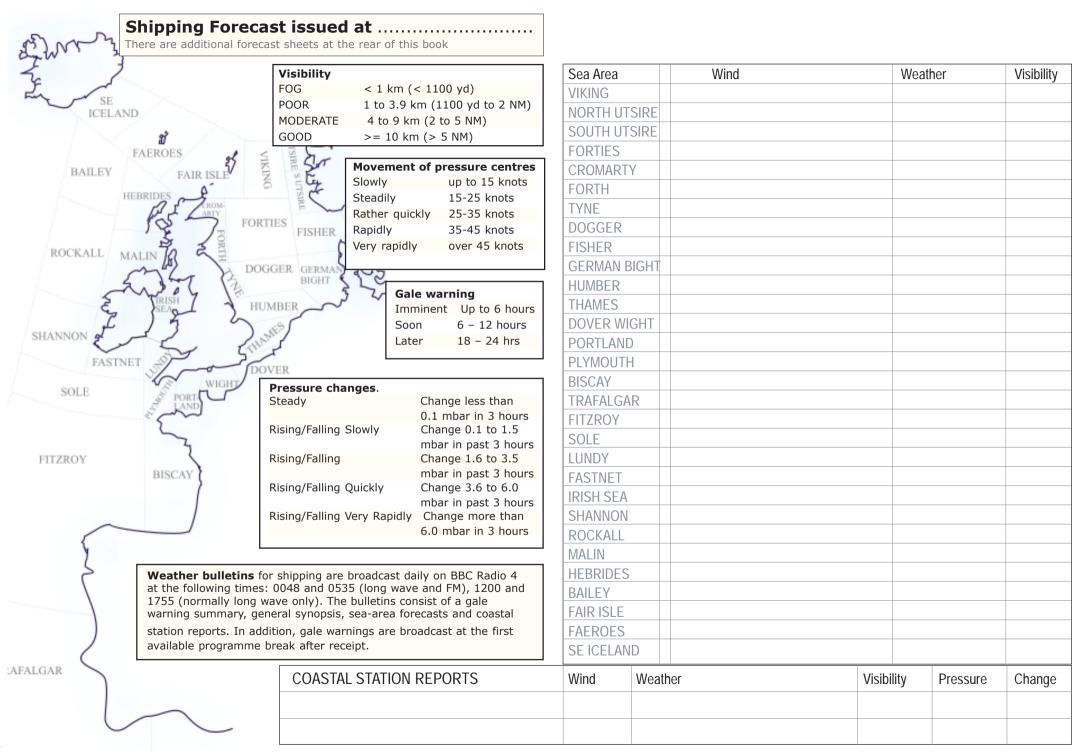


### **Contents**

This Log Book contains an abridged summary of some of the signals, marks and information that can assist in navigation and avoidance of dangerous situations.

- Life Saving Signals to be used by Ships, Aircraft or Persons in Distress
- Shipping Forecast
- VHF Channels Distress, Safety and Calling Channels
- DISTRESS TRANSMITTING PROCEDURES
- Collision Regulations
- Navigation Lights and Day Marks
- International Code Flags and Buoyage System
- Log Book
- Weather Forecast Log
- Passage Planning Notes

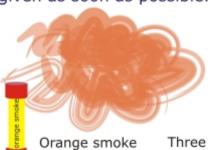


## LIFE SAVING SIGNALS To be used by Ships, Aircraft or Persons in Distress

Illustrations of Life Saving Signals required by V/29 of SOLAS

### Search & Rescue Unit Replies

You have been seen, assistance will be given as soon as possible.



flare

Three white star signals or three light and sound rockets fired at approximately 1 minute intervals.

## Air to Surface Direction Signals

Sequence of 3 manoeuvres meaning proceed to this direction.



Shore to Ship Signals

Safe to land here.







Morse code signal by light or sound

Vertical waving of both arms, white flag, light or flare.

Landing here is dangerous. Additional signals mean safer landing in direction indicated.





Horizontal waving of white flag, light or flare. Putting one flag, light or flare on ground and moving off with a second indicates direction of safer landing.

S:000

Morse code signals by light or sound



Land to the right of your current heading.



Land to the left of your current heading.





Overfly vessel and head in required direction

Note: As a non preferred alternative to rocking wings, varying engine tone or volume may be used.



