



2020

Trip Facilitators Package

Contents

PIKA Trip Basic Requirements	1
Planning Day Trips	2
Plan The Trip	2
Provide Information To Attendees.....	3
Day Before The Launch	4
At The Launch	4
On The Trip	5
After The Trip	5
Planning Overnight Trips	6
Planning Extended Trips	7
Float Plan	8
Launch Site Checklist	9
PIKA Group Waiver	10
Trip Report	12
Incident Report Form	13
PIKA Confidential Medical Form	16
PIKA Paddler Guidelines	17
Trip Classification System	18
Harassment Policy	19
PIKA Trip Facilitator Web Resources	19

PIKA TRIP

BASIC REQUIREMENTS

Trip Facilitator- you!

1. Minimum three paddlers for safety, including ability to respond to emergency situations.
 2. Maximum eight paddlers per facilitator. More than eight? Appoint a second facilitator from the group.
 3. Paddlers are responsible for their own equipment, including minimum Canadian Coast Guard-required safety gear.
 4. Every participant must have successfully completed an assisted re-entry (as the assistor and assisted) within the past 12 months for Level 1 paddles; assisted and self re-entry for Levels 2, 3 and 4 paddles; successful roll for Level 4 paddles.
 5. Group equipment requirements*
 - Ditch kit/hypothermia kit
 - Tow Lead
 - First Aid Kit/First Aid knowledgeable paddler
 - Flares (if further than 1 nm from shore or boat > 6m)
 - Area Chart
 - VHF Radio or other communication method
- * need not be Facilitator-supplied, but are needed within the group
6. File the Float Plan with the Trip Coordinator

PLANNING DAY TRIPS

Plan The Trip

- Launch point
- Start time: “on the water” time
- Route: use charts and string, or Google Earth path tool, to estimate length of trip
- Expected duration; paddling speed depends on the size and composition of the group. 2 or 3 paddlers might paddle at 4 knots per hour. A group of 8 or 10 is likely to paddle only 2 knots per hour.
- Do you need to limit the number of paddlers? Parking, landing space, number of facilitators on the trip, etc?
- Sights to see?
- Rate your trip: Do you have expectations of an easy paddle or is it a marathon?
- Stopping or landing locations
- Bail out points identified, if things go bad
- Tides: Will tides impact travel or landings?
- Currents: Are there any passages or shallows that will impact the trip?
- Other events at the same place? Boat traffic? Ferries, shuttles?
- Any suspected Hazards?
- Weather: Wind, Waves, Temperature: Forecasts change so start reviewing several days before departure. Local toll free 604 666 3655, area selectable 604 664 9010.
- Safety gear needed:
 - Chart, radio, first aid kit, flares, towing gear, hypothermia kit, ditch kit.
- Fill out the Float Plan
- Select your plan holder on land for the trip.
- Send float plan to PIKA trip coordinator at least 2 days before for review.

Provide Information To Attendees

- Send out an email to attendees containing the following info:
 - Trip rating, i.e. 1B
 - Experience and skill level required as it relates to the trip. Have participants review welcome letter/trip classification chart if they are not sure of the skills needed. If you are unsure of a paddler's skills or suitability for the trip, Trip Coordinator or other Exec members can help advise.
 - Time and place to put in...time is *on the water* time, not arrival time...you must specify
 - Approximate length, duration and pace of the trip (already inferred by trip rating)
 - Expected conditions, tides, weather, traffic
 - Clothing, wetsuits etc,
 - Pack snacks/lunch, water (always)
- Get details needed for Float plan: make and colour of kayak, paddling experience, emergency contact name and number, their cell number, transportation to launch site – vehicle make, license and colour.
- Gather any relevant medical information, (i.e. diabetic)
- Give attendees your phone number so that if they need to cancel, they can call you.
- Share information on who is on the paddle, promote carpooling, identify any car logistics (ie shuttling required).

Attendees cannot sign up at the last minute and make you revise all your work!

Also, participants cannot just arrive at the launch site and join the paddle because they will not be on the float plan.

