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Ocean Kayaker

INTERNATIONAL SEA KAYAKING ASSOCIATION **SEPTEMBER 1999**
and NORKAPP TRUST NEWSLETTER



An international sea canoeing association open to all interested in this aspect of canoeing

Aims: Promotion of sea canoeing + Communications
Promotion of events and conferences
Safety and Coaching



£1.50

editorial

by John Ramwell

Here we are again, another two months on and the year almost over!!

I am looking forward to the *SEA KAYAKING FESTIVAL* this coming weekend which is being staged by Cwm Pennant in Wales. A beautiful area and from what I can gather this event has been over subscribed. Will report back in next newsletter.

Last weekend I took all the ISKA display material and set up at the Southend Water Festival down on the Thames Estuary. Fantastic weather brought out the crowds and there was a lot of interest in canoeing. Mostly people wanted to know about local canoeing opportunities and it occurs to me that as these maritime festivals proliferate this is where local canoe clubs should be strutting their stuff and encourage new members.

The 'saga' regarding Ric Freeman and whether or not he achieved the claims he has made rumbles on. I have given Ric every opportunity to defend his corner but he has taken a very low profile. You may have views on whether it is the task of ISKA to make these sort of 'exposures'.

There remains a lot of interest in an international award/accreditation scheme bases on the British Canoe Union scheme. Most of you will know that this is an issue close to my heart. I certainly believe there is a real requirement for an international 'governing body' to take care of the standards and safety of sea kayaking and sea kayakers around the world. I may be in a position to move this forward with the Nordkapp Trust over the next few months. Again will keep you posted.

I am looking for some new pictures to use on the I.S.K.A. stand at the next International Canoeing Exhibition next February. Some 'action' pictures, some showing group activity, some good scenery. CAN YOU HELP?

My address is, for copy for this magazine:

5, Osprey Ave., Westhoughton, Bolton, Lancs, BL5 2SL and I can be reached on 01942 842204.

The front cover picture is of Duncan Winning OBE paddling in a flooded Largs high street on 4th January when the high tide combined with storm surges. The picture was taken by the Scottish edition of the Sun newspaper.

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Questions and Answers

by
**Frank
Goodman**

The Gravity of the Situation

Tom Thomas
from
Stoke on Trent
writes:

“Dear Frank,

I am writing with a query about the effect of the moon on tides. I have tried to find the answer from other sources but struggle.

My question is, why is there a gravitational pull or push on the sea furthest away from the sun and moon. If the answer is to do with some ‘balancing inertia’, could you please explain this”

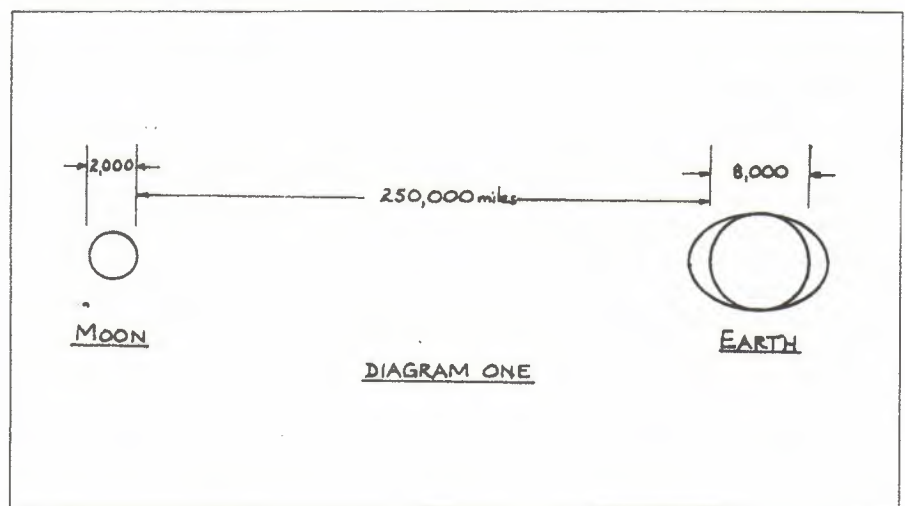
Frank answers:

Most experienced sea kayakers have a fair grasp of the tides, they won't get to their correct destination if they haven't. In fact, if they don't take tidal

the moon's gravitational influence. What seems to be a common stumbling block is the fact that there are usually two tides a day - one more or less directly under the moon, and also another high tide directly opposite, on the other side of the earth. Indeed, one person talked about "a mysterious force pushing the ocean away from the moon".

Distorted

I think the confusion arises from the diagrams that are usually shown in tidal manuals, which are like diagram 1.



movement seriously, they may have a great deal of difficulty getting home at all!

Confusion

But several people have written in expressing their confusion about the basic principles of tidal formation and

below, showing a very distorted view of things with the moon drawn on the left-hand margin of the page, causing tides on both sides of the globe shown on the right-hand margin, some 250,000 miles away, and with the tides drawn as if they are hundreds of miles high! When we look at this diagram

of the earth, it appears as though there is a force actually pushing water away from the moon... an anti-gravity device no less.

Scientific parlance

Another culprit, I believe, is scientific parlance. It is very useful to describe things as wholes, or as single entities. For example, we talk about the Centre of Gravity of a kayak, which is a point, usually just at the front of the paddler's seat, where all the weight of the kayak is considered to act. Actually, I'm taking this to be the C. of G. of the kayak and paddler combined. Similarly, the Centre of Buoyancy is a point which represents the total up-thrust of the water on the kayak hull. Two very useful concepts.

But of course these concepts don't always prove useful guide to the true state of affairs when the kayak is actually on the water. The kayak's weight is distributed throughout its entire length and the weight of the paddler is pushing down onto the seat and also onto the hull through his heels. The water is pushing up by differing degrees on all the under-surface of the hull. We can easily realise how a simplistic approach to C. of G. and C. of B. can get us into trouble.

Experiment

Try this experiment. Load your kayak with two sandbags, one in the bow compartment and one in the stern. Keep them as near the cockpit as the bulkheads allow, but also make sure they are equidistant from the front edge of the seat. Paddle it and note how it responds. Now push the same sandbags towards the bow and stern as far as possible, still keeping them equidistant from the seat. Paddle the kayak again.

Well of course, you don't need to go to all that trouble! It is easy to imagine how sluggish the kayak has become in the second instance; difficult to turn... burying its nose into every wave, whereas previously it turned easily and bounced over the waves with no trouble. Only the forward and

backward acceleration will remain the same. YET, in both cases the C. of G. and C. of B. are in exactly the same spots. These convenient assumptions don't tell us everything.

Similarly, we say the moon's gravity affects the earth, and we assume it works though the Centre of Gravity of the Earth, the centre point of a sphere in this case., but we can easily forget that the force of gravity varies as the square of distance. If the moon was half its present distance away from the earth, its effect on the oceans would be four times as great. Because of the thickness of the earth (about 8,000 miles) the effect of the moon's gravity on the oceans furthest from the moon - on the opposite side of the world is about 7% less than directly under the moon itself. So how come 7% less gravity piles up the waters away from the moon?

Pulled towards

The answer is that the earth itself is being pulled towards the moon more strongly than the oceans farthest away, but less strongly than the waters nearest to the moon.

If we scrap the earth itself for a moment and imagine what would happen to a huge droplet of water, it is easy to see that it will be pulled into an oval shape by the moon's gravity. The water nearest the moon is pulled most, but it doesn't stream off towards the moon itself because it is held together by the water's own gravity, and because the moon is in orbit around this huge drop of water anyway. (If the moon wasn't in orbit, and thus trying to fly away from the earth, the two would crash together with the cessation of all sea-kayaking on the planet! One or two lucky paddlers might get the biggest kayak surfing ride of all time on the front of a huge tsunami, but they'll never boast about their experience in the pub afterwards).

Hey Presto!

So it is easy to see that the oceans are pulled into a huge oval, when the earth

is missing, but whereabouts do we replace the earth itself? Well, the solid earth will be pulled towards the moon more than the water furthest away, but less than the water closest to. The oval blob of water is undisturbed, but the earth itself will position itself in the centre of gravity of it... dead halfway. Hey Presto! there really will be a bulge of water on both sides of the earth. Both bulges the result of the single gravitational effect of the moon.