**Surface to Air Replies** Message Understood - I will comply

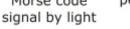
Change course to required direction



Morse code



Code & answering pendant "Close Up"

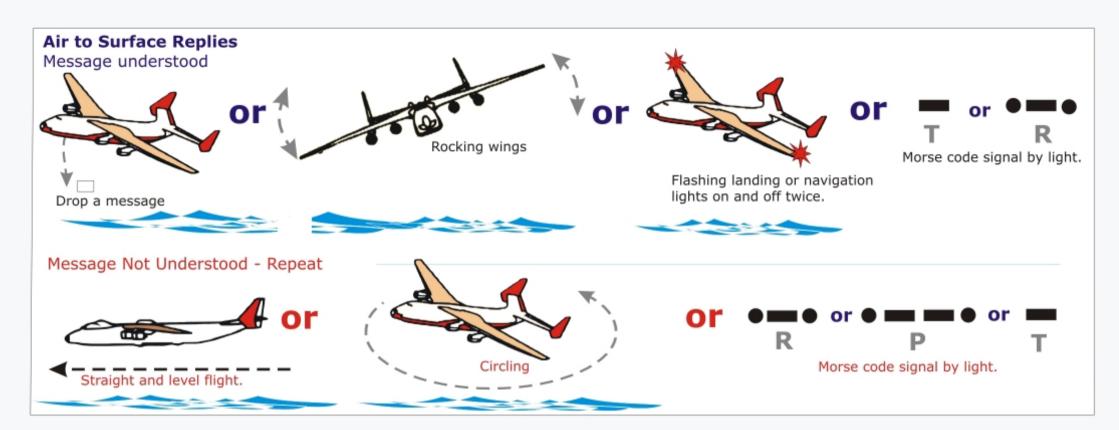


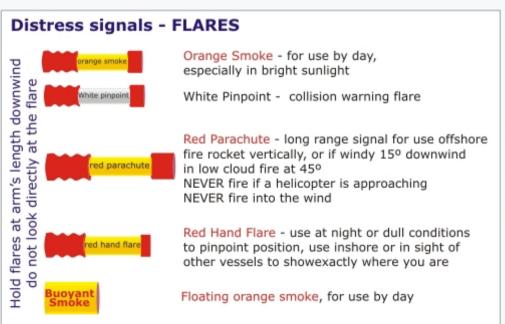


International flag "N"

- I am unable to comply.

Note: Use the signal most appropriate to prevaiing conditions.





Note: Use International Code of Signal by means of lights or flags or by laying out the symbol on the deck or ground with items which have a high contrast to the background

Message	International Code of Signals	ICAO Visual Signals
I require assistance	v <b>X</b> •••	V
I require medical assistance	w	x
No or Negative	N	N
Yes or affirmative	c <b>=</b>	Υ
Proceeding in this dire	ection	<b>↑</b>

### **Calling Channels**

**Channel 16 (156.800 MHz)** is the international distress, safety and calling radiotelephony channel. Where it is necessary to call a station on Channel 16, other than in cases of distress, urgency or safety, both stations should switch to an alternative channel as soon as possible. All calls on Channel 16 should be kept brief and should not exceed one minute, when not concerning distress, urgency or safety. For a call between ship stations an inter-ship channel should be used, such as Channels 6, 8, 72 or 77. For a call to a coast station the station's assigned channel should be used. Vessels equipped with Channel 70, where practicable should maintain a continuous listening watch on Channel 16 until 1 February 2005.

**Channel 70 (156.525 MHz) - Digital Selective - Calling the** Global Maritime Distress and Safety System (GMDSS) became fully operational on 01 February 1999 and Channel 70 is now the primary channel for Distress, Urgency and Safety alerting using Digital Selective Calling (DSC). It may also be used for initiating routine calls using DSC. It must not be used for voice communications.

Further information about the GMDSS is available from the Maritime and Coastguard Agency.

**Channel 13 (156.650 MHz)** This channel is used for bridge to bridge voice communications under GMDSS. It will normally be monitored by commercial vessels if a danger of collision exists. This channel is one of the few, under GMDSS that can be used without a preceeding DSC alert on Channel 70.

Channel 10 (156.500 MHz), Channel 67 (156.375 MHz), Channel 73 (156.675 MHz) and Channel 6 (156.300 MHz) These channels have been set aside internationally for use in co-ordinated search and rescue operations. In the UK, their use is co-ordinated with HM Coastguard, as follows.

**Channel 10** In addition to its use in SAR operations, this channel is used during oil spill and other pollution incidents. From 1999 it is also used for the broadcast of Marine Safety Information in the UK only.

**Channel 67** This is also used primarily for SAR operations and for safety communications with HM Coastguard.

**Channel 73** This channel is used primarily for SAR operations and from 1999 the broadcast of Marine Safety Information in the UK.

