coastguard' and someone will respond to you - whoever is covering the area the call originates from at the time. Both Coastguard Centres have access to charting and mapping and other information about this larger area and they can also access and use each other's radio sites and relevant telephones.