P.S.:

Though the earth is solid, it is subjected to enormous gravitational forces which will distort it to a slight degree. In fact I have seen various scientific notes about the effect of gravity on the earth itself, suggesting that the earth distorts anything between a half and one and a half metres in diameter as the moon passes overhead.

Remember too that the weight of your head is slightly less than the weight of your feet, because your head is usually further from the centre of the earth. After writing this I'm feeling slightly light-headed, so I'll stop now!

by
**Jennie
Massie**
of North West
Sea Kayaker

Expedition Food or How to Cook in a Kayak



If you want to live comfortably and eat well on that trip to wild places you have in mind the answer is to do some thinking and planning in advance. If you rush around the kitchen on the eleventh hour throwing food wildly into a cardboard box shouting 'That'll do, that'll do' then this is the article for you. I bet you spend ages sorting out your other gear.

Well then!

First you need to think about these factors:

- 1) How many days do you plan to live out of touch with shops, base camp etc.: (my record is six days living on entirely on what I took with me).
- 2) What cooker's pans will you take? Make sure that you know what your biggest pan will hold. If you use a fair sized one half full it's less likely to boil over. Think about fuel how much will you carry.
- 3) Water. Will there be fresh water available or will you have to carry it? (Old wine box skins can be filled with fresh water and stored under deck lines). I have managed on a litre and a half a day for drinking and

cooling but more is needed if it is hot weather or you are sweaty a lot.

- 4) The social element. If you share the cooking in a pair this gives the advantage of two cookers and more choice. If you are also sharing a tent avoid the brussel sprout curry at all costs.
- 5) What you like to eat. This is where the research is up to you and the fun begins if there are two of you.

EXPEDITION FOOD DOESN'T HAVE TO BE NASTY

Your aim after a cold wet day's hard paddling is an easy to prepare meal that is enjoyable and filling enough to keep you going on the following day.

Now comes the fun bit. In the comfort of your kitchen, using your favoured burner and pans check what you can cook and test quantities. If you use your cupped hand for a measure it saves weighing. I find two cupped handfuls of rice makes one large

helping when cooked. You may find it better to weigh quantities and put them in poly bags each bag being one helping. Find a method that works for you.

Bulk Foods

Rice and pasta. Go for quick cook rice (saves fuel) Look for the bit on the label that tells you how long it takes to cook (shortest is about three minutes). You can take 'Smash' but I think it's the pits. Why not try couscous, which is finely chopped wheat and is the easiest of all to prepare? You simply boil water pour it over the couscous and leave it covered for five to ten minutes and you have a good textured hot filling bulk food. If you mix in a stock cube it makes it a bit more interesting.

Bread

Personally I take oat cakes and crisp bread because they are high in energy don't take up much space and don't go off. Pitta bread is good for the same reasons. If you take bread granary or wholemeal are the best options (now available in seven day stay fresh packs from some supermarkets) and because they are more filling.

' Wot About Yer Greens.'

I'm not aware of any sea kayakers coming down with scurvy! If you have dried fruit and some fresh fruits you will be getting all the vitamins you need and when you get back you can always binge on cabbage if you so wish.

Snacks

The frush type chewy bars are excellent and don't take up much space. Be wary of chocolate it is very likely to be hot once it has melted it is never the same again. Nuts and dried fruit are high in energy and indifferent to heat.

Biscuits are best in small packs I have distinct memories of one trip where one large packet of digestive biscuits got wet. We cut the corner off and extruded them like toothpaste YUK.

Tips

Put a few fresh vegetables like four to five potatoes and a couple of onions in plastic bags and tuck into odd spaces. They can make a real difference to a meal.

Save the sachets of tomato ketchup, mustard and pickle from motorway stops. Use to liven things up a bit when needed.

Take a few stock cubes and oxo cubes to add to stews or to make hot savoury drinks. Instant custard over bar type cakes makes a good hot pud.

Lastly this is my fail safe. For ease and speed you can't beat it.

Most supermarkets stock a range of long life ready cooked meals in plastic dishes with film lids. Take them out of the cardboard packs and write on what they are. Sellotape them together in pairs like clam shells so they don't puncture easily.

Then all you need is to boil water in your pan drop the pack in and possibly cook the rice in the water at the same time. By the time the rice is cooked the curry or stew whatever will be hot. Bingo what could be easier. A good meal and only one pan to wash.

Recipes

Jenny's tried and tested

Adapt and experiment for yourself

Main meal menu for two

Chil Con Kayak

Quick cook rice, 1 tin red kidney beans, 1 packet dried chili flavoured soya mince and half a chopped onion.

Cooker 1 Boil rice. Cooker 2 Boil up chili and onion using liquid from the beans. When almost done stir in the beans and heat through and serve.

Comment very tasty and filling but if sharing a tent I recommend leaving the zip open.

Main meal for one

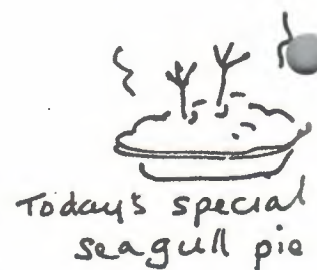
Corned Dog Stew

1 tin corned beef, small tin mixed veg or dried veg, half an onion a carrot. 1 sachet beef or tomato instant soup to thicken and I helping of Smash.

In a little water cook chopped onion and carrot until soft (3-5min).

Meanwhile chop up the the corned beef add this and tinned or dried veg to pan and heat through. Stir in a packet of of instant soup to thicken. Make up mashed potato in your dish tip over stew and eat.

Comment it looks indescribable but tastes quite good and really fills you up. Try it!



Today's special seagull pie

Main meal for two

Angler's Jugulars

1 large tin tuna, 1 tin button or dried mushrooms 2 packets of either chicken or mushroom instant soup and 2 portions of easy cook pasta.

Cook pasta drain offmost of the water. Add the drained tuna and mushrooms and stir until heated through. Add packet soup to make sauce.

Comment If you have two cookers you can boil the pasta on one and make the tuna mushroom sauce on the other and serve separately. But it all gets mixed where it's going so why worry.

So good luck, good paddling and even better eating!

I hope you have found something useful here, and if sowatch out for my next article. How to crochet yourself a buoyancy aid.



If all else fails ... boil the cook

kit

tried and tested

by Peter Hatt

I am sat whiling the spring day away amidst a 'snowstorm' so here's some guff on some kit tried and tested.

Pack towels

I have used both the small and medium towels the former I have had over five years and after dozens of washes it is still giving Stirling service. The small one I use in my camp kitchen and for swabbing dampness out of the tent, the medium one for personal hygiene. They truly do absorb ten times their weight dry rapidly and pack small. Their only fault is that they become smelly and slimy after a weeks use! though a machine wash will restore them to pristine condition ready for the next trip.

Pertex towels

Somebody cleverly packaged pertex remnants and flogged them as towels. Ha! Ha! they don't work these are best left alone and should be consigned to the rag bag where they belong.

Snugpack 500 traveller sleeping bag

This is a truly lightweight bag possibly the smallest pack size on the market it fits in the palm of your hand! I have found it is only a one season bag ideal for the tropics, heated bunkhouses or the occasional balmy summer evening. Layered up with other bags it will upgrade another bag without the need of expensive multi season bags.

Bivvy bags

I have been privileged to have numerous bags pass my way those with fancy hoops and bits of rigging are best left alone! The bag needs to be weatherproof preferably without zips or clothe clinging velcro a toggled draw cord being the simplest fastening. It should be generous enough to wriggle around inside and accommodate at least some of your kit and be about a half metre longer than you are. To date the best bag I have used has been from Pete Beard of Quantock Wilderness Supplies, who makes them made to measure using high quality materials (Goretex) or similar at the right price about seventy quid in 1998. The worst that came my way was a milair bag from Kathmandu Trekking it was pure and utter crap and would certainly not have withstood the rigours of this country. I have to confess I am not a bivvy bag freak being of an age when creature comforts are my priority though I am happy to use them on a casual basis for a one night stand.