Day Before The Launch

- Check that you have a first aid kit, charts, cell phone, VHF radio, Tow lead, emergency kit packed with your gear.
- Check the weather again. Local toll free 604 666 3655, area selectable 604 664 9010.
- Finish and file the float plan with your Plan holder, and copy to PIKA trip coordinator if there are any changes.
- Print a copy of the float plan and take it with you on the trip.
- **NEED TO CANCEL?** Weather, Health etc. Cancel instead of taking the Risk!

At The Launch

- use the launch site checklist!

- Check the weather again!
- Review the Float Plan
- Get the wavier signed (remind them to read page 2)
- Review the weather, tides, traffic and hazards with the participants
- Review the route and stopping points.
- Who has First Aid certification, First Aid kit and where is it stored?
- Stress the importance of staying together, (within earshot), watching out for hazards and fellow paddlers. A buddy system is a great method to watch out for each other.
- Appoint someone to be at the front of the group, someone in the middle and someone at the back as a sweep.
- Identify who has first aid and first aid kits
- Identify who has VHF radios, navigation aids
- Help make sure all hatches are closed, Drysuits zipped, PFD's zipped up and buckled, spray skirt toggle is up.
- If a paddler is not properly equipped, they would put themselves and the group at risk!
- Go paddle!

On The Trip

- Headcounts
- Watch for tired paddlers
- Watch for traffic
- Watch the weather
- Take water and snack breaks
- Rotate point person to help keep group together.
- **If an incident or injury happens, get help on the way ASAP. See the info on the top of the float plan. Services can always be called off.**

After The Trip

- Call the Plan holder and close the Float Plan!
- Debrief the trip with the attendees
- Complete the trip report. Include any issues, notes or details that would be useful for the next trip. Please include a brief summary of the trip.
- Send a copy of the trip report, and waiver to the PIKA Trip Coordinator.

- **If you have any questions, contact the PIKA Trip Coordinator!**

PLANNING OVERNIGHT TRIPS

The basic planning for a day trip still applies, with more considerations:

- Often, a pre-trip meeting is required
- Trip description
- Communication equipment – Radios, Spot, Delorme, InReach or EPIRB?
- First Aid training and First Aid Kit
- Emergency contacts and locations for the area
- Water taxi contact info, for less than urgent bailout.
- Delegation of duties. Weather, First Aid, Navigation?
- Water availability and how much to bring: 3 litres per person per day.
- Fuel 200 ml per day for white gas, or 1 227 g can of isobutane.
- Tarps and tents
- Clothing – for warm and cold weather, and extra
- Camp locations – Public, Private, First Nations Land? Physical space adequate?
- Camp site suitable for prevailing wind?
- Campsite booking, availability, cost?
- Charts, Tides, Currents
- GPS waypoints, coordinates for campsite?
- Trip hazards – currents, tides, winds and boat traffic
- Alternate trip route if weather is bad
- Critter concerns – keeping campsite clean, bear cache
- Food – individual or split into groups. Spare food for backup if some is lost, forgotten, trip unexpectedly extended.
- No trace camping! Garbage in, garbage out.
- Human waste issues – varies with location.
- Kayak repair kits.
- Carpools, Ferry schedule
- Notify your Plan holder if changes are made during trip (eg. Destination modified, delay getting home etc.)
- Group etiquette – staying together, not paddling or hiking on your own, informing someone if two or more want to explore/walk/paddle away from main group
- Send each participant a Kit List? Send the welcome email
- Hold a daily recap meeting with participants.
- **Send float plan to PIKA Trip coordinator at least a week before the trip for review**

PLANNING EXTENDED TRIPS

Information from Day trips and weekend trips, plus:

