

Seattle Mountaineers Intermediate Sea Kayak Course Logbook

Participant's name: _____

Date starting course: _____

Please print this logbook and bring it with you in a waterproof bag on clinics and paddles so that approved assessors can sign off in your logbook as you successfully complete each step. Be sure to let the assessor know **before** the clinic or paddle if you are hoping to have them assess your skills. If you wait to ask them afterwards, they may not feel they have enough information to be able to assess your skills.

What is an Intermediate Sea Kayak paddler?

We define an Intermediate Sea Kayak paddler as someone who can participate in SKIV and SKV kayak trips with wind conditions of up to 15 kts and surf conditions of up to 3'. They would be expected to be a competent participant on Open Coastal day trips, on multi-day trips in the San Juan Islands and in areas of significant current such as Deception Pass.

Overview:

Participants must have already passed their Basic Sea Kayak Course or have received Basic Sea Kayak Course equivalency. The following skills and classes must be finished within a five year time span. Allowances will be made on a case by case basis for continuing the course longer than 5 years. Classes or skills previously completed within the last two years qualify, as long as you can locate your class leader to sign off in this logbook.

Please have qualified Sea Kayak assessors (leaders who have been approved by the individual branches) sign off on each step of this logbook. You can see which leaders/assessors have been approved to sign your logbook by looking at the Seattle Intermediate Sea Kayak Course (IKC) roster on The Mountaineers website. Approved individuals will be listed on the roster under "Leaders and Assistant Leaders."

When you sign up for paddles with the hope of fulfilling one of the Logbook requirements, please inform your approved trip leader ahead of time, so that they are aware that they will be assessing you and potentially signing off on one of your requirements. Also be sure to bring your logbook with you to the paddle. In lieu of that, the approved trip leader can send you an email indicating that they signed you off for a specific requirement.

When you have finished each step, mail or email a photocopy of your logbook, plus copies of any email sign-offs, to the Seattle Intermediate Sea Kayak Course chairman (address and email at the end of the logbook and please keep your original.) **The Seattle Sea Kayak Committee will then vote on awarding you the Intermediate Sea Kayak Course badge.** In order for the Seattle branch to award this badge, the Seattle Sea Kayak Committee must know the participant personally and have had enough experience paddling with the participant in SK IV/V conditions to feel that they have a reasonable paddling proficiency at an Intermediate Sea

Kayak level. This will require going on several paddles where conditions exist (ie, wind, current, surf) before they are deemed "proficient."

We advise that you make backup photocopies of your logbook as you complete each step of the process that you leave in a secure place, just in case the original gets wet or lost, so that you don't have to backtrack and get signatures for classes/skills that you had completed earlier.

Logbook sign-offs:

1) **Wind and Waves.** Demonstrate competency in three paddles that are actually held in sustained wind speed of at least 15 kt with water waves of 1.5 ft. You can substitute a "Wind and Waves" class for one of the paddles if you need instruction about paddling during these conditions. During one of the paddles you will be assessed and must demonstrate comfort and control performing: 1) strokes, 2) maneuvers including paddling upwind, downwind, side-wind and with quartering wind/seas and 3) self and assisted rescues.

Trip (or Class)1. Date: _____ Location: _____

Leader name/signature: _____

Wind speed: _____ kt. Wave height: _____ ft.

Trip 2. Date: _____ Location: _____

Leader name/signature: _____

Wind speed: _____ kt. Wave height: _____ ft.

Trip 3 (including assessment).

Date: _____ Location: _____

Leader name/signature: _____

Wind speed: _____ kt. Wave height: _____ ft.

2) **Incident Management.** Demonstrate understanding of and competence in skills needed for managing incidents that can occur on a paddle. This includes practicing rescues such as: 1) t-rescues including empty water, 2) bow/stern assisted rescues, 3) cross paddle (or paddle across) rescue, 4) use of a short and long tow, 5) contact tows, 6) back deck carries and 7) discussions of managing and preventing incidents while kayaking. This can be accomplished either during an Incident Management Class or an assessment by an approved leader.

Leader name/signature: _____

Date: _____ Location of assessment: _____

3) **Currents and Eddies.** Demonstrate competency in three paddles that occur in currents of at least 4 kt in a location such as Deception Pass. You can substitute a "Current and Eddies" class for one of the paddles if you need instruction about paddling during these conditions. During one of the non-class paddles you will be assessed and must demonstrate comfort and control performing: 1) wet exits, 2) self rescues and assisted rescues, 3) crossing eddy-lines, 4) S-turns, 5) eddy-hopping, 6) ferrying across a channel, 7) paddling through around boils and whirlpools and 8) eddy-hopping up current.

Trip (or Class)1. Date: _____ Location: _____

Leader name/signature: _____

Current speed: _____ kt

Trip 2. Date: _____ Location: _____

Leader name/signature: _____

Current speed: _____ kt

Trip 3 (including assessment).

Date: _____ Location: _____

Leader name/signature: _____

Current speed: _____ kt

4) **VHF radio.** Demonstrate VHF radio skills, including: 1) knowledge of regulations, 2) the ability to communicate in scenarios such as the summoning of marine assistance and 3) the coordination of safe passage through areas of vessel traffic to safely cross shipping lanes or ferry crossings. This can initially be done during a regular paddle (on the beach) using simulated VHF radio conversations with the trip leader, but at least one actual (live) VHF communication must be made requesting information about crossing safely. This can be accomplished by going on a paddle that requires crossing an incoming or outgoing ferry (contact the ferry or Vessel Traffic Services, VTS) or by going on a paddle that requires doing an open water crossing across shipping lanes (contact VTS.)