Therma-a Rest Chair Kit

This simple innovative bit of kit that converts a therma rest mattress into a chair has been one of my better acquisitions the extra weight in the pack (about the same weight as a small tin of beans) has been a godsend for this tired weary traveller. No longer do I have backache I simply slump in my therma rest chair listening to radio 4 with a mug of hot chocolate sheer and utter contentment.

Thermal mug

A simple plastic mug with a leak proof top reminiscence of a toddlers first beaker. Keep's drinks hot for yonks! and avoids that accidental spillage! Just make sure you drink from the right hole to avoid embarrassment in front of your friends.

Vaude Hogan Tent

A sophisticated ridge tent rated as a two person tent though you would have to be very friendly to sleep two in it. Likes exterior poles that simply spring into shape once removed from the bag. Easy to put up pitches with the inner and outer attached using a system of shock cord elastic that attaches to hooks on a reinforced webbing ridge. Once attached to the pole work the tent can be moved around in situ seeking that sunny spot or best view or easily removed from snoring neighbours! Flaps about a bit in strong winds though not unduly. Only problem a minor one of the nylon spacers beneath the hooks disintegrating. Tent now in its third season having had over a hundred days use no real problems. Weight about 3kgs with all the bits pegs etc:

Hope the above is of some use to you I know the problems of getting people to contribute to newsletters and mags. I intend to visit Campex next week so will seek Backpackers out for a chat.

Best Wishes,

Final tip, some good lightweight camping kit can be had cheaply from the pages of LOOT if you know what you are looking for!

dry rolling

By
Lester Matthews
(Jester)
of the Birmingham College of
Food & Tourism



communicate the 'knack' of rolling to others. Eventually they normally did learn, but always too slowly for my liking.

those students we used the 'right' words and actions; which is perhaps an unwise assumption!

So then, what to do? As ever, doubting my own viewpoint implicitly, I shared this with a number of people, including my wife Gwen who teaches Blind and Visually Handicapped people the 'risk sport' of crossing the road on their own without the help of a guide dog. Plenty of room for verbalities to mean little or even nothing to a student in her profession !

A reasonable concurrence of opinion ensued, the problem remaining was that it was not possible to discover a common communicable language of :-

PHYSICAL MOVEMENT to **SPATIAL AWARENESS**

with another individual before getting quite deep into my own phraseology, processes, etc and making the same old patterns reoccur.

So , I decided to experiment, using an inexhaustible number of expendable life-forms; to wit :- University Students. I used the exercise that I had developed as the actual process for teaching the sequence of physical movement of my own DRY Screw Roll exercise.

As Training Officer at the Birmingham University Kayak Club, at least once a year large quantities of complete beginners turn up at the Pool sessions and we put them through the process of capsizing drills, silly games, basic skills and eventually about 10% of them I guess, become canoeists during their stay. But that's another story.

Some time ago I learnt to roll. Then a kind, helpful sort of a guy picked me up on a point of poor technique.... you've guessed it, after that I couldn't roll for a while ! This happened again on several occasions and eventually my rolling became more consistent as layer upon layer of verbal and gesticulated data became programmed-in. I was learning as an adult (33 years old) and I can confirm that we older people do learn a lot more slowly than younger ones'.

Revelations came after I learned how to roll like, "....Ah, that's where the breathable stuff is when I'm upside down !" I only 'saw' after I could do and experience / reflect.

Later, during an idle moment when teaching other people at a rolling session, as an S.I , for the umpteenth time I wondered why with all the benefit of my own empathy with people who were:- scared, cack-handed and confused, it was still so difficult to

Incidentally during that time, I had developed a 'Dry' exercise which I did either seated on the floor, or half-standing against a wall, which I used as a warm-up and 'memory-jogger' before going onto the water. This was shared with a few people who could already roll but none seemed too interested in it at the time.

Gobble degook

Discussions with several S.I's , Coaches and others over the years' had identified many points, processes and 'tricks', but I came to realise that essentially the problem was my use of phraseology, descriptions and gesticulations that meant a lot to me, but were effectively gobbledegook to my students.

At this point I need to say that I believe that this a problem common to all teachers and that the solution normally where the student 'translates' what the teacher says (eventually) into vocabularies of Physical Movement, phraseology, concepts, frameworks, gesticulations and whatever else makes up their individual 'consciousnesses' into an intelligible (to them) skill. Often they will then repeat the self-same phraseology that we used which leads us to assume that at least with

Diagram 1

Assistant holds feet stable



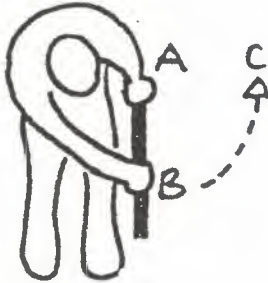
Student sits as if in a kayak,

DRY SEQUENCE

Short tube, Stick, Open-Canoe Paddle or Split-paddle

FIRST MOVEMENT - SCREW ROLL
Viewed from above

Diagram 2



Hand (A) stays on the floor, near the hip, like a pivot.

Hand (B) scrapes along the floor up to point (C). Both knuckles stay in contact with the floor!

SECOND MOVEMENT - SCREW ROLL

The student memorises this two-part movement through 'dry' repetition and then repeats it in the pool.

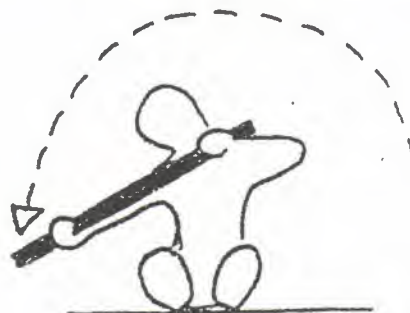


Diagram 4



Diagram 3

What I did was to concentrate almost entirely on—

PHYSICAL MOVEMENT.

Leaving the student to discover (experimentally) their own inner—

SPATIAL AWARENESS, which is I contend, not communicable verbally or by any range of Videos, Diagrams or whatever.

In order to communicate the process to you, dear reader, I nevertheless have to resort to these inferior stratagems and also explain what I actually did ! The process was neither exhaustive nor 'scientific'. I make no apologies for this as I had neither time, capacity nor the support to set up control experiments or the like.

I asked a small number (6) non-canoeists if they would take part in an experiment which, ".....may enable you to roll within the next 15 minutes, before you even learn to canoe!" Two other beginners in rolling overheard and also joined in.

Firstly I sat them down on the poolside, see diagram 1 (Not brilliant, what with all the noise and activity going on all around), as if they were sat normally in a Kayak.

Simple question

Second I asked a 'simple' question,..."where is the air when you're upside down ?" I then introduced the concept of a 'skin / surface' of water just underneath their legs both when in this position and also when upside down in a kayak.

Third several physical 'Dry' demonstrations, by me, of a two movement sequence (my screw roll) holding a simple tube (or one half of a split paddle). See diagram 2,3 and 4

It is essential when using the 'sal-down' version of my exercise that either an assistant holds your feet, or you jam them under something. Otherwise you fall over when you do the movement ! (Chalk marks to follow on the floor were not used and seem not to be required).

In pairs

Fourth, in pairs I made them work together imitating what they'd seen me do and got them to practice moving the tube in a set pattern, complete with body movement, Dry, on the poolside, until they had memorised that pattern of copied movement. This process took approximately 5 minutes. I gave as little verbal guidance as possible and absolutely no 'Handy hints', homilies or anecdotes.

Confident

The wet bit came next, in two stages. I had to make sure that they would feel confident that even if they lost all control and memory, that 'Super Instructor' would bring them up.

To this end I did a swimmer to boat Eskimo Rescue with my assistant, the ever suffering Gwen, and told them that they would now get into a kayak on the water and :-

- a) Also be rescued once by me (Swimmer to Boat) so that they would experience the sensation of upside-down-in-a-kayak-wetness in complete safety,
- b) I would then capsize them, put them truly upside down, not as often happens see diagrams 5 and 6, and they then "Go for the Roll" in their own time (without me doing anything).