- **Detailed Float plan and route plan with camp locations needed**
- Hold planning meeting well in advance to work out details, responsibilities, compatibility
- Daily route and camp plan
- Daily travel limits, Expected pace
- Rest days
- Paddler's conditions, physical preparations (training)
- Group decision making process (go/no go); decision making on the fly
- Camping skills, wilderness skills, gear
- Considerations for wilderness conditions. Isolation, time to obtain assistance.
- Bailout, rescue points
- Alternate plans due to weather.
- Constant awareness of conditions of weather and water. Be ready to alter trip plan as necessary.
- Bring a group First Aid Kit but each participant should also bring their own First Aid Kit
- Personal kit and personal medications
- Facilitator and/or at least one participant should have First Aid training/CPR (Wilderness First Aid or higher preferred)
- Each boat should be self-sufficient in case of separation and have survival equipment.
- Thoroughly inspect all boats and equipment well before trip
- Spare and repair equipment.
- Water filter for backup



FLOAT PLAN

Joint Rescue Co-ordination Centre Victoria
 Emergency 1-800-567-5111 or 1-250-413-8933 Cell #727
 Coast Guard Radio VHF Channel 16
 Non-emergency 1-250-363-6818

PIKA Trip Name:				PIKA Trip Level:			
Trip Destination:		Plan holder for call-in: Phone #:		Launch Site:		Final Landing Site:	
Trip Facilitator:		Phone:	Email:	Date:	Time:	Date:	Time:
Additional Facilitator (1 for every 8 paddlers)			Additional facilitator:				

Authorized Participants									
Name	Experience	Kayak Make	Colour	Cell #	Emerg Contact #	MMSI #	Vehicle Make/Model	Vehicle Colour	Vehicle License

Signaling, communication and safety equipment:	yes/no
First aid kit	
Strobe/flashlight	
Flares	
VHF Radio MMSI# listed above	
GPS	
Area Charts & Compass	
Signal Mirror	
Ditch Kit (firestarter, space blanket/tarp, granola bars, warm fleece)	
One or more paddlers with first aid knowledge/training	

Proposed Route, Campsites, Alternatives:	
<p><i>Trip Facilitator: Complete this float plan, file with Plan Holder and the Trip Coordinator, take a copy with you on the trip and a copy to leave in your/a vehicle at launch point.</i></p> <p><i>Plan holder: Contact emergency numbers if we do not report in:</i></p>	
By (time):	On (date):

LAUNCH SITE CHECKLIST

- Check the weather...again. Forecast and current conditions/ Go / No Go
Winds: forecast greater than 15kn?
- Modify trip for conditions?
- Get the waiver signed
- Determine who has First Aid, first aid kits, hypothermia gear
- Who has VHF radios, flares, SPOT, (and decide which VHF channel you will communicate on)
- Review signals: whistle, paddle, communication
- Review the paddling plan, including time frames for paddling, breaks, lunch and other goals
- traffic and other hazards, (currents, tidal rapids, whirlpools, sandbars, log booms etc.), with the other participants
- Stress the importance of staying together, (within earshot), and watching out for hazards and fellow paddlers. A buddy system is a great method to watch out for each other.
- Point out that each paddler is an active participant in the safety of the group.
- Appoint someone to be at the front of the group, someone in the middle, and someone at the back as a sweep. . Remind paddlers that they need to stay behind the person appointed to be at the front of the group.
- Questions?
- Remind paddlers to make sure all hatches are closed, drysuits zipped, PFDs zipped and clipped and sprayskirt toggle is up.
- Point out any hazards at the launch site, and identify a waiting area on the water for the group while the others are launching
- Have a great paddle!



PIKA GROUP WAIVER

Date: _____ Trip Facilitator: _____

Trip Description: _____

I have signed a PIKA Membership waiver with my yearly membership, and acknowledge that the same terms and agreement applies to this trip.