Practicing emergency calls should only be done under simulation.

Leader name/ signature: _____

Date: _____

5) **Kayak Roll.** Demonstrate that you have a reasonably reliable kayak roll in conditions such as wind waves, current, or surf.

Assessor name/signature: _____

Date: _____ Conditions: _____

6) **Surf Zone.** Demonstrate competency in three paddles that occur in surf of at least 3 ft. You can substitute a "Surf Clinic" for one of the paddles if you need instruction about paddling during these conditions. During one of the non-class paddles you will be assessed and must be able to discuss: 1) what surf zone hazards are, 2) how to avoid them, and 3) explain surf zone etiquette.

You must demonstrate comfort and control while: 1) side surfing, 2) timing waves to paddle out and in through a surf zone under control without surfing, 3) paddling a "square" within the surf zone, 4) swimming a boat back to shore safely and 5) demonstrating safe behavior while surfing.

Trip (or Class)1. Date: _____ Location: _____

Leader name/signature: _____

Surf height: _____ ft

Trip 2. Date: _____ Location: _____

Leader name/signature: _____

Surf height: _____ ft

Trip 3 (including assessment).

Date: _____ Location: _____

Leader name/signature: _____

Surf height: _____ ft

7) **Rock Gardening.** Demonstrate competency in two paddles that occur in a rock garden zone with wave sets and at least mild surge. A Rock Gardening class can substitute for one of the paddles if needed. Demonstrate being appropriately equipped for paddling in rock gardens.

During one of the non-class paddles you will be assessed and must demonstrate personal and group management competence in the following items: 1) identifying the zones of a rock garden: safe zones, transition zones, danger zones, and play features, 2) the proper timing and technique to be able to safely navigate from safe zone to safe zone, 3) perform self, assisted, and team rescues in dynamic water and 4) how to select and safely land onto and launch from a variety of rocky shore environments (e.g. a steeper gravel-laden beach or shorelines with rock obstacles.)

Playing in a rock garden setting is not a requirement for this badge, just the ability to navigate safely through it.

Trip (or Class) 1. Date: _____ Location: _____
Leader name/ signature: _____
Rock garden conditions: _____

Trip 2 (including assessment).
Date: _____ Location: _____
Leader name/ signature: _____
Rock garden conditions: _____

8) **SK IV - VI Paddles.** Go on at least three SK IV or higher Mountaineers trips, in a variety of conditions (current, surf, etc) that are 12+ nm long while maintaining a moving average speed of 3 kt, though a slower speed is acceptable in windy conditions. Any sea kayak leader that leads this trip can sign it off in this section of the IKC logbook.

Trip 1. Date: _____ Location: _____
Leader name/signature: _____
Conditions: _____
SK rating: _____ Distance: _____ nm

Trip 2. Date: _____ Location: _____
Leader name/signature: _____
Conditions: _____
SK rating: _____ Distance: _____ nm

Trip 3. Date: _____ Location: _____
Leader name/signature: _____
Conditions: _____
SK rating: _____ Distance: _____ nm

9) Kayak Navigation and Trip Planning.

Demonstrate understanding and competency in basic **marine chart skills**: 1) ability to read a marine chart, 2) determine latitude and longitude, 3) calculate paddle distances, 4) calculate magnetic and true north courses, 5) calculate the magnetic bearing to three landmarks that would help determine when you are at a specific point on the chart, 6) describe how three different aids to navigation will appear on the water, 7) identify where adjustments to heading will need to be made based on wind or currents, 8) identify chart symbols for common Open Coastal land features such as rocks and steep cliffs and 9) identify potential safe landing locations in an Open Coastal area.

Demonstrate understanding and competency in basic **on-the-water navigation skills** while on an actual paddle: 1) paddle in a straight line using ranges and understand which way you are drifting if your ranges no longer line up, 2) correlate significant land features and navigation aids that appear on the chart to their appearance on the water, 3) identify your position on the chart using lines of position and bearing to landmarks and 4) identify rough speed and direction of the current you are in.

Be able to explain the concepts of when and how to navigate via dead reckoning.

Date: _____

Leader name/signature: _____

Demonstrate understanding and competency in **trip planning skills**:

- 1) Plan a kayak trip around San Juan, Orca, or Lopez island that could be executed by a group of competent mountaineers sea kayakers. The plan must include start time for the day, time on route, and end time of the day. Legs must account for currents. Overall, the route should take advantage of favorable currents.

Date: _____

Leader name/signature: _____

- 2) Plan and guide the navigation of a moderately complex day trip that includes a crossing of over 2 nm with more than 5 nm fetch, in a body of water with tidal current and that crosses a shipping lane. Plan the crossing accounting for wind and current. Estimate time on route and ferry angle. (Ex: crossing from Seattle to Blake Island, crossing from Seattle to Fay Bainbridge Park or a San Juan trip that originates in Anacortes.)

If this trip is 12+ nm, it can count as one of your required 12+ nm paddles. This trip requires the use of a VHF radio to cross shipping lanes safely, and it can count for your live VHF requirement.

Date: _____

Leader name/signature: _____

10) **Volunteer.** Help teach or volunteer in any of the Mountaineers sea kayak classes (Basic Sea Kayak Course or any of the more advanced sea kayak courses or clinics, on and off water) or perform kayak committee work, for a total of 40 hours (this can be done through any of the Mountaineers branches):

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Class: _____ Date: _____

Hours volunteered: _____

Committee work description (include time frame)

Total hours volunteered: _____

When your logbook is complete:

- 1)
- 2) Or email a copy of your logbook to: Barb Motteler, barb.motteler@frontier.com