Two people, (a male and female) successfully came up on their first attempt, rolling again immediately after.

This works

Three others came up on their second attempt, having stayed in their boats (they remembered to stay in and trust me), and the others all rolled during the next 10 minutes or so, including one who said, " I've heard so many explanations, but this works". I then left them in pairs to continue to reinforce their newly memorised

movement and to rescue each other if things went wrong.

The diagrams and explanations here are as 'terse' as I can make them. The actual roll as demonstrated by the Instructor must be done by that Instructor 'Dry', at home with a simple tube or half a split paddle until it becomes plain to them as an individual, what they actually do (not what they say they do !) when they roll. As it were, like a machine going through the motions with the only point of reference being their own body and no conflicting or half-understood things like ...Don't forget, LEFT hand DOWN when you're on your RIGHT and then RIGHT KNEE AWAY from you as you come up", going through their heads during a time of mild pan

I hope to repeat this experiment from now on and refine what is still a new technique for me. If I've re-invented someone else's wheel, I'd like to hear from them.

Critical thing

The critical thing is to become aware (as an Instructor) of what we actually physically do as a movement or sequence of moves, be able to do this outside of a kayak as a demonstration accurately and then reproduce those movements as exactly as possible in our students with as little verbal input (initially) as is possible.

The result so far has been to convert complete beginners to 'Rollers' almost immediately, not canoeists Per Se. Students who have already tried other

progression to roll are certainly 'slower' in achieving success. I have not kept tabs on those students with which I experimented and cannot offer the same kind of 'evidence' as many of your other contributors of medium to long term gains or continuing success. The 'sample' is nowhere near representative of any other segment of the canoeing population and as ever, I don't have the capacity to continue to test it's effectiveness.

Frankly, I can't be bothered. It works.

Report on the 5th Scottish Sea Kayak

Symposium 1999

by
Tom Turner
of Jersey
Canoe Club

Scottish National Watersports Centre, Isle of Cumbrae in the Firth of Clyde

The 1999 Scottish Sea Kayak Symposium held at Cumbrae over the May Bank Holiday weekend proved to be a resounding success catering for nearly two hundred people it was referred to by many as the biggest and best of the Scottish Symposium to date.

The symposium was held at the Scottish National Watersports Centre on the island of Cumbrae opposite the small town of Largs. The centre is ideally located and a great venue for a symposium, lacking for nothing other than fast moving water. The recently improved facilities are excellent and are only matched by the warm hospitality of the Director Bob Smith and his team who were always on hand to help out. A special mention must also go to the catering staff for their sterling efforts in coping with twice their maximum numbers.

Myriad activities

The three day programme was jammed-packed with a myriad of activities including a vast range of variety and choice. Paddling slide shows from around the world, seminars covering all aspects of sea paddling, practical sessions to develop and practice specific skills and guided paddles of various distances all constituted a full to the brim exciting programme with something for everyone. The keynote lectures of paddling off the East Coast of Greenland and the voyage by Curragh retracing St. Columbus' s journey from Ireland to the Scottish island of Iona were excellent.

Apart from being highly entertaining, the two shows offered a contrasting view of journeying by traditional craft employed

for hunting and the spreading of Christianity from years ago. The shows portrayed how the recreational pastime of Sea Kayaking and journeying on the briny was born out of craft used to hunt for survival and spreading the gospel of God.

The "gathering"

Understandably, one of the major highlights of the weekend was the 'Gathering' on the Saturday night. Not that the Celtic nations ever need an excuse for a 'Shin-dig', a Ceilidh does after all allow those men born north of the border the opportunity to don their family tartan and show off their bulging calves. The evening was totally spontaneous with a mixture of dances, songs and recitals from participants from all over the British regions, old and young and those sober and not so sober. The evening was never allowed to drop in tempo thanks to the all singing all dancing compere, Jas Hepburn.

Throughout the weekend there was ample opportunity to try a wide range of demonstration kayaks from singles to doubles, folder to sailing rigged, all courtesy of the various manufacturers.

the biggest
and best
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Scottish
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Also on hand were traders to provide and advise on kit.

The extended paddling programme which continues for the remainder of the week was based on the West Coast at Arduaine, about twenty miles south of Oban. Arduaine is an ideal base and a great launching platform for what is undoubtedly some of the finest sea paddling in the UK. Up to sixty paddlers converged upon Arduaine and a host of paddling trips took place catering for all abilities. Classic paddles out to the Garvellachs, or Isles of the Sea as they are also called, via the Gulf of Corryvreckan, through Cuan Sound and back to Arduaine were well attended with up to twenty paddlers. The Grey Dog again proved to be a popular mariners playground for some groups, whilst the conveyor belt tidal stream happily carried others on more gentle trips up and down the coastline to Easdale.

Share ideas

Sea Kayak Symposium are now very well established on the paddling calendar with events taking place throughout the British Isles. If the Scottish Symposium is anything to go by, there is no doubt in my mind that events such as these are 'alive and kicking' and they service and fulfil the requirements of the Sea Kayaking fraternity. Whether paddlers attend symposium to share ideas, develop personal skills and knowledge of the sport of just for the 'crack', these events offer a healthy addition to the sport.

Congratulations to Gordon, Duncan, Graeme, Matt and Diane along with their support team for another memorable event.

Tom Turner,
Jersey Canoe Club

Why are there TWO-TIDES Each Day?

by
**Ian P.
Dunn**

Background:

During a recent discussion with fellow sea-kayakers, I observed that while there is almost universal understanding that the moon "causes" of the tides - the physical mechanism was understood vaguely. In particular, the reason for there being two tidal cycles during most days was little understood.

Several years earlier, I had researched the subject, and knowing that I had plenty of material at hand, I decided to pen this article in the hope that someone else may find it of interest.

I apologise for the slightly formal style of this document, but it is in large part a direct extract from a longer document prepared for another purpose.

Cause and Effect

Most people, when pressed, would say that the Moon had some sort of influence over the tides. They would be essentially correct, although the Sun also has a strong role to play. Indeed, the relative influence of the Moon and Sun is roughly in the ratio of 2:1.

A summary of what will be shown below is that:

- Tides are caused by the gravitational influence of the Moon (and Sun) on the Earth. The generation of tides is a second-order gravitational effect. (The

primary gravitational effect is of course to hold the Moon in orbit around the Earth, and to hold the Earth-Moon system in orbit around the Sun).

- On the side of the Earth beneath the Moon, there is a slight excess force (because it is closer to the Moon than is the Earth's centre), and on the far-side there is a correspondingly reduced force (because it is relatively further from the Moon).
- The nett effect of these forces is to cause the ocean-waters (and atmosphere) to 'bulge outwards' from either side of Earth along a projection of the Earth-Moon line.
- As the Earth spins once per day, a given point on its surface will pass through both the near-side, and far-side bulge, giving rise to two (generally unequal) "high" tides each day, and two "low" tides. Such twice daily tides are termed diurnal tides.
- The Sun generates a similar pair of bulges, but since the tidal-forces of Solar origin can be shown to be about 46% of the Lunar forces, the tidal influence is less. However, at New and Full-Moon, both sets of bulges lie along the same meridian, and so reinforce each other resulting in the strong "spring" tides. By contrast, when the Moon is in quadrature (i.e. 1st- or 3rd-quarter), we experience weak "neap" tides.

While the combined gravitational influence of the Moon and the Sun is the cause of virtually all the tidal effects on Earth - it should be made known that the resulting mathematical equations for the real oceans with their complex coastlines

are still too difficult to solve formally! Here however, my wish is to identify the forces, then describe their effect on the relatively loosely bound waters of the oceans.

Tidal Theory

Identification of the Forces

As with so much of "classical physics", the foundations were laid by Sir Isaac Newton (1642-1727). His law of gravitation states that every particle of matter attracts every other particle with a force proportional to the product of the masses, and inversely proportional to the distance between them.

