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| Boat | Location | Water Type & Conditions | Weather Conditions | Tutor | Time (hours) |
| Sea Kayak | From Mount Batten, Plymouth to  Bovisands, Plymouth. | Day 1:  **HW:** 10:35, 22:59  **LW**: 16:49 | Day 1:  **Weather Forecast:** 15°c (feels like 12°c), sunny, N/NW winds averaging 12mph (gusts up to 20mph)  Precipitation 3.2mm  **Sunrise:** 6:59 **Sunset:** 17: 00 | Fiona Nicholls | 6 hours  03/09/2016 |

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| **What I noticed or learned about:** |  |
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| My **self** | This was the first day of my water-based expedition module, involving people I had not developed a relationship with and a vessel I had not used before. I had noticed that the sea kayak was long and thin allowing for the vessel to cut through tides. I had learnt that turning on the spot is harder than that of white water kayaks. |
| **Others** in the Group | I had learnt that the group was small, each to their own individual interests and talents but all were competent at kayaking some of which were highly qualified at paddle-sport. |
| The **environment** around me | Being so close to home the environment was what I had expected. However, rock formations along the coast had caused me to be more aware due to the cross current pushing me towards them. |
| **How I felt about the challenges:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition, | I felt comfortable with sea kayaking across long distances and physically capable of travelling further and faster. My skill acquisition was limited by the fact that lot of the journey involved consistent forward strokes. |
| **Mental** – understanding, problem solving, | I had understood what was expected and completed them to my best efforts. Only a few problems rose whilst I was paddling too fast for the group. So, to create a solution for this problem I volunteered to sit at the back. My understanding of the group had caused me to raise my voice to gain their attention. |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I felt isolated from the group and notably frustrated with the level of communication that occurred throughout the journey. |

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| Boat | Location | Water Type & Conditions | Weather Conditions | Tutor | Time (hours) |
| Sea Kayak | From Kingsbridge, South Hams to  Salcombe, South Hams. | Day 1:  **HW:** 12:10, 20:46  **LW**: 16:40 | Day 1:  **Weather Forecast:** 13°c (feels like 8°c), sunny, N/NW winds averaging 6mph (gusts up to 11 mph)  Precipitation 0.0mm  **Sunrise:** 6:30 **Sunset:** 18: 12 | Fiona Nicholls | 6 hours  10/09/2016 |

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| **What I noticed or learned about:** |  |
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| My **self** | I had noticed that the transportation and of all the equipment needed for just 6 hours of kayaking was a considerable amount, therefore I feel it would be wise to learn how to become more self-sufficient. However, preparation was the key; I had no eye protection from the sun which caused a migraine from the suns glare from the river. Therefore, if I’m ever kayaking in sunny conditions it would be wise to take some form of protection from the sun. |
| **Others** in the Group | The ego centric environment played conflicted the groups communication. Frustration settled amongst the group where some members decided to push on and leave the rest behind. This I feel was detrimental towards the expedition. |
| The **environment** around me | The environment was tranquil a setting whilst kayaking I am unfamiliar with, in comparison to when I first started paddle sport on the white waters of Snowdonia in December and January. |
| **How I felt about the challenges:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition, | I felt comfortable with sea kayaking across long distances and physically capable of travelling further and faster. My skill acquisition was limited by the fact that lot of the journey involved consistent forward strokes. |
| **Mental** – understanding, problem solving, | I had understood what was expected and completed them o my best efforts. Anger and frustration amongst the lack of communication amongst group had caused me to try push me out of my social comfort zone to try and find out where this problem and originated. |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I felt isolated from the group and notably frustrated with the level of communication that occurred throughout the journey. |

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| **Other notable events:** |
| One member capsized and due to the lack of communication, half of the group carried on forward with the expedition. Fortunately, the capsized kayaker was competent with capsize drills and promptly returned to their normal state. However, had this been in worse conditions the risk of that occurring could have been severe. |

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| **Targets and Goals:** |
| * Improve on communication amongst the group * Develop a stronger relationship between the group * Resolve issues amongst the group * Consistently assess potential risk over actual risk * Preparation * Self suffiency |

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| Boat | Location | Water Type & Conditions | Weather Conditions | Tutor | Time (hours) |
| Sea Kayak | Lostwithiel, Cornwall to Charlestown, Cornwall | Day 1:  **HW:** 10:35, 22:59  **LW**: 16:49  Day 2:  **HW:** 11:14  **LW**: 4:16, 17:18 | Day 1: **Weather Forecast:** 8°c (feels like 6°c), sunny, N/NW winds averaging 13mph (gusts up to 23mph)  **Sunrise:** 7:16 **Sunset:** 16: 40  Day 2**: Weather Forecast:** 8°c (feels like 6°c) mostly cloudy with light rain from 15:00, W/WSW winds averaging 8mph, (gusts 13mph)  **Sunrise:** 7:17 **Sunset:** 16:38 | Fiona Nicholls | 30 hours  07/11/2016 – 08/11/2016 |