By signing this group waiver I agree and acknowledge all the terms set out on the “Waiver and Release of Liability” form on the reverse of this group waiver. **If I choose to paddle away from the group, I do so at my own risk.**

Print Name	Signature	Name & Emergency Contact (for training events)	Boat Colour
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			



Pacific International Kayak Association
PO Box 32073,
Langley, BC, V1M 2M3
www.pikakayak.com

I hereby acknowledge and agree that in consideration of being permitted to participate in the activities of the Pacific International Kayak Association (hereinafter called the "Association"), including, but not restricted to, training courses, safety courses, field trips, rescue courses and such other related activities attributed to the sport of sea kayaking, including travel to and from any location at which activities may occur;

I DO HEREBY RELEASE the Association, it's members, officers, directors, employees, contractors, or agents from any liability in respect of all personal injuries, property losses, or other damages which I may suffer arising out of or connected in any way with my losses or damage that may have been caused solely or partly by the negligence, or breach of contract, or breach of fiduciary duty or the Association or any of its members, officers, employees, directors, contractors or agents.

AND I HEREBY SPECIALLY WAIVE all claims and causes of action of any kind which I may have with respect to the Association, it's members, officers, directors, employees, contractors, or agents.

I FURTHER HEREBY ACKNOWLEDGE AND AGREE:

- a) That the sport of sea kayaking is dangerous, exposing its participant to many risks and hazards, some of which are inherent in the nature of the sport itself, and others which may result from human error and negligence, and as a result of the foregoing, but I nevertheless freely and voluntarily assume all of the aforesaid risks and hazards and, accordingly, my preparation for and participation in the aforesaid sea kayaking activities shall be entirely my own risk;
- b) That I understand that neither the Association nor it's officers, directors, employees, contractors or agents assumes any responsibility whatsoever for my safety during the course of my preparation for, or participation in, the activities of the Association;
- c) That I clearly understand that the Association will not permit me to participate in any sea kayaking programs or activities unless I sign this Waiver and Release of Liability;

THAT I have carefully read this Waiver and Release of Liability and fully understand the same and am freely and voluntarily executing the same;

THAT I have been given the opportunity and have been encouraged to seek independent legal advice prior to signing this Agreement which requirement I hereby waive;

THAT I understand that by the signing of this Agreement I will forever be prevented from suing or otherwise claiming against the Association, its members, officers, directors, employees, contractors, or agents for any loss or damage that I may sustain while participating in or preparing for any of the above-mentioned sea kayaking programs, whether or not such loss or injury is caused solely or partly by the negligence of the Association, its members, officers, directors, employees, contractors, or agents;

THAT this Waiver and Release of Liability is binding upon myself, my heirs, executors, administrators, personal representatives and assigns.

**IT IS STRONGLY RECOMMENDED BY THE ASSOCIATION THAT YOU CONSULT WITH YOUR
LAWYER PRIOR TO SIGNING THIS AGREEMENT.**



TRIP REPORT

To be completed by the Trip Facilitator immediately after the paddle/trip and submitted to the Trip Coordinator

Trip Name:		Location:		Classification:	
# of Paddlers:		Trip Facilitator:			
DATE:		Actual launch time:		Actual return time:	
Total Distance traveled:	Total Trip Time: hrs	Stopped Time for breaks etc. :	Moving Average Speed:	Maximum Moving Speed:	
Tide issues:			Current issues:		
Weather issues:			Water Traffic:		
Participant issues:					

Other details, issues, notes for next time:



INCIDENT REPORT FORM

Club policy: to be filled out by Trip Facilitator as soon as possible for any incident, injury, or "near miss."

IF IN DOUBT, FILL IT OUT!

Trip name: _____ Incident date: _____ Time: _____

Trip leader _____

Name of person involved _____ Age: _____ Gender: _____

Home address: _____ Phone: _____

What were relevant conditions when and where incident/injury occurred? (Wind, Wave, and Water conditions, weather, est. air and water temp, precipitation, visibility, how far from shore?)

Location of incident
(estimate if necessary):

Describe in detail how incident/injury occurred?

If rescue affected or attempted, describe:

Apparent nature of injury:

Is this a re-injury of an old condition? ___
Describe first aid given:

Who gave first aid? _____

Describe Evacuation/Rescue: _____

Did injured person refuse first aid or evacuation?

Identify causes of incident, including contributory causes:

Did injured person state that s/he contributed to incident in any way? ___ Describe statement :

Get statements, as detailed as possible, from each witness to the incident.