Newton not only applied his law to explain the motion of planets around the Sun, and the Moon around the Earth, but to a host of other problems. In particular, his analysis of the Moon's influence on the Earth is still valid more than 300 years later and has laid the foundations of modern tidal theory.

To clearly identify the forces that cause tidal action, we contemplate an idealised situation of an Earth covered uniformly by an ocean, and further we allow both the ocean and Earth to be composed entirely of 'particles' of equal mass. This approach was first used in 1773 by Pierre Laplace, the French mathematician.

If the presence of some external body (e.g. Moon) causes each particle to have an equal and parallel force imposed on it, there would be no cause for relative motion between the constituent particles, and hence there would be no tides. Given that tides in fact do exist, we see by implication, that it is the deviation of

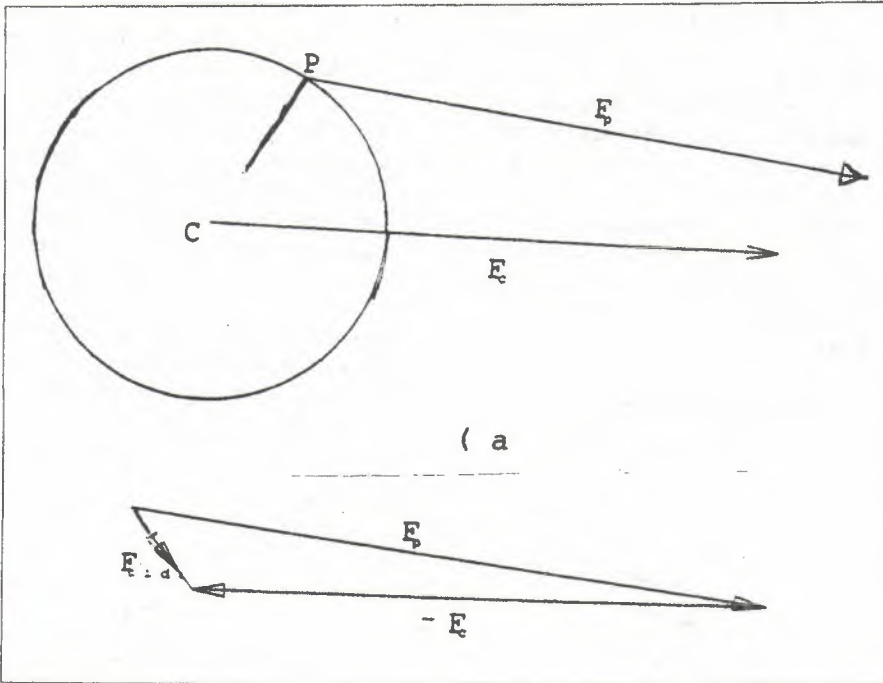


Figure 1. (Not to scale). Shows how the tidal force is actually the resultant caused by differencing two much greater forces, $F_{tidal} = F_p - F_c$.

the forces from the average that must cause the tides: this is a crucial conclusion.

An alternative - and more positive - way of thinking about this, is to realise that on the side of the Earth facing the Moon, there will be an excess force (because it is closer), while on the opposite-

being compared to the average force acting on the Earth at its centre. It was Newton who first proved that the nett gravitational force acting on a planet can be considered to act at the planets centre and as if the entire planets mass is concentrated there.

To identify these forces in more detail, we can use a vector approach. Figure 1

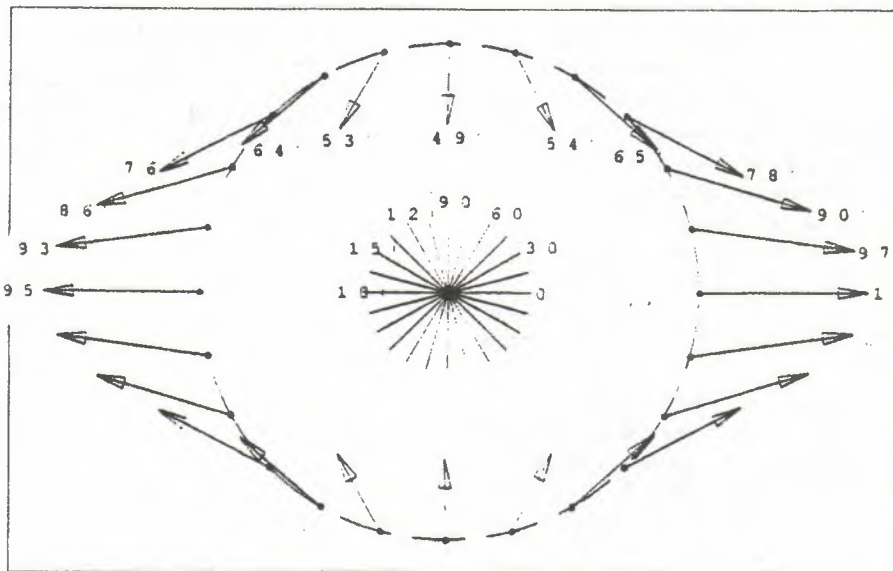


Figure 2. Schematic of tide generating forces on Earth due to Moon.

side there will be a deficit (further away)

illustrates the gravitational force vectors F_p and F_c acting respectively at a general point P on the surface, and at C, the centre of the Earth. The average force

Note that both the excess and deficit are

exerted by the Moon on the Earth occurs at the Earth's centre. It is the small resultant difference between these forces which expresses itself as the tidal force F_{tidal}

At the Moon-side of Earth, the Moon's gravitational attraction is stronger than the average because the Moon is slightly closer, so there is a net outward tidal force there. On the far-side of Earth, the Moon's gravity is weaker than the average, so there is again an resultant outward tidal force.

At points away from the direct line between the two bodies, the tidal force will always have an Inwards (i.e. towards the on-axis line) component. This effect will be strongest at locations perpendicular to the Earth-Moon axis, where the net force (i.e. the difference between the average force, at the Earth's centre, from the force on particles at the pole) is directed almost exactly inwards towards the centre of the Earth.

Figure 2 shows these resultant tidal forces in more detail. Each vector shown is the tidal resultant vector F_{tidal} . In this figure, the Moon is situated on the far right and the relative sizes of the tidal forces are appropriate for the average Earth-Moon distance. As can be seen, the resultant tidal-force on the far side (away from Moon) has a magnitude about 95% of the near-side force. The inward force at all the points about 90 degrees away from the Earth-Moon axis is close to half (49%) of the tidal force directly beneath the Moon

Figure 3 shows the vectors to the same scale as figure 2 and shows the relative size of the tidal forces caused by the Sun. As can be seen, the Moon's effect is slightly more than twice the strength of the Sun. Although the Sun is 27 million times as massive as the Moon, it is 388 times the distance and it can be shown that the nett tide generating effect is in the ratio $27 \times 10^6 / 388^3 = 1/2.16 = 0.46$. It is for this reason that one can say the Moon's effect is slightly more than twice that of the Sun. It may also be observed from figure 3, that the forces due to the Sun are symmetric on the near- and far-side of the Earth (in contrast to the slightly asymmetric nature of those due to the Moon). This is because the relatively close proximity of the Moon to

Earth causes a greater inverse square law range across the earth diameter than is the case from the Sun's distance.

Before proceeding to consider the effects of the forces we have identified, a caution should be expressed that some reference books wrongly attribute the cause of tidal forces. There appears to be an entrenched misconception that the forces require reference to centripetal and/or centrifugal forces established by the rotation of the Earth-Moon system around the common centre of mass (which incidentally, is located within the Earth itself). Such explanations are quite wrong, and seem to arise from a misunderstanding of the basic physics of centripetal and centrifugal forces.

Effect of the Tidal-Forces

It should be pointed out that while the ocean waters tend to "hump-up" beneath the Moon in response to the tidal forces, it is not directly caused by reduced weight. Rather, the effect is more subtle.

Each tidal force vector can be separated into two components, one normal (i.e. vertical) to the Earth's surface, and the other parallel (i.e. horizontal) to the surface and it is in fact the horizontal component that is the effective tide generating force.

