

Easy Reference & Local Information – Western Region – Version 6.1 / 2015-10-20

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	Portland – 01305 760439
Holyhead – 01407 762051/763911	Milford Haven – 01646 690909
Swansea – 01792 366534	Falmouth – 01326 317575
Brixham – 01803 882704	

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
Portland	0130	0430	0730	1030	1330	1630	1930	2230
Holyhead *	0150	0450	0750	1050	1350	1650	1950	2250
Milford Hav.	0150	0450	0750	1050	1350	1650	1950	2250
Swansea	0150	0450	0750	1050	1350	1650	1950	2250
Falmouth	0110	0410	0710	1010	1310	1610	1910	2210
Brixham	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

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
Portland	Chewton Bunny (Dorset/Hampshire Border) to Motorway Bridge at Topsham
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
Milford Hav.	River Towy, Camarthen to near Froig
Swansea	Marsland Mouth, North Devon/ Cornwall Border to River Towy, Camarthen
Falmouth	Marsland Mouth - Devon/Cornwall Border to Dodman Dodman Point
Brixham	Motorway bridge at Topsham to Dodman Point