Witness 1 Full Name, Phone Number, Address

Statement. _____

Witness 2 Full Name, Phone Number, Address

Statement. _____

Witness 3 Full Name, Phone Number, Address

Statement.

Did any other persons impact the incident in any way? yes no

Describe:

Were there any warnings or instructions not heeded? yes no

Describe:

Were any photographs taken? _By whom? _____

(Please include photos with report)

Were other persons injured in this incident? yes no

Names:

Fill out separate incident form for each Injured person.

Get witness statements, as detailed as possible, from each.

Form filled out by: _____

Signature: _____ Date _____

PIKA CONFIDENTIAL MEDICAL FORM

PERSONAL INFORMATION									
Last name:		First name:		Date of Birth (dd/mm/yy)		Cell Phone:		Email:	
Address:				City:		Province:		Postal Code:	
EMERGENCY CONTACT INFORMATION									
Last name:		First name:		Relationship:		Cell Phone:		Home Phone:	
Address:				City:		Province:		Postal Code:	
Family Doctor:						Phone:			
BC Care Card Number:				Other Medical Insurance		Plan/Group no.		Dependent No.	
MEDICAL HISTORY									
Allergies (drug, food, environmental, etc.)									
Current Medications									
Date of last tetanus booster (dd/mm/yy)			Physical condition (please circle)				Swimming ability (please circle)		
			Excellent fair poor				Excellent fair poor		
If you have been under a Doctors' care in the past three months, please specify:									
List any physical limitations:									
List any psychological limitations (fear of water, heights, etc.)									
CHRONIC DISABILITIES Have you ever suffered from:									
Yes	No		Yes	No		Yes	No		
<input type="checkbox"/>	<input type="checkbox"/>	Previous dislocations	<input type="checkbox"/>	<input type="checkbox"/>	Emphysema	<input type="checkbox"/>	<input type="checkbox"/>	Nosebleeds	
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Heart Condition	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	
<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Headaches	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	
Other:									
Any other conditions we should be aware of									

I have completed this medical form accurately and truthfully, and to the best of my knowledge. If any of the above information changes prior to, or during the event, I will inform the facilitator.

Signature

Date

Parent or guardian (if under 18)

Date

PACIFIC INTERNATIONAL KAYAK ASSOCIATION. PO BOX 32073, LANGLEY BC V1M 2M3

PIKA PADDLER GUIDELINES

This document provides requirements and expectations for participants in PIKA paddles. To learn about the PIKA classifications for paddles, see the trip schedule.

EQUIPMENT REQUIREMENTS

- ✓ Canadian Coast Guard requires the following minimum equipment for a kayak:
 - Transport Canada approved PFD
 - 15 metre buoyant heaving line such as a throw bag
 - Bailer or pump
 - Whistle
 - Paddle - the regulations say you need one!
- ✓ Kayak - watertight and in good repair with proper deck lines.
- ✓ Spray skirt - to keep the waves and rain out.
- ✓ Re-entry device such as a paddle float - the Coast Guard regulations don't require one, but it sure helps you to get back into your boat.
- ✓ Clothing for the conditions – typically, that means at least a wetsuit and spare clothes for after.
- ✓ Snack, lunch and beverage suitable for the weather.

MINIMUM SKILLS REQUIREMENTS

- ✓ Paddling skills - you must be able to paddle forwards and backwards and to turn with or without a rudder.
- ✓ Re-entry skills – To participate in any club paddle, you must be able to do an assisted re-entry, both as the assister and the assisted. To participate in PIKA classification 2, 3, or 4 paddles, you must be able to do an unassisted re-entry. To participate in PIKA classification 4 paddles, you must also be able to do a roll.

Ways to obtain these skills include participating in a PIKA pool or outdoor practise session, taking a Paddle Canada skills course or by paddling with friends or another club.

You must practice these skills at least once each year.

HOW TO SIGN UP FOR A PADDLE

When you select a paddle to sign up for, ensure that your skills meet the paddle's PIKA classification. The facilitator may not allow you on the paddle if they feel that you don't meet that classification.