The reason for this is that there is little retarding force to stop the water flowing horizontally across the Earth's surface but the vertical component merely slightly modifies the weight because it has to act directly against the much greater gravitational pull of the Earth. The percentage reduction in weight is quite minute; by way of illustration, a 100 kg person would register on bathroom scales just 0.3 gm less when the Moon is directly overhead (by comparison, an A4 sheet of quality paper weighs about 5 gm.).

Not only can water easily move horizontally across the Earth's surface, but the amount of horizontal movement does not need to be very large to achieve a significant increase in the sea-level.

The following argument may help support the essence of this fact. If a

string could be wrapped right around the equator, it would be 40075 km long. If the string is also allowed to stretch by just 1 mm per kilometre - a small amount indeed - the string will be an extra 40 metres long. It may surprise some but the longer string could be wrapped around the Earth at a uniform height of 12.7 metres! Similar reasoning shows that tiny sideways movements of water are needed to cause easily measured changes in sea level.

The net effect of these horizontal forces

As the Earth rotates, the orientation of the ellipsoid stays more or less fixed in space (only completing one revolution in about 29 days for the Moon, or 365 days for the Sun). However in the course of 24 hours, the Earth rotates through the two humps of the ellipsoid, hence we experience two "high tides" per day. Generally these are unequal height.

At full moon, and new moon, the two ellipsoids point more or less in the same direction, and the high "spring" tides result.

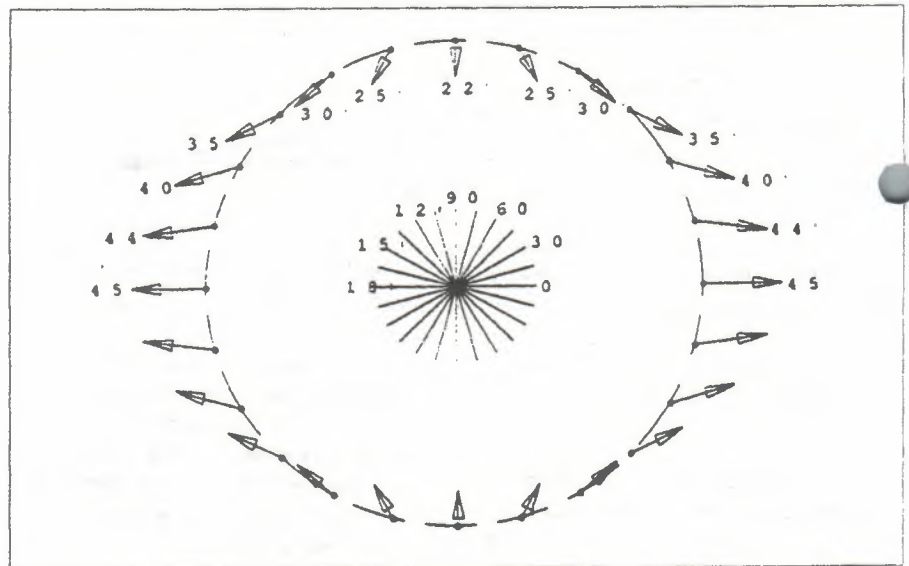


Figure 3. Schematic of tide generating forces on Earth due to Sun.

is to cause the ocean-waters to migrate slightly towards the point directly under the moon, and it is this movement which has the effect raising the sea-level beneath the moon in deed in for the development of the equations of motion of motion of oceans it is standard to assume that the change in ocean height due to the weight modification is negligible compared to the height change induced by the horizontal movements.

It should be emphasised that figures 2 and 3 arc slices through the meridian containing the two bodies (Earth & Moon, or Earth & Sun). The 3-D picture is really that of forces which would tend to 'heap' the water directly beneath (and opposite) the Moon (or Sun), while tending to cause a 'depression' at the polar regions. In three dimensions, the shape adopted by the ocean waters will be "football-shaped" - an "ellipsoid of revolution" - with the "long-axis" centred directly beneath the body causing it

When the moon's phase is at the 1st or 3rd quarter, the two ellipsoids are more or less at right angles to one another, so the sets of forces tend to cancel the other's affect, so the low "neap" tides result.

Taken from 'SEATREK' the official newsletter of the Victorian Sea Kayak Club, with thanks.

A MYSTERY TRIP part two

by
john
ramwell

In the last (July) issue of 'Ocean Kayaker' I published an article entitled, "A Mystery Trip" in which I and John Chamberlin, a fellow ISKA member, cast doubt on the claims made by Ric Freeman to be the first person to paddle solo from John O'Groats to Lands End by sea kayak.

Prior to publishing I sent a full copy to Ric with an invitation to answer the questions, questions that came about due to our doubts about the veracity of his claims in the 'CANOEIST' magazine last winter. These doubts were subsequently reinforced when Ric gave a presentation to the Midland Canoe Club on his 'expedition' when so much of what he said did not add up

Though given more than adequate opportunity to respond to our questions Ric patently failed to do so and instead wrote to me after publication on the 3rd August, August 1999.

*"John.
Firstly, may I apologise for the long delay in this reply. I have been away and have not had the time to reply. May I also state that again I am away for numerous periods throughout the late summer and winter and their may again be some delays with my replies. I will try to pass on my replies as soon as possible though.*

I almost feel as if I do not want to answer your questions that have been put to me. I do not like the style of the opening paragraphs, as they are very negative.

Nor do I like your choice of photograph. I bet you had to look really hard to find one that showed absolutely no context to sea kayaking. (No wonder Dave Patrick feels he has not had enough coverage of his P&H kayak on my trip. This would have been a fantastic opportunity for you to publish one)

I am willing to answer your questions though, and I thank you for sending me a copy of them.

I do note however, that the text looks as if it were already printed in a magazine, if this is the case please could you send me a copy of the whole magazine, as I am trying to keep copies of any articles written with reference to my trip. I am willing to pay for this if there is a charge.

I do however require one thing from you, before I send my answers - I would like a let

ter confirming that you will publish my answers exactly and in full. I want you to confirm that you will not add, omit, or edit any part of the answers that I send you. Once I have this I will freely post you my replies. (Not wanting to appear childish here, but I would like to know that there would be no bias of publishing whatsoever, either to John or myself.

With Thanks."

I replied to Ric on the 10th August

"Ric Freeman,FRGS

Dear Ric,

Many thanks for your letter of the 3rd inst.

You say you are away a lot and therefore answering mail may be delayed. Perhaps you could revert to use of E-mail as before. Otherwise I will obviously have

to await your delayed responses.

You say you feel disinclined to answer the questions posed by John Chamberlin and myself. This is clearly a matter for you. No-one, least of all Chamberlin & I, are in a position to insist you reply. We are only able to offer you an opportunity. The choice, clearly, is yours.

As for the choice of photograph, the one we used was the only one I had access to. We have yet to be persuaded that you and your 'expedition' warrants a picture of you within a sea kayaking context.. Be that as it may!

The text sent to you with the questions has been produced in the ISKA newsletter, July edition. You are more than welcome to a copy.

I am pleased that you are prepared to answer the questions we posed in the ISKA newsletter. You demand that I publish your answers in full with no editing from me what so ever. There is not an editor in the land who would agree to such a thing. You could send me a 'dozen pages of nonsense' totally unfit for publication. I will agree to us both discussing your replies to these questions so that both of us are as content as possible with the final response. This compromise is the as good as you would get from any editor.

It is right to add that I am not on a witch hunt here, just after the truth about the details of your circumnavigation of Britain by sea kayak. I do not wish to see you and your reputation suffer for the sake of it. Both Chamberlin and I will publicly apologise for doubting the veracity of your expedition should we be persuaded by you that this is justified. On the other hand, should our doubts be rightly placed, then it is right that these doubts be given exposure.

You did agree to sending me your Log of your expedition. This has not yet come to hand. Is the offer still on?

I look forward to hearing from you soonest."

Since sending this letter there has been nothing heard from Ric.

Basically I am now prepared to state quite categorically that I simply do not believe the majority of the claims made by Ric Freeman. He has used a variety of people and organisations to further his nefarious claims and if I am right in my beliefs he now owes these, as well as the sea kayaking community, either a full explanation or an abject apology - at the very least.

