

Introduction to Coastal Navigation

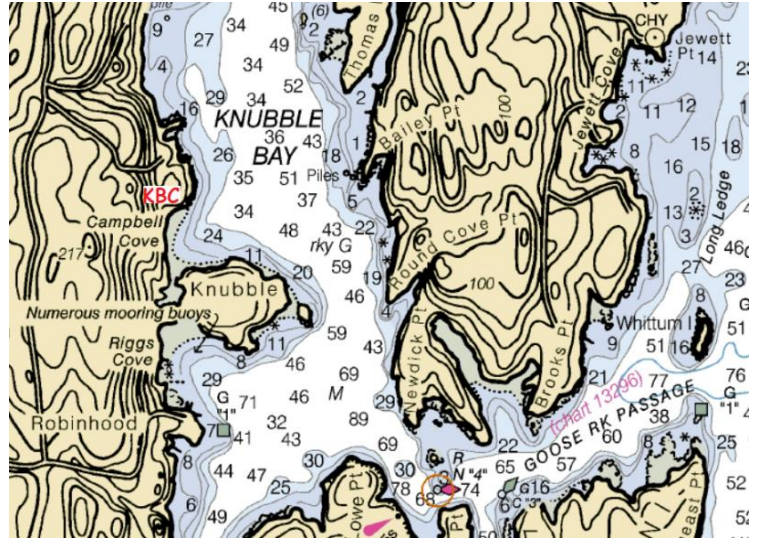
AMC Knubble Bay Camp, June 23-25, 2023

COST: \$185 (AMC members)
\$210 (non-members)

LODGING: Friday night and Saturday night

MEALS: Saturday breakfast & dinner, Sunday breakfast

This is an introductory course on coastal kayak navigation. The focus is on learning the fundamentals of coastal navigation and developing the "hands on" skills required for the advanced beginner to intermediate sea kayaker to safely navigate in coastal waters.



Upon successful completion of the course, you should be able to:

- Understand the features of and use a baseplate compass.
- Use a compass to orient a nautical chart.
- Use a compass to determine the bearing to a visible location/object.
- Given the bearing to a visible location/object, use a compass to "point" to the visible location/object.
- Use a compass to maintain a course heading.
- Understand the difference between as well as work with magnetic North & true North.
- Understand and use the key information provided on a nautical chart.
- Determine the course bearing between two points on a nautical chart.
- Understand the difference between, as well as work with statute miles and nautical miles.
- Determine the distance between two points on a nautical chart.
- Understand how wind, tides and current affect coastal paddling.
- Understand and use aids to navigation, e.g., buoys.
- Use a compass and chart to determine your present location.

The course consists of four learning components:

- Four hours of on-line learning prior to the weekend at KBC.
- Three hours of hands-on skills practice Saturday morning at KBC.
- Seven hours of "on water" paddling fun and navigation practice Saturday afternoon and Sunday morning.
- Over the weekend, there will be ample opportunities to ask questions and receive one-on-one help from the two instructors.

Weekend Details

¹Weekend Schedule:



KBC is an oceanfront post & beam cabin located at 144 Jewett Road, Georgetown, Maine. Please arrive Friday night between 4:00 PM and 9:00 PM. You can sleep in the upstairs bunk room or bring a tent and sleep outside. Bring your own bedding. There are tent platforms and ample level ground for tents.

A hearty home cooked breakfast will be served at 7:00 AM Saturday. The program will begin at 8:00 in the cabin with a brief review of the on-line learning material, followed by hands on exercises. Lunch at the cabin (bring your own lunch) and kayaks launched by 12:30 PM.

Afternoon paddle with navigation exercises; return to the cabin by 4:30. Socialize, snacks and beverages (bring your own), followed by one of

KBC's legendary dinners at 6:30 PM. Another hearty home cooked breakfast Sunday at 7:00 AM and launch kayaks by 8:30 AM. Fun paddle with more navigation practice. Return to the cabin by 12:30 for lunch (bring your own lunch). Pack up your things and please help us with cleaning the cabin so everyone can leave by 2:00 PM.

¹Subject to change as needed.

Boat & Gear:

A bona fide **sea kayak** suitable for paddling in the ocean and a minimum of 14' in length is required. If you need a sea kayak for the weekend, a local outfitter can rent you everything you need (boat, sprayskirt, paddle, pfd, wet suit, etc.), and will deliver to the camp and pick up afterwards. Call Seaspray Kayaking at 207-404-1100, or www.seaspraykayaking.com Make sure you say you are on the AMC trip at Knubble Bay Camp and they'll give you a discount. **Gear that you will need when paddling:**

Cockpit sprayskirt

²Wetsuit or drysuit (optional)

A dry bag of extra layers (fleece/poly) to stow in your kayak

Bug repellent

³Sunglasses

Snacks

pfd (personal flotation device)

Whistle on a string attached to your pfd

Dry bag for other personal items (optional)

Sunscreen

Water bottle

Hiker's baseplate compass

²The local ocean temperature in June averages 55°. Always dress for the water temp, not the air temp. Please watch this short video on what to wear while paddling: <https://paddling.com/learn/what-to-wear>

³If you need "readers" to read a chart, bring them or bring sunglasses with bifocal readers.