To sign up for a paddle, contact the facilitator by email at least 2 days before the paddle and provide the following information:

- Your name
- Number of years of paddling experience and your Paddle Canada or equivalent skill level
- Name of manufacturer of your kayak and its colour
- Medical issues that the facilitator needs to be aware of
- Your cell phone number
- Emergency contact phone number
- Your vehicle's manufacturer, model, colour and license plate number
- Your MMSI number if you have a VHF radio

Drop-ins on the day of the paddle are not allowed; you must sign up with the facilitator at least 2 days before the paddle and earlier for multi-day trips as indicated in the trip calendar.

TRIP CLASSIFICATION SYSTEM

PIKA applies the classification system described below in its trip calendar to indicate the expected skills/degree of difficulty (1-4) and distance involved and physical effort necessary (A-D) for a PIKA trip.

A trip classification is set by the most difficult and most strenuous part of the trip. It does not take into account changes in sea conditions or weather which may change trip classification unexpectedly.

For the required equipment for a trip, see the PIKA Paddler Guidelines.

TRIP CLASSIFICATION	A-Not Strenuous •Less that 3 hours per day •Less than 6 nmi •Sheltered spots	B-Moderately Strenuous •3 to 5 hours per day •6 to 10 nmi •Some sheltered spots	C-Strenuous •5 to 6 hours per day •10 to 15 nmi •Infrequent sheltered spots	D-Very Strenuous •More than 6 hours per day •More than 15 nmi •Few or no sheltered spots
1-Easy •Minimal paddling skills •Assisted re-entry skills •Protected inland waters •Moderate wind effects •Weak to moderate current •Easy to moderate landings	↓ 1A	↓ 1B	↓ 1C	↓ 1D
2-Moderate •Basic paddling, able to brace •Self/assisted re-entry skills •Sheltered/partly-sheltered coastal waters •Moderate wind effects •Weak to moderate current •Easy to moderate landings	→ 2A	2B	2C	2D
3-Difficult •Good paddling, sea skills •Self/assisted re-entry skills •Open coast, exposed water, crossings and swells. •Moderate to strong wind effects •Moderate to strong current •Surf and difficult landings	→ 3A	3B	3C	3D
4-Very Difficult •Advanced paddling and sea skills •Self/assisted re-entry and rolling skills •Strong individual paddler •Long open crossings •Exposed coast •Turbulent water, chop •Strong wind effects, large swells •Strong current •Surf and difficult landings	→ 4A	4B	4C	4D

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY ON ALL TRIPS. Make sure you have the skill level, the physical strength and endurance and the right equipment. Do not go out in conditions that you are uncomfortable with. Kayaking conditions are variable and contain unpredictable elements that make any attempt to grade inexact.



Pacific International Kayak Association PO Box 32073, Langley, B.C., V1M 2M3
www.pikakayak.com

HARASSMENT POLICY

PIKA does not tolerate discrimination or harassment in any form and if it is found to have taken place will result in the revoking of the perpetrator's membership. Sexual harassment is defined as any unwelcome sexual advance, request for sexual favours, or any other unwelcome verbal or physical conduct of a sexual nature. Sexual harassment can be verbal, visual, physical or communicated in writing or electronically. Examples of conduct which may constitute sexual harassment include, but are not limited to: requests for sexual favours involving physical contact such as hugging, rubbing, touching, patting pinching or brushing another person's body without consent. It can also include sexual jokes that make the recipient or the group feel uncomfortable.

MARITIME RADIO REMINDERS

Calling station to station, if not using DSC (Digital Selective Calling)

Listen for a period long enough to be sure you are not interfering with calls already in progress.

Remember that the identity of the station being *called* is always spoken *first*, followed by “*this is*” and your own identity.