Does all this matter? Does it matter that Ric Freeman or anyone else for that matter, should publish false claims of achievements. I suggest it does matter. If an athlete wins he/she is applauded, if he/she has cheated in order to win then he is vilified. If an expeditioner claims to have completed an expedition he will receive due recognition; if, on the other hand, these claims are found to be false he will be vilified. Why? Because it makes a mockery of those who have (or will in the future) trained hard, prepared well and endured what it takes to complete (perhaps in some cases to almost complete) their target.

So, Ric, in the absence of any (even half) a reasonable explanation, of any attempt at all to answer our questions I am led to the firm conviction that you have made a series of false claims about your attempt to paddle solo the length of the coast from John O'Groats to Lands end by sea kayak and in so doing you have potentially brought the activity of sea kayaking into disrepute by using both individuals and organisations to assist you in substantiat-

ing these claims.

Let this, as far as ISKA is concerned, be the end of the matter. Please do not re-apply for membership as refusal will only offend!!

Ric (or is it 'Trick'?) Freeman

by John Chamberlin

**does it matter,
should false
claims
concern us?**

'A Mystery Trip - Part 2'

In the July issue of Ocean Kayaker we published a series of 'questions' relating to the credibility of Ric Freeman (or, 'Sir Richard Freeman, FRGS', to give his full, apparent title) and his claim to be 'The First Person to Paddle Solo from John o'Groats to Land's End by Sea Kayak'.

Why? Because we don't believe it. Not yet, anyway.

In this issue you will see reproduced the latest response from Ric - which adds neither fact nor clarity to the debate - and John Ramwell's clear reply. So let's repeat the basic question; what is all this about?

It is about the integrity of the sport of sea kayaking. Nothing more, and nothing less.

In this instance, the credibility of Ric and his 'record' will, I suggest, either stand or fall on the integrity of Ric himself and on his report(s) of his trip. If the doubts can be removed, completely and without question, then John Ramwell and I will apologise publicly, to Ric and the international sea kayaking fraternity, through the medium of this magazine, for ever casting doubt on him or his claim.

However, in even my basic and inexpert

research on Ric, his trip and his articles on his trip(s), I raise almost fifty 'questions' - some admittedly quite trivial, but all of which John Ramwell and I think should be answered.

So, discounting the possible trivia and what appear to be minor personal falsehoods, what are these 'doubts', especially those relating to Ric's kayaking and his claimed 'record'? For now, I'll highlight just four issues: the Dorset 'accident'; Land's End and the RNLI; his daily mileages; and the 'Orford Ness to Clacton' section.

The Dorset 'accident' (March 1998)

This was reported variously in the MCC (Midland Canoe Club) Newsletter, the ISKA magazine and Canoeist. It hapened on 'Day 2'(-ish) of what was then the commencement of Ric's attempt at completing the '1st Officially Registered Unsupported Solo Circumnavigation of the British Isles by sea-kayak'. It was reported with due detail, drama and accuracy (one supposes), except for one aspect - that of the kit 'losses'.

What was interesting to me at the time was that, when Ric returned from this aborted 'start' to his trip, he told me in considerable detail about the incident and all the kit he had 'lost' from the 'burst rear hatch' of his sea kayak - eg; his 'tent', a '£400 sleeping bag', a 'couple of fleeces', 'camp mat', 'stove', and various other odds and sods - all totalling, Ric said, 'well over £1,000'; the sum of his insurance claim with one of his 'sponsors', N. W. Brown at Cambridge. Ric also said that, after this had all been replaced, he would recommence his trip, but somewhere on the west coast of Scotland.

The rest, as they say ...

However, and this was the intriguing part, no mention of any of these 'losses' appeared in any of the published accounts of the incident. I did not understand that at the time, and I still don't. I simply do not believe that in a series of articles submitted to report and publicise such a widely trumpeted trip, the graphically detailed account of the misfortune of such an apparently life-threatening incident so early in that trip, would not also include details of the 'kit losses' from the 'burst rear hatch' of the

kayak, especially when of such considerable value to the paddler (and of course cost to N. W. Brown), and potential interest to other paddlers.

Do you?

Land's End and the RNLI (September 1998)

"I haven't got any photographs of rounding Land's End, because the sea was so rough that the RNLI lifeboat crew who accompanied me were too busy holding on to take any."

The above comment, almost verbatim, was made by Ric Freeman in a throw-away remark at the Midland Canoe Club's AGM, on 15 October, 1998, where he also formally confirmed he had ended his attempt to become the first person to circumnavigate Britain and Ireland, solo, by sea kayak, and instead was claiming the first, 'solo', John O'Groats to Land's End 'record'.

That comment was to prod and poke at me until I decided to check it out for myself with the RNLI, at Sennen. Why? Because again, I found it simply too hard to believe that any RNLI crew member would, effectively, be too scared to take a photograph, due to sea conditions in which a solo paddler could round Land's End.

So, briefly, I decided to ring the 'Hon. Sec.' of Sennen branch, who said that they, "didn't do it - no two ways about it!", I quote verbatim. Later he wrote, '... this lifeboat station had no contact with Mr Freeman or his kayak within the parameters set by the Land's End to John O' Groats certificate. I have checked our records and spoken to the inshore and offshore helmsmen. ... In conclusion all I can say is that the RNLI between St Ives and Penlee was not involved in this enterprise.'

Pretty clear, that. So, why would Ric say otherwise? What do you think?

But is even this trivia, really? Well, let's get down to some nitty-gritty, mileages.

Daily mileages?

According to Ric he covered '1,365' miles in '53 days'; in Canoeist (Feb. '99, p. 25), he states, 'This was completed in

a total of 53 days from 23rd July 1998 to 14th September 1998 at an average of 26 miles a day.' So what's wrong with that?

Nothing, it compares very favourably with Taylor, Wibrew and Elliott's 1986 achievement, ie; 'On their self-contained expedition they travelled 2,612 miles, averaging 27 miles per paddling day'.

Except that Ric's 'average' was total, not 'paddling' days, and he wasn't 'self-contained'. He was having to paddle his distance, and then return for his 'van', every day.

Let's stick with 'paddling days'. If you read all of Ric's accounts of his trip - just the John O' Groats to Land's End bit - you will see a variety of mentions of 'days out'. Additionally, at the MCC slide show on 18 March 1998, he mentioned a number of others. If you add all these up you could do it in either of two ways;

a) take the smallest number of 'days out' in each case and exclude some of the big ones completely (to give Ric the benefit of any unfortunate confusion); or,

b) take the largest number in each case and include everything, wherever mentioned.

These give:

- a) Best case - 18 'days out'; and,
- b) Worst case - 34 'days out'.

This now gives us two possible extremes for the number of Ric's 'paddling days', and hence daily 'averages':

a) Best case - 36 'paddling days', which into '1,365' miles gives 37.9 miles per day;

b) Worst case - 19 'paddling days', which gives an 'average' of 71.8 miles per day!

Now - ignoring what John's already said about 'commitment', and 'a series of kayaking holidays' - I know Ric is young and fit, and a big strong lad, but '72' miles per day? or even just '38'? A minimum of 11 more than Bill Taylor's team, every day? Regardless of the weather and (it seems) the tides? Without fail? And going back for your van!?

Again, I just don't believe it.

The 'Orford Ness to Clacton' section

This was reported in Stuart Fisher's Canoeist, Feb. 1999, under the series title 'Solo round the British Isles', headed in that issue, 'Part 4 - 'Scotland and the backbone of England!'. I picked it primarily for that reason - convenience - plus continuing curiosity.

The detail is perhaps boring (although clearly I don't think so), but suffice to say that the day's trip reported as Orford Ness to Clacton appears, on deeper examination, to have been from Dunwich to Jaywick, via (for some reason?) the marina at Titchmarsh. What I think makes it more interesting, is that when slotted into the THCG (Walton-on-Naze) log info', tide times, moving the van, etc., the day gets to look rather long, in fact anything from an 04.00 (or even 03.00!) start to a 23.00 (or even midnight!) finish. But of course, I may have it all wrong?

