

Stonehaven Canoe Club - Trip Log

Date	Location	Route	Weather
Visibility	Wind	Sea State	Tide
			H/W L/W
Group Leader		Guide 2	
Guide 1		Guide 3	
Trip Objective			

	Paddler	Qualification	Emergency Contact Activity Form	Boat ID
1	Group Leader			
2	Guide 1			
3				
4				
5				
6				
7	Guide 2			
8				
9				
10				
11				
12	Guide 3			
13				
14				
15				
16				

Emergency Contact Information

Emergency Services 999

Coast Guard ???? Channel 16

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Safety Brief	Confirm Completed
Risk Assessment	<ol style="list-style-type: none"> 1. Health Check 2. Confirm Groups 3. Additional Risks
Confirm group contact procedures, capsize protocol & separation procedures	
Discuss Route, timings, escape options, weather, tide, currents, sea state & water temp	
Paddlers personal equipment	<ol style="list-style-type: none"> 1. Kayak, spray deck, paddle 2. Exposure protection, PFD 3. Spare clothing, signalling device 4. Food & drink
Inform Coastguard (if appropriate)	

Safety Equipment (Per Guide)	✓	Post Trip Debrief	✓
First Aid Kit		Head Count	
Mobile phone, Flares & VHF		Health Check	
Compass, Chart/Map & GPS		Incident Report	
Group Shelter		Stand Down Coastguard (if appropriate)	
Spare Paddle		Equipment Check	
Tow Line			

Group Leader	Signed
Date.....