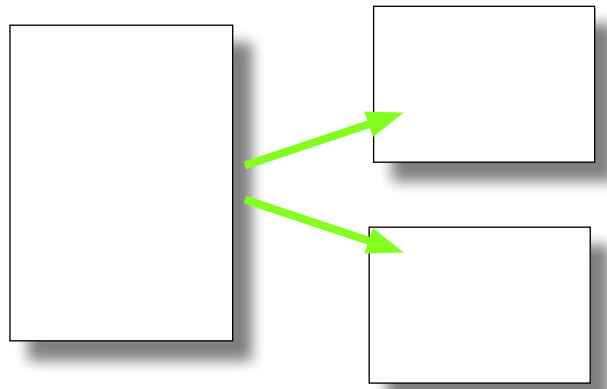


Setting up this Log Book

Complete the **Personal details** section on-screen.

Print one copy each of the next four pages and five or six of the Trip Log page.

Cut the A4 pages to form A5R pages. Assemble them in order.



Bring the book to a club meeting for binding. The process will add a transparent front and back cover.



Log Book

Name: _____



Personal details

Name: _____

Address: _____

Phone—Home: _____ Mobile: _____

Date of birth: _____ M F

Emergency contact

1 Name: _____

Phone: _____ Relationship: _____

2 Name: _____

Phone: _____ Relationship: _____

Medical details

Relevant qualifications

Club Grade

Grade	Instructor signature	Own signature	Date
1			
2			
3			
4			

Adelaide Canoe Club events and grading

Most events on the ACC calendar have a paddler grade listed. The grade is subject to the qualification of the leader and the skills and experience expected of participants to take part safely and meet the trip objectives. It is also an indicator of the standard of boat and equipment required.

Intending participants should assess their own current fitness and skill level before registering for a trip, regardless of their grade. You must be candid with the leader when discussing your participation, and if you have any doubts or concerns about your fitness or ability you should disclose them. If asked, you need to be ready and willing to demonstrate your skills. All paddlers on ACC trips are encouraged and expected to contribute to the safety and success of the trip to the level of their grade and ability.

The conditions on the day will determine whether an event goes ahead as planned, if at all. Weather and the composition of the group will determine the decision. Trip leaders have the right to refuse participation of any paddlers who do not meet the expected standards of ability and/or equipment.

All ACC leaders hold Australian Canoeing qualifications: Flatwater Guide, Flatwater Instructor, Whitewater Instructor, Sea Leader, Sea Guide, Sea Instructor, Advanced Sea Instructor. You are encouraged to train and study for Aus Canoeing awards, for your own and the Club's benefit.

Adelaide Canoe Club's grading scheme is based on the Aus Canoeing Award Scheme and the AC *Safety Guidelines*. For full details, refer to the *Paddler and trip grading* document.

Your progression through the club grading scheme can be recorded in this log book, and you should bring it to club trips so that leaders can confirm your progress.

Recording your paddling experience

Although the main reason for this log book is to record and encourage members' personal improvement, it can also be useful:

- as evidence to gain or upgrade club and Aus Canoeing qualifications
- as a record of information to help plan future trips
- to advise trip leaders of your experience so that they can assess your suitability for future trips

You may use a variety of recording formats, however this paper form helps keep records together.

Ideally, your log should:

- record your experience as soon as possible after a trip, and each day on an expedition
- be specific, detailed and accurate.

Not all fields may be relevant for every trip.

Use the **Trip Summary** pages to record **all** paddling (including personal and peer trips) and training (e.g.rolling).

Use the **Trip Log** pages for major trips: to use for assessment and for future reference.

Essential equipment for club grades and trips

Grade 1 and 2

Well maintained kayak or canoe with fixed buoyancy and secure handholds

Appropriate paddle, spraydeck, bailing device (sponge), etc.

Approved PFD (Level 50 or 50S), with attached whistle

Clothing, footwear, etc. appropriate to conditions

Grade 3 and above

Well maintained sea kayak with minimum volume cockpit, decklines, paddle leash. A hands-free pump system (foot or electric) strongly recommended

Spare paddle system

Compatible towline system

Compass and charts

Appropriate waterproof containers

(Note also the required equipment specified by regulation as listed in the *SA recreational boating safety handbook*, p 47)

Observation Record

Skill	Qualified observer	Observer	Signature	Date
Grade 1				
Wet exit safely				
Grade 2				
Launch and land efficiently				
Paddle the craft efficiently in moderate winds				
Show efficient use of support strokes				
Capsize and swim craft 50 m in PFD				
Competently participate in simple rescues as rescuee and rescuer. Competently accept a tow.				
Paddle 2km within 30 minutes				
Grade 3				
Paddle efficiently in conditions below Fresh (winds to 17 knots)				
Show efficient use of supports in surf to 0.5 metre				
Capsize in surf to 0.5 metre and move self and kayak safely to shore				
Competently participate in appropriate rescues as rescuee and rescuer.				
Recognise signals used at sea				
Paddle 7km/3.8nm in < 2 hours (inc. breaks)				
Grade 4				
AC Sea Skills (Assessed by AC Assessor)				