The point, again, is credibility. I raised about nine 'questions' in response to this section alone, two of which (12 and 20) appeared last month. Answers to those two would be a start. Once more, I find it all very hard to believe. The more you dig, the muddier it gets.

John has been more succinct. He edits, I just write. There's a lot more where this came from, though we won't bore you with it now. But, where does this leave us?

Ric Freeman - 'Sir', 'FRGS', or not - has formally claimed to be the 'The First Person to Paddle Solo from John O'Groats to Land's End by Sea Kayak'. Do you believe him? I don't. Not entirely.

Consequently, if our questions do not receive satisfactory answers, copies of this ISKA article will be forwarded (as were the last one) to those involved in the formal recognition of Ric's trip - eg Guinness World Records, the 'End-to-End Club', and others who have expressed a continuing interest - with the intention that Ric's 'achievement', as formally claimed, is neither recognised nor registered. Like John, I think it matters.

Please tell me/John Ramwell, through the ISKA, if you disagree.

Thank you for hanging in this far.

In Deep Water ...

John C.

FOR SALE (Nottingham area)
Pyranha Royalex Duo c/w rudder
Blue/White, Little used
£1033 new, will take £650 o.n.o.
Tel Alex on 07801 801139 or at work
on 0115 9816815

From Eric Totty, one of the longest serving members of ISKA

she wrote about their life on the island and these were published.

Dear John, I like the new style of "Ocean Kayaker". It is easy to follow and refer to at a later date. As it has a list of contents I shall be able to discontinue my self-imposed task of providing an index each year. As I'm now well in to my 92 second year I should have to relinquish this soon in any case.

My nephew, Paul, has recently revisited the Island and he sent me a few coloured slides of what he found there. He was 9 years old at that time and went to school on the mainland at Portland

Best wishes

Eric Totty, Kendal, Cumbria

I will provide one as usual for this year as I have already prepared it in draft form and only await the next issue to complete it for 1999.

From: John Kirk-Anderson
<jmkirkanderson@hotmail.com>
To: jramwell@provider.co.uk

On the subject of the mystery trip (Ed. see article re: Ric Freeman in July issue of 'Ocean Kayaker') I totally agree. Absolute veracity and attention to detail is essential if credence is to be given to 'factual reports - otherwise they should be classed as fictional which is what one suspects is a truer description of some of them. Even a factual account in some cases has been known to suffer from a few embellishments or exaggeration.

Greetings John,

.....
I spoke to Jonathan Iles him after that article on rudders that you ran in the newsletter. I suggested that if he was planning to saw the arse off of his Vyneck to fit a rudder then he should cross his rudder cables. I am a rudder fan and while some would say that I have my wires crossed, they would be right. It makes sense. Using a good leaned turn, for example to the right, means you straighten your left leg while raising your right knee. To then push with your right foot on a pedal is daft. Crossing cables means no change in paddling style regardless of a rudder deployed or not. Lean, sweep and push. Easy. Also in response to the suggestions of rudder failure, I would blame that more on the design and construction failings, not on the idea. My rudder is, if not bomb-proof, then blast resistant. I have never had a problem, and it comes into its own with a following sea or a cross wind. Instead of stern rudders, all the energy is applied to going forward.

Maine Island Trail

My interest in this chain of two hundred islands is twofold. Firstly it is an excellent challenge for a sea kayaker. Secondly, my sister and her husband were the last inhabitants of a Little Chebeque (off Portland) over 50 years ago.

They were the last to occupy this island and farm it. It is now derelict and overgrown with ground ivy, shrubs and mature trees (mainly Birch).

John farmed it for an absentee land-lord and he was a pioneer of organic farming. I have copies of two of my sister's articles in which

Must run, work calls

DUTY OF CARE

COMMON LAW NEGLIGENCE

This document contains a very general and basic view of negligence. It sets out and hopefully answers the questions that you ought to be asking. The term 'injury' used herein means primarily physical injury and consequential financial losses.

1. WHERE DOES NEGLIGENCE FIT INTO OUR SOCIAL

1.1 All of us understand that deliberately causing injury to others is a criminal offence ordinarily resulting in punishment of the perpetrator.

1.2 All of us understand that some injuries are accidental, i.e the circumstances giving rise to them are wholly unforeseeable. No one is responsible. No compensation is payable.

1.3 In between those two ends of the spectrum are 'negligent acts', i.e they are not deliberate, but the injury is foreseeable. The negligent person will not be punished however, the injured party may seek financial compensation as a result. The compensation is paid by the

individual who has caused the loss and could amount to millions of pounds)

2. WHAT DOES IT DO?

2.1 The system of rules is designed to determine in any incident of injury whether the negligent act actually caused injury, whether compensation should be paid and if so how much.

3. HOW DOES IT AFFECT ME?

3.1 Each of us owes a 'duty of care' to our 'neighbours' not to cause them injury by our negligent acts and omissions.

3.2 In order to satisfy or 'discharge' that duty of care you must behave as a 'reasonable person' would but taking into account your specific skill, knowledge and experience. For example, 'reasonable' non medically qualified 'rescuer" might be forgiven a medical mistake which a reasonable qualified paramedic would be expected not to make.

3.3 Your neighbours are those people whom, if you thought about it might be injured by your negligent acts and omissions. For example:-

a) When driving a motor car your neighbours would include:-

- any passengers in your car
- other road users, drivers and their passengers
- pedestrians, cyclists etc
- owners of property adjoining the road.

b) Anyone for whom you have accepted responsibility (see later for the effect of being a group leader/club's officer).

3.4 The duty of care requires you to consider the consequences of your acts and omissions and to ensure that those acts and/or omissions do not give rise to a unreasonable risk of injury to any other person. Clearly, one is not expected to guarantee the safety of others, merely to act reasonably.

3.5 In short, all of us owe a duty not to injure other people by our negligent acts and omissions and that is an individual duty which each of us owe all of the time to our 'neighbours'.

4 DOES ORDINARY MEMBERSHIP OF A CLUB OR SOCIETY AFFECT MY ORDINARY DUTY OF CARE?

4.1 Not usually. You still owe the individual duty of

care to your neighbours. However, the people who are your 'neighbours' might alter and/or increase to include other club members and others with whom you may now come into contact as a result of membership of that club.

5 WILL BEING A GROUP LEADER OF A CLUB OR OTHER ACTIVITY MY ORDINARY DUTY OF CARE?

5.1 It may do. As a group leader (or team captain) you have accepted the responsibility of leading others. You owe them a duty to ensure that they are not exposed to a foreseeable risk of injury as far as you reasonably can.

5.2 It should be noted that on any outing where a group leader has not been appointed the most experienced and or qualified person there ought reasonably to intervene and at least advise if a foreseeable risk of injury arises.

6 WILL ACCEPTING OFFICE IN A CLUB AFFECT MY DUTY

6.1 Yes it may well do so. If you accept a position you are likely to agree to carry out certain functions which may affect the safety of others both inside and outside the

club. You are accepting responsibility and you must fulfil those duties to the best of your ability without negligence. That is, you must not create a foreseeable risk of injury and you must take reasonable steps to deal with any foreseeable risk of injury which exists or arises.

For example: If you agree to be the equipment officer you must make reasonable inspections of the equipment to see that it is reasonably safe.

7 CONCLUSION

7.1 The law of negligence seeks to ensure that as individuals we are responsible for our actions and inactions and that we consider those who might be injured by those acts and omissions.

7.2 The actual standard varies according to an individual's skill and experience and requires us all to behave reasonably.

7.3 It is not possible to lay down golden rules which if followed will preclude the possibility of a successful civil claim. However, behaving responsibly and considerately is likely to mean that no injury will be occasioned in the first place.

7.4 The safety net that we

all hope will never need is third party liability insurance. If a compensation claim is successfully brought then this insurance should pay out. All members of the BCU, while in membership, have such cover. Members of certain clubs may have additional cover where affiliated to NGB's with that facility.

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