Other Items to Bring:

Knubble Bay Camp is an "off the grid experience." No electricity except solar power and batteries to power the lights on the cabin's main floor and no wi-fi. A composting toilet in the cabin and two outhouses outside⁴. No running water but two hand pumped wells outside the cabin. On the amckbc.org webpage, you will find more information about the cabin.

Flashlight and/or headlamp	Pillow	Sleeping bag
Two lunches	Snacks & beverages	Towel
Water bottle	⁵ Cooler & ice	⁶ Hiker's baseplate compass
Paper, pencil, and ruler for course exercises.		⁷ (optional) Solar shower water bag

⁴We are trying to extend the life of the outside outhouses; please use them for "pee" only.

⁵Please bring a cooler for your snacks and beverages; there is not enough room in the fridge.

⁶Please bring a baseplate compass for the dry land and on water exercises (see picture above).

⁷There is an enclosed outdoor shower stall where you can take a "solar shower."

Additional Information:

- To reserve your spot for this exciting and educational weekend, please complete the attached registration form.
- The KBC Volunteer Committee would greatly appreciate it if you would please volunteer to assist with meal preparation/clean-up for at least one of the three meals we will be providing and also for cabin clean-up at the end of the weekend.
- You will be using your baseplate compass for the on the water exercise so a kayak deck compass is not required. However, if you have one, bring it.
- We will be loaning you an 8½" x 11" color laminated photocopy of a portion of the nautical chart that includes the area where we will be paddling. You don't need to purchase a chart, but should you want a chart of the area, one option is a free printable chart from NOAA: <https://www.charts.noaa.gov/OnLineViewer/13296.shtml> Another option is to purchase a chart <http://www.richardsoncharts.com/product/boothbay-region-waterproof-chart/>
- After you register for the course, more information will be emailed to you, including the instructions on accessing the on-line learning materials to be completed prior to the program weekend.
- Please contact registrar Gail Fensom (gailrond@comcast.net) BEFORE completing and sending the registration, or if you have any questions.
- Please mail your registration form, release and indemnity form, and your check made out **Beal Island/KBC Committee** to the Registrar:

No refunds can be made after June 9.

Gail Fensom
#7 67th Street
Newburyport, MA 01950

Program Registration

This weekend program is designed and offered by the AMC Beal Island/Knubble Bay Camp Volunteer Committee. The program is open to Level 1, 2, and 3 sea kayakers. Our weekend programs are designed to be fun but safety is our primary concern. You must have prior experience kayaking on the ocean to participate in this program. Also, please honestly assess your skills using AMC KBC's definitions of Level 1, 2, and 3 sea kayaking to determine if you are at least a level 1 paddler.

Please assess your skill level:

Level 1: Advanced Beginner

Level 2: Intermediate

Level 3: Advanced

Experience with and capable of:

Level 1

Level 2

Level 3

Trip Distance (miles)	5-7	8-13	14-22
Time on Water (hours)	3-4	4-5	5-7
Time Between Breaks (hours)	up to 1.5	up to 2	up to 2.5
Avg. Paddling Speed (knots/hour)	1.5 - 2.5	2-3	3-4
Wind Speed (knots)	Less than 10	Up to 15	Up to 20
Waves (feet)	Less than 1.5'	Up to 3'	Up to 5'
Typical Current (knots)	Less than 1	Up to 2	Up to 3
Distance from shore (miles)	Less than 0.5	Up to 1	Up to 2
Required Minimum Rescue Skills [desired but not required]	wet exit [assisted re-entry]	all Level 1 plus self-rescue [rescue others]	all Level 2 plus in rough seas [towing]

----- CUT HERE & MAIL TO REGISTRAR -----

_____/_____/_____
Participant Name (please print) **Date of Birth** **Email Address**

Address **Phone Number**

Emergency Contact **Phone Number**

Are you renting from Seaspray? Is it OK for us to publish photos of you on our web page?

Do you have any dietary restrictions?
 We will let you know if we will be able to accommodate your restrictions.

Please list any medical conditions that may impact your participation in this event. If medication is necessary, will you have access to it? Add additional pages if needed.
 This information is confidential and shared only with the registrar and trip leaders.

RELEASE AND INDEMNITY AGREEMENT

RMT 10/2020 APPALACHIAN MOUNTAIN CLUB VOLUNTEER CAMPS & CABINS COVID-19 WARNING & ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AND INDEMNITY AGREEMENT INTRODUCTION PLEASE CAREFULLY READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. All participants must sign this Document.

