

# Sea Kayak Journey Planner

Port of Ref:	HW:	LW:
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<b>Time</b>								
<b>Location</b>								
<b>Tide Direction</b>								
<b>Tide Speed</b>								
<b>Wind Direction</b>								
<b>Wind Speed</b>								

Ready Reckoner	100m	0.5Nm 1Km	1Nm 2Km	2Nm 4Km	5Nm 10Km	10Nm 20Km
2 knots 4 kph	1.5 min	15 min	30 min	1 hr	2 hr 30 min	5 hr
3 knots 6 kph	1 min	10 min	20 min	40 min	1 hr 40 min	3 hr 20 min
4 knots 8 kph	45 sec	7.5 min	15 min	30 min	1 hr 15 min	2 hr 30 min

**VHF Radio Call Sign**

**Emergency Contact Details**

Name:

Phone:



## Quick Conversions & Distance / Time Reckoning

2 knots = 2.5 mph = 4kph  
 3 knots = 3.5 mph = 6kph  
 4 knots = 4.5 mph = 8kph

1 Nm = 1.2 M = 2 Km  
 1 M = 0.85 Nm = 1.5 Km  
 1 Km = 0.5 Nm = 0.6 M

**2 knots**  
 Nm to minutes:  
 Distance Nm x 10 x 3  
 e.g. 2.5Nm x 10 x 3 =  
 75 minutes

**3 knots**  
 Nm to minutes:  
 Distance Nm x 10 x 2  
 e.g. 2.5Nm x 10 x 2 =  
 50 minutes

**4 knots**  
 Nm to minutes:  
 (Distance Nm x 10) + 50%  
 e.g. (2.5Nm x 10) + 12.5 =  
 37.5 minutes

**OS Grid Squares**  
 15 minutes  
 22 minutes

**OS Grid Squares**  
 10 minutes  
 15 minutes

**OS Grid Squares**  
 7.5 minutes  
 11 minutes

All time estimates then need to be adjusted for tidal assist/retardation  
 Note: if required, divide distance in Km (or number of OS grid squares) by 2 to approximate Nm

## Tidal Flow – Rule of Thirds / 50/90 Rule / Rule of 12ths

**Hour of Tidal Cycle (either + or - HW)**

Rule of Thirds (drift)

50/90 Rule (speed of flow, % of max)

Rule of 12ths (height tide rises/falls)

1	2	3	4	5	6
1/3	2/3	3/3	3/3	2/3	1/3
50%	90%	100%	100%	90%	50%
1/12	2/12	3/12	3/12	2/12	1/12

## CG Phone Numbers & MSI Broadcast Times (listen ch16)

Solent – 023 9255 2100	Portland – 01305 760 439
Brixham – 01803 882 704	Falmouth – 01326 317 575
Swansea – 01792 366 534	Milford Haven – 01646 690 909
Holyhead – 01407 762 051 / 01407 763 911	Forth – 01333 450 666

MRCC	B	C	A	C	B	C	A	A	C
Portland/Solent	01:30	04:30	07:30	10:30	13:30	16:30	19:30	22:30	C
Brixham/Falmouth	01:10	04:10	07:10	10:10	13:10	16:10	19:10	22:10	C
Swansea/Holyhead	01:50	04:50	07:50	10:50	13:50	16:50	19:50	22:50	C

A = Full MSI broadcast including new inshore waters forecast & outlook, gale warnings, shipping forecast, navigational warnings, etc.  
 B = New inshore waters forecast & outlook plus gale warnings  
 C = Repetition of inshore waters forecast & outlook plus gale warnings & new SWW / 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.

## 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 from time of issue

## Maritime VHF Channels

Emergency & Initial Calling Channel: **16**  
 Intership: 6, 8, 9, 13, 15, 17, 69, 72, 77 (Coastguard use: 10, 67, 73)

## 3 Knot Padding Speed Assumed

Tidal Assistance	Timesave
0.5	15% 1hr → 51
1	25% 1hr → 45
1.5	33% 1hr → 40
2	40% 1hr → 36
2.5	45% 1hr → 33
3	50% 1hr → 30
3.5 to 4	55% 1hr → 27
4.5 to 5	60% 1hr → 24
5.5 to 6	66% 1hr → 20

Tidal Retardation	Time Increase
0.5	20% 1hr → 72
1	50% 1hr → 90
1.5	100% 1hr → 120
2	200% 1hr → 180
2.5	500% 1hr → 360
3	Stationary!

**Wind Retard (Beaufort)**  
 F0=3knts / F1=3knts / F2=2.5knts /  
 F3=2knts / F4=1.5knts / F5=0.5knts /  
 F6=stationary

## 2 Knot Padding Speed Assumed

Tidal Assistance	Timesave
0.5	20% 1hr → 48
1	33% 1hr → 40
1.5	40% 1hr → 35
2	50% 1hr → 30
2.5	55% 1hr → 36
3	60% 1hr → 24
3.5 to 4	66% 1hr → 20
4.5 to 5	70% 1hr → 18
5.5 to 6	75% 1hr → 15

Tidal Retardation	Time Increase
0.5	30% 1hr → 80
1	100% 1hr → 120
1.5	400% 1hr → 240
2	Stationary!

**Wind Retard (Beaufort)**  
 F0=2knts / F1=2knts / F2=1.5knts /  
 F3=1knts / F4=0.5knts /  
 F5=stationary

## Wind & Sea

Force – Desc.	Knots	KPH	MPH	Sea State – Desc.	Waves
0 – Calm	< 1	< 1	< 1	0 / Calm (glassy)	0 Meters
1 – Light Air	1 – 3	1.1 – 5.5	1 – 3	1 / Calm (rippled)	0 – 0.1
2 – Light Breeze	4 – 6	5.6 – 11	4 – 7	2 / Smooth (wavelets)	0.1 – 0.5
3 – Gentle Breeze	7 – 10	12 – 19	8 – 12	3 / Slight	0.5 – 1.25
4 – Moderate breeze	11 – 16	20 – 28	13 – 17	4 / Moderate	1.25 – 2.5
5 – Fresh Breeze	17 – 21	29 – 38	18 – 24	5 / Rough	2.5 – 4
6 – Strong Breeze	22 – 27	39 – 49	25 – 30	6 / Very Rough	4 – 6
7 – Near Gale	28 – 33	50 – 61	31 – 38	7 / High	6 – 9
8 – Gale	34 – 40	62 – 74	39 – 46	8 / Very High	9 – 14

## 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 was **drowning**, give **5 rescue breaths** before commencement of 30:2 ratio