**Channel 6** Under GMDSS this channel is used for communications between ships and aircraft for co-ordinating search and rescue operations.

### Other designated channel usage

**Inter-ship** channels are for communications between ship stations. Ideally, inter-ship communications should be restricted to Channels 6, 8, 72 and 77. Channels 10, 67 and 73 should be avoided within VHF range of coastal areas in Europe and Canada.

**Port Operations and Ship Movement** Certain channels have been set aside, by international agreement, for use in the Port Operations and Ship Movement services. These are assigned to a user, such as a port or oil terminal where the safe movement of ships is important. The channels assigned to particular users are published in the Admiralty List of Radio Signals. It is important not to use these channels for other purposes if they have been assigned locally or if they have not been set aside for inter-ship working.

**Public correspondence** These channels have been set aside, by international agreement, for making calls to the public telephone network. Calls made on these channels are often referred to as "link calls".

**Marina channels** These channels have been set aside by the United Kingdom administration, for matters relating to mooring, berthing and race control. There are three marina channels.

**Channel M (157.850MHz) and M2 (161.425MHz)** Channels M and M2 are UK channels and should only be used in UK territorial waters. Their on-board use is covered by a Ship Radio Licence. However, equipment that is only capable of operating on these frequencies is usually licensed under a Coastal Station Radio Licence and it is not necessary for the operator to hold an operator's certificate.

**Channel 80** Channel 80 is an international maritime channel. Its use must be under and in accordance with the terms of a valid Ship Radio Licence.

### **VHF - Maritime Safety Information**

will be broadcast by co-ordination centres either on VHF Channels 10, 23, 73, 84 or 86, and exceptionally channel 67, following an initial announcement on Channel 16. The initial announcement will indicate the working channel the mariner should return to.

Routine A Local Inshore Forecast - (within 12 miles of the coast);

Strong Wind Warnings when appropriate - (force 6 and above for the coastal waters out to 5 miles offshore); Gale (Storm) Warnings; WZ Navigational Warnings including Negative Tide Surge Warnings; GUNFACTS/SUBFACTS - from selected stations only.

**Routine B** Area forecasts will be broadcast twice daily starting at the times shown in the right hand column below.

Co-ordinat	ion				Times GMT
Centre	A every 4 hrs	<b>B</b> twice daily	Centre	A every 4 hrs	<b>B</b> twice daily
Swansea	0005	0805	Falmouth	0140	0940
Thames	0010	0810	Forth	0205	1005
Clyde	0020	0820	Liverpool	0210	1010
Yarmouth	0040	0840	Portland	0220	1020
Solent	0040	0840	Holyhead	0235	0635
Brixham	0050	0850	Belfast	0305	0705
Dover	0105	0905	Aberdeen	0320	0720
Shetland	0105	0905	Milford Have	en <b>0335</b>	0735
Stornoway	0110	0910	Humber	0340	0740

Source - Radiocommunications Agency RA264- www.radio.gov.uk/

2015 2
NAMECALLSIGN
DISTRESS TRANSMITTING PROCEDURES
(For use only when in grave and imminent danger and IMMEDIATE ASSISTANCE is required)
1. Ensure transmitter is switched on and set to VHF Channel 16.
2. Then say:
MAYDAY MAYDAY
THIS IS (Ship's name or callsign 3 times)
MAYDAY followed by ship's name or callsign
POSITION
NATURE OF DISTRESS
AID REQUIRED
NUMBER OF PERSONS ON BOARD and ANY USEFUL INFORMATION
OVER

### OVER

3. Listen for a reply and if none heard repeat above procedure.

**EXAMPLE**: "MAYDAY, MAYDAY, MAYDAY, This is NONSUCH, NONSUCH, NONSUCH, MAYDAY, NONSUCH, Position 54° 25 North 016° 33 West, My boat is on fire and sinking, I require immediate assistance, 4 persons on board, are taking a lifeboat, OVER."

**RECEPTION OF DISTRESS, URGENCY AND SAFETY MESSAGES** 

Any message prefixed by one of the following pro-words concerns **Safety**. If you receive a message beginning with one of them pay particular attention and if possible write it down. **Always** allow at least 3 minutes for a Coast Station to reply before responding.

MAYDAY Means that a ship, aircraft, other vehicle or person/s is in grave and imminent danger and requires immediate assistance.

### **MAYDAY**

RELAY Means that the calling station is passing on a message from a ship, aircraft, other vehicle or person/s in grave and imminent danger and requires immediate assistance.

PAN-PAN Means that the calling station has an urgent message concerning the safety of a ship, aircraft, other vehicle or person/s.

