

## OPERATOR RESPONSIBILITIES FOR NON-POWER VESSELS INCLUDING BUT NOT LIMITED TO KAYAKS, ROW BOATS, ETC.

The operator is responsible for the equipment and the safety of the persons on board and shall comply with all the rules and regulations appropriate for area of use.

- A. Operators must have completed the California Boating and Waterways Course and provide a copy of the Certification of Completion to the Cal Poly Boating Safety Officer. Operators must be checked out by the Boating Safety Officer (BSO) prior to boating.
- B. Before the trip, the operator will complete a Float Plan.
- C. Personal Floatation Devices (PFD's) are to be worn at all times.
- D. The operator will observe the following geographical constraints for non-power boat use.
  1. Non-power boats shall be used within protected waters only.
    - Morro Bay Estuary to breakwater.
    - San Luis Obispo Bay, no more than 1 mile from the nearest shoreline. For reference, the Cal Poly pier is 0.6 miles long.
  2. The Cal Poly Boating Safety Officer may grant permission for use of boats beyond geographical limits. Operators shall demonstrate the need for such use and knowledge of the coastline and problems which may be encountered in that area.
- D. The non-powered vessel will carry all the required USCG required safety equipment (see below).
- E. In the event of an accident, it is the operator's responsibility to notify the BSO as soon as possible and complete a Boating Accident Form, submitting it to the BSO within 24 hours.
- G. The following safety gear will be carried aboard all non-power boats:

### For the Boat:

- Oars or paddle(s).
- Deck mounted or hand held compass (with lanyard)
- 15' line for tie off
- Dry bag
- Drinking water
- First Aid kit
- Local Marine Chart (Fish-n-Map Co. available at Port Side Marine, Port San Luis or Virg's Sportfishin', Morro Bay)

For the Operator:

- One PFD for each person on board. These must be USCG approved Type III, correctly sized for each operator, and comfortable. PFD's designed specifically for paddling are recommended for kayaking.
- Hand held VHF radio (water proof design and/or in a water proof pouch)  
note: training in use of radio required.
- Light sticks (3) or water proof flash light or strobe
- Knife
- Whistle or Horn (manual).
- Clothing needs to be appropriate for water contact - no cotton.
- Wet suit (surf suit) or paddle jacket and pants
- Hat/stocking cap
- Gloves
- Cell phone in water proof pouch (optional)
- Small anchor or sea anchor and line (optional)

H. The operator will comply with the following rules regarding weather.

1. Sources of information.
  - a. National Weather Service broadcasts (162.52 MHz)
  - b. U.S. Coast Guard, Harbormaster, local broadcasts, private weather services
2. When winds greater than 15 knots are predicted for the area of operation, extra caution in the form of frequent reevaluation of trip conditions shall be exercised. Trips shall be canceled due to weather if:
  - a. winds greater than 15 knots and wind chop greater than 2 feet are predicted for the area to be visited. Primary source of information will be Coast Guard and local broadcasts (such as the forecasts provided by PG&E meteorologist John Lindsey).
  - b. small craft advisories are posted for the area to be visited.
3. Beware of off-shore winds that make it difficult to return to shore. When paddling in a new area, check with the locals regarding currents, shoreline conditions and weather patterns. Plan an "escape" route - an alternative place to get off the water should environmental conditions dictate it.
4. The operator will return to shore if frequent whitecaps and wind chops greater than 2 feet are encountered during a passage. If such conditions develop while on station or if conditions rapidly deteriorate, work will cease and the operator will return to shore. If the return trip is unsafe, the operator should seek the closest safe anchorage or refuge.
5. In instances of fog, at least a half mile of visibility is required for operation. This is not only for the operator's ability to navigate and avoid obstacles, but for others to avoid you.

I. Kayaking Skills

1. Proper fit and donning of PFD. Wear your life jacket. Wearing your lifejacket will help keep your head above water and add insulation to your body, keeping you warmer in cold water.

2. Strokes: forward, reverse, low brace, high brace skull/draw

To find your hand placement on your paddle, start with your hands about shoulder width apart and centered. If you place the center of the paddle on the top of your head, your elbows should form slightly less than a 90 degree angle. There should be an equal amount of paddle shaft and blade beyond both of your hands.

Some paddles may have the blades offset, or feathered. A feathered paddle presents less surface area for the wind to catch. However, a special technique must be used to get both blades in the water. If the paddle is a right hand control, (when the right blade is held vertical, the left blade "scoop" is up) the right hand will stay tight and your left hand loose. To learn the process, hold the paddle tight in your right hand and loose in your left. Using the right hand, rotate the paddle blade back and forth; it should slide through your left hand. Now take a stroke on your right, cock your right wrist back (left hand staying loose and somewhat open) and take a stroke on your left, and so forth. If using a left hand control paddle, reverse the process: the left hand stays tight and the right loose.

The basic paddle stroke is a forward power stroke. Place the paddle blade in the water near your toes. Pull the paddle blade back alongside the boat to approximately your hip. Lift the paddle blade and take a stroke on the other side.

If the paddle blade drifts out to the side in an arc, it will force the bow of the boat to swing away from the paddle blade. This is called a sweep stroke and is used to turn the boat.

3. Re-entering A Sit-On-Top kayak:

There are a variety of ways to get back on a sit on top kayaks. One process seems to be particularly easy for most people and is called Bellybutton, Backside, Feet or BBF.

It is not necessary to recover the oar immediately. First swim to boat. If the boat is upside down, it will need to be turned over. To do this, reach across the bottom of the boat and grab the scupper holes.

Bring your knees up and onto the bottom of the boat. Lean back and the boat will roll over.

Then, position yourself so your head is near the cockpit area of the boat and you are facing the boat. Let your feet float to the surface of the water by floating on your bellybutton.

Reach across the boat to the far edge and then swim up and onto the boat, so your bellybutton is across the centerline of the boat. (Your belly should be between the foot wells and the seat.)

Next, roll over onto your backside which should end up in the seat. Sit up, swing your feet into the foot wells and you're ready to go.

