

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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