

## Easy Reference & Local Information – Eastern Region – Version 4.0 / Feb 09

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%	<b>Wind Retard (Beaufort)</b>	
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
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)								
Portland – 01305 760439								
Solent – 02392 552100								
Dover – 01304 210008								
Thames – 01255 675518								
London – 0208 3127380								
Yarmouth – 01493 851338								
Humber – 01262 672317								
MRCC	B	C	A	C	B	C	A	C
<b>Portland</b>	0130	0430	0730	1030	1330	1630	1930	2230
<b>Solent</b>	0130	0430	0730	1030	1330	1630	1930	2230
<b>Dover</b>	0110	0410	0710	1010	1310	1610	1910	2210
<b>Thames</b>	0110	0410	0710	1010	1310	1610	1910	2210
<b>(London)</b>	(Thames CG provide MSI for London)							
<b>Yarmouth</b>	0150	0450	0750	1050	1350	1650	1950	2250
<b>Humber</b>	0150	0450	0750	1050	1350	1650	1950	2250
<p><b>A</b> = Full broadcast including inshore forecast and outlook, gale warnings, shipping forecast, navigational warnings, subfacts / gunfacts (where appropriate), 3 day fisherman's forecast (when &amp; where appropriate).</p> <p><b>B</b> = Inshore forecast plus previous outlook and gale warnings</p> <p><b>C</b> = 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 4.0 / Feb 09

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Notes / weather / tidal constants

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