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| **What I noticed or learned about:** |  |
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| My **self** | Personally, the most challenging aspect of this expedition was to involve myself fully with a group who I didn’t know and understand well enough, thus impacting on pre-planning and communication. My approach towards the expedition was very relaxed and lenient on timings, this I feel I need more discipline on. I found myself in an impatient mind-set that had a detrimental effect on my overall experience, this was due to the consistent stopping throughout the journey. My leadership impact on the expedition was small and I feel that to further my leadership skills to the career I want, I must improve on this and try to take a form of leadership role in my upcoming journeys. Overall, throughout the expedition I felt physically good but it raised an issue when I was outpacing some members of group. To counteract with this I had volunteered to be positioned from the back of group. From this expedition, I had learnt lot about the group dynamics, pacing and what I need to improve on. |
| **Others** in the Group | From what I experience a great deal of the members in the group felt fatigued by the journey. Most members of the water journey had never experienced a multi-day sea kayaking expedition. That of which I feel impacted their mentality in terms of not knowing what to expect. I feel many of the group members made a clear effort to plan, lead and complete the expedition efficiently and effectively. However, some people in the group had clearly set upon their own objectives where exploration of caves amongst the coastline deducted time from the journey but demonstrated clear leadership from one of the members of the group where she assessed the situation and demonstrated a democratic style of leadership that of which involved a group opinion on whether we should carry on with the final part of the expedition or stay and explore. Overall I feel the expedition was played sound amongst the group. |
| The **environment** around me | When we planned the expedition, we anticipated the weather to be strong winds and current and therefore we took extra precautions. However, once we had arrived towards the mouth of the river to travel to Polkerris beach, our campsite. The weather transitioned to idle including the water. The crystal-clear water and no winds provided a magnificent view of what was underwater, a truly aesthetically pleasing environment. |
| **How I felt about the challenges:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition, | I felt comfortable with sea kayaking across long distances and physically capable of travelling further and faster. My skill acquisition was limited by the fact that lot of the journey involved consistent forward strokes. |
| **Mental** – understanding, problem solving, | I had understood what was expected and completed them to my best efforts. The problem raised whilst I was paddling too fast for the group. So, to create a solution for this problem I volunteered to sit at the back. |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I felt isolated from the group and notably frustrated with the level of communication that occurred throughout the journey. To respect the relationship held by the each of group members I purposely continued with my isolated state. Due to the environment being so clam and idle I felt the challenge wasn’t there only endurance of the distance we had to cover. Therefore, I felt uncomfortable being comfortable. From my previous experience kayaking I knew that I enjoyed the adrenaline and the uncomforting sensation of pushing my competency further. |

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| **Targets and Goals:** |
| * Improve on leadership skills * Improve on relationship amongst group members * Proivde more efforts to plan the journey |

**Risk Assessment:**

Risk Assessment used for the Expedition (Pow, M. 2016)

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| Activity | Benefit | Risk | Management of Risk |
| Group Management | Organising a successful Journey  Clear Roles  Organisation | Ability range of the group- The journey could possibly encounter stretches that are beyond the paddling range of the group.  Speed of Wind | Plan a route that suits the ability of all the group members.  The leader makes everybody aware of the possible risks  People understand their personal limits  More experience group members buddy up with less experienced members.  Deciding on when there is an appropriate time to stop/  Beaufont Scale 3-4 |
| Kayaking in the outdoors | Exploring the natural environment on the water  Physical improvement  Improved wellbeing | Capsize and entrapment  Immersion in cold water  Group members splitting up  Inadequate equipment for the proposed activity.  Emergency situation | Ensure that there is a buddy system and everybody is aware of the rescue process  Where appropriate clothing and carry spare dry clothing  Follow a diamond formation in which everybody can be seen. Make sure that the leader is aware if people split from the group to explore  Enforce the buddy system.  Draw up the kit list before the journey, and go through the kit before the journey.  Know how to perform deep-water rescues for able-bodied paddlers and injured or unconscious paddlers.  Carry a first aid kit and know how to use it. Leaders are all first aid qualified. Group members should carry marine VHF radios and know how to use them for mayday and emergency situations. Carry a mobile phone as a back-up, flares and/or other means of signalling |
| Kayaking on the river | Calmer waters  More sheltered  Easier paddle  Exploring | Group members getting split up  Getting caught during low tides | Follow a diamond formation in which everybody can be seen. Make sure that the leader is aware if people split from the group to explore  Enforce the buddy system  Check the tide times before setting out. Stick to the agreed timings. |
| Kayaking through harbours | Exit point and easy access to the sea | Larger boats/ Boat traffic  The Boddinick ferry crossing | Where possible avoid navigating around larger vessels  Give way to larger boats  When crossing a channel, ensure all group members go together.  Do a pre-group briefing |
| Sea Kayaking | Different challenge  Physical benefits | Deteriorating weather conditions, or worse conditions than predicted  Caves and rocks  Paddling close to the coast line, possible injury, falling rocks  Inadequate Equipment | Continuing monitoring the weather  Creative alternative routes and safety stops  Carry tow lines to support each other in difficult situations  When entering caves, ensure that there is enough room and that there is a clear exit route  Two people stay outside the caves monitoring potential hazards  Participants to wear a helmet at appropriate times  Carry a first aid kit and know how to use it  Carry spare paddles  A kit list was done before the journey  Considerations were taken for locations, taking a VHF and Flares |
| Loading and Unloading kayaks | Provides a safe transportation of the kayaks to the destination | Injury to shoulders and/or back | Handle boats between two people  Make the leader aware if there is the previous injury that could be aggravated with moving the boats. |