1. Depress transmit switch on microphone/radio
2. Call the station you wish to contact (not more than three times)
3. Say *This is*, say your stations’ name not more than three times, on channel....
4. Say *over*
5. Release the transmit switch
6. Listen for an answer.
 - a. If no response is received after two calls wait at least three minutes before attempting to call again.
 - b. If response is made, the replying station identifies a working channel, in this fashion:
 - i. Your station name (not more than three times)
 - ii. *This is* and the replying station name (not more than three times)
 - iii. *Switch to* (working frequency) if the call is being made on a distress and calling frequency

Distress, Urgency, Safety Communications – Sent on Channel 16

Two steps:

Step One: Distress Call

1. Depress transmit switch on microphone/radio
2. Say *Mayday* three times
3. Say *This is* and your station name three times.

Step Two: Distress Message (follows as soon as possible after distress call)

1. The Distress signal *Mayday*
2. The name of the vessel (once)
3. Particulars of its position (as accurately as possible)
4. Nature of the distress and the kind of assistance required
5. A description of the vessel in distress
6. The number of persons involved and injuries, if applicable.

Everyone observes radio silence until the distress is cancelled.

Cancellation of distress

When a vessel is no longer in distress, or when it is no longer necessary to observe radio silence, the vessel that was in distress, the rescue vessel, or the station that controlled distress traffic, shall transmit a message addressed to *All Stations*, advising that the distress call has ended.

Urgency Messages

The Urgency signal is *Pan Pan* spoken three times. It indicates that the station calling has a very urgent message to transmit concerning the safety of a ship, aircraft or other vehicle, or the safety of a person.

Follow same protocol as Distress Message, replacing *May Day* with *Pan Pan*.

Safety Communications

The *Safety* signal has priority over all other communications, except Distress and Urgency. All stations hearing the Safety signal shall shift to the working frequency indicated in the call, and listen until they are satisfied that the message is of no concern to them.

Safety signals and messages shall generally be addressed to *All Stations*. They may be transmitted at any time on Channel 16.

Procedure:

Securite Securite Securite
All Stations All Stations All Stations
This is (your station name)

Safety message concerning (what) to follow on (working channel)
(your station name) Out

For DSC Calling, refer to the handbook with your VHF Radio!

PIKA TRIP FACILITATOR WEB RESOURCES

PIKA website www.pikakayak.com:

- Forms- Float plan, Trip report, Trip Waiver, Equipment list.
- Welcome letter- outlines trip ratings, what is expected of paddler, and responsibilities.

- Sea Kayaking safety guide, download a copy:
○ <https://www.tc.gc.ca/publications/en/tp14726/pdf/hr/tp14726e.pdf>
- Marine weather
http://www.weatheroffice.gc.ca/marine/region_e.html?mapID=03
- Marine weather still available by phone: Vancouver recorded 604 664 9010
- Environment Canada Marine Weather Guide Pacific coast, Also see the copy on PIKA website:
<http://www.publications.gc.ca/site/eng/9.698081/publication.html>
- Full BC Regional Marine weather guide:
<http://www.publications.gc.ca/site/eng/9.630051/publication.html>
- Tides <http://www.tides.gc.ca/eng/find/region/1>
- Tide and current tables in PDF, just like the official publications: <http://www.tides.gc.ca/eng/data#s1>
- Royal Canadian Marine Search and Rescue App for i-things and android.
○ <https://rcmsar12.org/boating-safety/rcm-sar-safe-boating-app/>
- Windfinder, for recent and short term forecasts:
○ <https://www.windfinder.com/#>
- Fraser river Velocity predictions, Avadepth website:
<https://www2.pac.dfo-mpo.gc.ca/index-eng.html>
- BC Marine Trails <http://www.bcmarinetrails.org/>
- Sea Kayak Guides Alliance of BC <http://www.skgabc.com/resources.php>
- Handy emergency contact list for the BC coast:
○ <https://www.skgabc.com/app/webroot/uploads/pdfs/SKGABC-contact-list.pdf>
- Wild Coast “magazine” (now only a website); lots of local information in the archived magazines:<https://www.wildcoastmagazine.com/>
- West Coast Paddler – community for kayaking in BC: www.westcoastpaddler.com