In consideration of the services of the Appalachian Mountain Club, Inc., a charitable, not-for-profit corporation, organized and existing under the laws of Massachusetts, and its chapters, including all officers, employees, representatives, agents, independent contractors, volunteers (including leaders and co-leaders), members and all other persons or entities associated with it (collectively referred to in this Document as 'AMC'), I (participant and parent/s of a minor participant), acknowledge and agree as follows: COVID-19 Warning The World Health Organization has declared the novel coronavirus, COVID-19, as a worldwide pandemic. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact as well as through airborne particles. As a result, and in accordance with federal, state, and local regulations, AMC has put in place various preventive measures to reduce the spread of COVID-19. Despite these measures and the best intentions of AMC, AMC cannot guarantee that you will not become infected with COVID-19 as a result of participating in AMC activities. Further, participating in these activities could increase your risk of contracting COVID-19. **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS** Use of AMC Volunteer-led Camps and Cabins and/or instructional, educational and/or adventure activities (which may be scheduled or unscheduled, supervised or unsupervised and/or occur during free or independent time) occur in a variety of locations in the U.S. and include the 'August Camp' program. Activities may include, but are not limited to hiking, biking, skiing, swimming, maintenance of trails and facilities, canoeing, kayaking, sailing, participant's independent use of AMC cabins or other facilities or use of those facilities in connection with AMC organized trips or activities, and transportation or travel to and from AMC facilities or activities (referred to in this Document as 'activities' or 'these activities'). In all activities, participants share in the responsibility for their own safety. Participants (and parent/s of minors) take responsibility for having appropriate skills, physical conditioning, equipment and supplies for these activities. These activities include inherent and other risks, hazards and dangers (referred to in this Document as 'risks') that can cause or lead to injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. Some, but not all of these risks include: hazardous and unpredictable ground, water or weather conditions; misjudgments made by leaders, co-leaders, participants or others; travel in remote areas that can cause delays in transportation, evacuation and medical care; equipment that can fail or malfunction; the potential that the participant or others (e.g. coparticipant, driver, medical and rescue personnel) may act carelessly or recklessly. I understand that AMC cannot assure participant's safety or eliminate any of these risks. Participant is voluntarily participating with knowledge of the risks. Therefore, participant (and parent/s of minors) assume and accept full responsibility for the inherent and other risks (both known and unknown) of these activities, and for any injury, damage, death or other loss suffered by participant, resulting from those risks, and resulting from participant's negligence or other misconduct. By signing this agreement, I (participant and parent/s of a minor participant) acknowledge that I have read the COVID-19 warning above and understand the contagious nature of COVID-19. I voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in AMC activities and using any of its facilities or equipment. I understand the risk of becoming exposed to or infected by COVID-19 during AMC activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, AMC volunteers, leaders, and staff. **RELEASE AND INDEMNITY AGREEMENT** Please read carefully. This Release and Indemnity agreement contains a surrender of certain legal rights. I (adult participant, or parent/s for themselves and for and on behalf of their participating minor child) agree as follows: (1) to release and agree not to initiate any litigation against AMC, with respect to any and all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claim/s') for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities, or use of AMC equipment, facilities or premises. I understand I agree here to waive all claim/s I or my child may have against AMC, and agree that neither I, my child, or anyone acting on my or my child's behalf, will initiate a claim against AMC, as a result of any injury, damage, death or other loss suffered by me or my child; (2) to defend and indemnify ('indemnify' meaning protect by reimbursement or payment) AMC with respect to any and all claim/s brought by or on behalf of me, my child, a family member, a co-participant, or any other

person for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities or use of AMC equipment, facilities or premises. This Release and Indemnity Agreement includes claim/s resulting from AMC's negligence (but not its gross negligence or intentional or reckless misconduct), and includes claim/s for personal injury or wrongful death (including claim/s related to emergency or medical response, assessment or treatment), property damage, breach of contract or any other claim. I agree that the substantive laws of Massachusetts govern this Document and all other aspects of my relationship with AMC, and that any mediation, suit, or other proceeding must be filed or entered into only in Massachusetts. This Document is intended to be interpreted and enforced to the fullest extent allowed by RMT 10/2020 law. Any portion of this Document deemed unlawful or unenforceable shall not affect the remaining provisions, and those remaining provisions shall continue in full force and effect. Participant and parent/s of a minor participant agree: I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon me, my minor children and other family members, and my heirs, executors, representatives and estate. One or both parent/s must sign below for any participating minor (those under 18 years of age).

Participant Signature

Participant Name (please print)

Date

Parent/Guardian Signature if Participant under 18

Parent/Guardian Signature

Parent/Guardian Name (please print)

Date