

<p>Mayday Mayday Mayday This is sea kayak (name of vessel) (name of vessel) (name of vessel) Mayday (name of vessel once) Position..... Problem.... Immediate Assistance Persons Actions Over</p>	CHANNEL 16
<p>Pan-Pan Pan-Pan Pan-Pan All Stations All Stations All Stations This is (name of vessel) (name of vessel) (name of vessel) Position Problem Assistance required Persons Any other useful info Over</p>	

Calling another Vessel
X, X , this is (name of vessel) (name of vessel) channel 06 over
(name of vessel) this is x changing to channel 06 over (both change to 06)
X, X, this is (name of vessel) over
(name of vessel) this is X, go ahead over... etc

Channel Number	Designation
16	Distress, Safety and Calling
70	Digital Selective Calling (DSC)
13	Bridge to Bridge (Navigations Safety)
06, 08, 72, 77	Inter-Ship - Primary orking channels
11, 12, 14	Port Operations Channels (these are the most common but check the almanac)
12	Vessel Traffic Services (VTS)
17, 69	Ship Movements
67	UK Small Craft Safety
M1, P1, 37	UK Yacht Clubs (race control and safety boats)
M2	UK Yacht Race Management
80, M1/37A, 12	UK Marinas

DSC - Distress alert - If your radio is equipped with Digital Selective Calling (DSC) press and hold the distress button until the alarm stops. Wait for 15 seconds.

MRCC (bold)	Telephone	Every 3 Hrs	Full broadcast
Aberdeen	01224 592334	0130	0730 & 1930
Belfast	02891 463933	0110	0710 & 1910
Dover	01304 210008	0110	0710 & 1910
Falmouth	01326 317575	0110	0710 & 1910
Holyhead	01407 762051	0150	0750 & 1950
Humber	01262 672317	0150	0750 & 1950
London Coastguard	020 8312 7380		
Milford Haven	01646 690909	0150	0750 & 1950
Shetland	01595 692976	0110	0710 & 1910
Solent Coastguard	For routine traffic and other information Telephone 02392 552100 or call on VHF 67		
Stornoway	01851 702013	0110	0710 & 1910

As soon as a Gale or Strong Wind warning is issued an announcement is made on Channel 16. This will direct listeners to a working channel, typically channels 23,84 or 86. Routine weather information broadcasts are made three-hourly with a new forecast every six hours.

The full broadcast referred to in the table contains:

Shipping forecast, new inshore Waters forecast, 24 hour outlook, Gale and Strong Wind warnings, Navigational warnings and Fishermen's 3 day forecast, Subfacts & Gunfacts (where appropriate)

Radio 4 broadcasts weather bulletins as follows:

0040 LW, MW, FM	Gale warnings, shipping forecast, weather reports from coast stations and the inshore waters forecast.
0520 LW, MW, FM	
1201 LW	Gale warnings and shipping forecast.
1754 LW, (FM As 1201 bulletin Weekends only)	

Force	Desc.	Knots	MPH	Description	Wave (m)
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	Mod. 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

Tidal Assistance		Tidal Retardation		Wind Retard (Beaufort)
Assist (Knots)*	Time saved	Retard (knots)	Time Increase	0 = 3knts
0.5	15%	0.5	20%	1 = 3knts
1	25%	1	50%	2 = 2.5knts
1.5	33%	1.5	100%	3 = 2knts
2	40%	2	200%	4 = 1.5knts
2.5	45%	2.5	500%	5 = 0.5knts
3	50%	3	Stationary!	6 = stationary!
3.5 to 4	55%	3 knots = 4 mph = 6 kph		
4.5 to 5	60%	1 square (horizontal or vertical) on 1:50 OS map = 10 mins		
5.5 to 6	66%	1 square (diagonal) = 15 mins paddling		
<i>* 3 knot paddling speed assumed</i>				

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

Coast Guard info		Trip Leader Reference	
Departure	Where from? Time?	Safety & Signals	Group control (conditions) Designate a number two Line of sight What to do if someone falls in or incident occurs - Shout STOP What do we mean by STOP Signals for stop, go left, go right, come to me, ok etc.
Operating Area	Where? ie. Rhoscolyn area		
No of kayaks	How many in group?	Humans	Anything need to be made aware of? Medicines Food Water hot drink Shore contact Experience - discuss
Colour of Kayaks	Top and hull colour		
Safety Equipment carried:	List what you carry in group: Spare Paddles, VHF, PLB, Flares, GPS, First aid kit, Group shelter	Equipment	All dressed appropriately and carrying safety gear that you know how to use - towline etc Check each other over, drysuit zips checked, helmets if required, First aid kit Group shelter VHF radios? Channel 8, 72 77 Warm clothing
Shore contact	Person and Contact details	Environment	Destination/objective, Distance Obstacles: tide, tide race, overfalls, swell, wind, weather Potential stops / get outs
Expected return	Estimated time? Call in on return to shore	Timings	How long trip Expected return
Vehicle details (sometimes asked for)	Registration, make and colour, where parked	Safety & Signals (Q&A)	Reinforce safety and signals by Q&A