

What's It Like on a CPA Kayak Trip?

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Trip Leader's Responsibilities



- Plan the trip
 - What are the trip ratings?
- Post and advertise the trip
- Screen the participants
- Monitor weather and other conditions
- Keep the participants informed
- File a Float Plan

Trip Participant's Responsibilities



- Do I meet the trip ratings?
 - [Paddler Skill Ratings](#)
- What if I can't self-rescue?
- How do I register?
- What do I bring?
- What if conditions change before the trip?

A Typical CPA Paddle

- Trip postings include a launch address
- Translate that into directions
- Arrive at the launch 30 minutes prior to the posted LAUNCH TIME



Preparing for the Paddle

- Move your boat to the launch area
 - (DO NOT BLOCK boat ramps)
- Pack all required gear



Pre-Launch Briefing



- Introductions
- Collect signed CPA waivers
- The Paddle Plan
- Check individual and group gear
- Who is the point and sweep?
- Review emergency procedures in brief

Some Issues on the Paddle



- What if I can't keep up?
- How do we handle emergencies?
- Where do I pee?
- When do we eat?
- What if THINGS change?
- What is the “race to the barn”?

How does the Paddle end?



- What if I want to paddle some more?
- Helping each other load up?
- After paddle entertainment?
- After I get home?

How do I get started with CPA Trips?



- Start acquiring the required gear NOW
- Check for upcoming trips
- Match trips to your level of ability
- RSVP promptly
- Update your RSVP as your availability changes
- **GET OUT ON THE WATER!!!**



QUESTIONS?

Trip Ratings

| Level | Wind | Waves | Current | Surf Break |
|-------------------------------------------|-------------------------|--------------|-----------------------------------|--------------|
| Level 1 (Beginner) | Protected from the wind | Minimal | None | None |
| Level 2 (Advanced Beginner) | Up to 10 knots | Up to 1 foot | Up to 1 knot | None |
| Level 3 (Intermediate) | 10-15 knots | 1-2 feet | up to 2 knots | Up to 2 feet |
| Level 4 (Advanced Intermediate) | 10-15 knots | 1-2 feet | Up to 3 knots | Up to 2 feet |
| Level 5 (Advanced) | Up to 20 knots | up to 4 feet | Up to 4 knots with standing waves | Up to 3 feet |

Cold Water (<60 deg F) INCREASES the rating of a trip with equal conditions in warm water.

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Skill Ratings

| Skill Level | Launching and Landing | Efficient maneuvering in | Control | Pace and Distance | Rescue/Safety |
|-------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Level 1 (Beginner) | from low dock, beach or boat ramp | Calm Water | Paddle forward, stop and turn, use low brace | Slow speed for shorter distances (1-2 kts for 3-5 miles) | Wet exit, paddle float rescue, T rescue |
| Level 2 (Advanced Beginner) | Same | Protected waters, winds up to 10 kt | Paddle forward, stop and turn, use low brace in light winds | Moderate speed for longer paddles (2-3 kts for 5-10 miles) | Can efficiently do paddle float and assisted (T) rescues |
| Level 3 (Intermediate) | Plus launch and land in 2 foot breaking waves | Negotiate winds to 15 kt and currents to 2 kt | Paddle forward and maintain position in heavier winds and current | Moderate speed for longer paddles (2-3 kts for 10-15 miles) | Plus can rapidly do multiple self-rescue techniques and assisted rescues; Can do solo, assisted and contact tows |
| Level 4 (Advanced Intermediate) | Plus launch and land in 3 foot breaking waves | Comfortable in sea conditions to 15 kt and currents to 3 kt in head, beam and following seas | Same | Same | Plus can do swimmer rescues |
| Level 5 (Advanced) | Same or higher | Same or higher | Can negotiate heaviest seas and winds practicable | Can maintain moderate speed indefinitely (2-3 kts for 15 or more miles) | Comfortable with self and assisted rescues in bad conditions |

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