### **PAN-PAN MEDICO**

Means that the calling station is in need of medical assistance or advice.

**SECURITE** Means that the calling station has a message concerning the safety of navigation or giving important meteorological warnings.

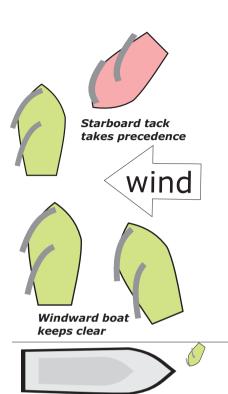
The following pro-words will be transmitted if you disturb the transmissions during a distress situation

### **SEELONCE MAYDAY**

Means that the controlling station, in a distress situation is telling you to begin and maintain radio silence. On receipt of this message you **must** cease transmissions.

### SEELONCE DISTRESS

Means that a ship station (that may be involved in a distress



Sailing Boats and Power-driven
Boats Power usually gives way to sail.
However, this does not always apply.
Larger vessels, such as ferries or
container ships, have difficulty
maneovering due to their size. Masters
of other boats, including sail boats,
should always apply common sense and
seamanship by giving larger vessels a
wide berth.

## **Collision Regulations**

Everyone using the waterways should know the International Regulations for Preventing Collisions at Sea. The following are not a comprehensive set of regulations but an aide memoire for some of them.

### **Navigation Rules**

Navigation rules are often called "Rules of the Road at Sea" and apply to all boats. These rules give clear indication about passing, approaching, giving way and overtaking other boats.

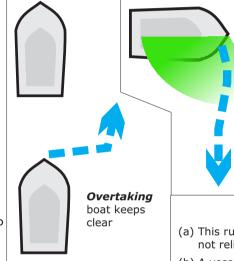
You should always make your movements clear and deliberate so that other masters can see your intentions. Never assume the master of another boat will observe the rules; always be prepared to take action to avoid a collision.

### Keeping a Lookout

A good lookout, through sight and sound, must be kept at all times. The master is responsible for keeping a lookout for dangers. Be aware of the boating environment, especially in bad weather, restricted visibility and darkness.

The rules are very specific about maintaining a proper lookout. We must keep eyes and ears open to observe or hear something which may endanger someone or affect their safety. You must look up for bridge clearances and power lines, down for floats, swimmers, logs and divers flags and side to side for traffic prior to turning your boat. A proper lookout can avoid surprises.

A good rule to follow is to assign one or more people to have no other assigned responsibilities except the task of lookout.



**Rivers and Channels** A vessel must always navigate on the starboard side (right) of a river or channel.

### Sound Signals

Most recreational boats do not use sound signals, however they are used by ships and larger vessels with restricted maneuverability. Boats over 12 metres should carry sound signals, either horn or bells. You should be aware of signals and what action you should take when you hear a signal. Sound signals may be accompanied by light signals.

All boats should use sound signals in restricted visibility to alert others of their position. Use common sense and slow your boat or stop, and be ready to take immediate action. Be extremely cautious when operating in restricted visibility.

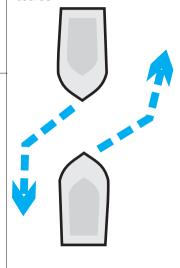
- 1 short blast means "I am altering course to starboard"
- 2 short blasts mean "I am altering course to port"
- 3 short blasts means "I am operating engines astern" (the boat may be reversing or stopping)
- 5 (or more) short blasts means "I am unsure of your intentions"

### Crossina

When two power-driven vessels are crossing so as to involve risk of collision, the vessel which has the other on her own starboard side shall keep out of the way and shall, if the circumstances of the case admit, avoid crossing ahead of the other vessel.

### Head on collision

turn to starboard. make your intentions known to the other boat with a decisive change of course



### **Traffic Separation Schemes**

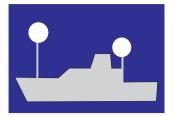
- (a) This rule applies to traffic separation schemes adopted by the Organization and does not relieve any vessel of her obligation under any other rule.
- (b) A vessel using a traffic separation scheme shall:
  - (i) Proceed in the appropriate traffic lane in the general direction of traffic flow for that lane.
  - (ii) So far as is practicable keep clear of a traffic separation line or separation zone.
  - (iii) Normally join or leave a traffic lane at the termination of the lane, but when joining or leaving from either side shall do so at as small an angle to the general direction of traffic flow as practicable.
- (c) A vessel shall so far as practicable avoid crossing traffic lanes, but if obliged to do so shall cross on a heading as nearly as practicable at right angles to the general direction of traffic flow.
- (d)
- (i) A vessel shall not use an inshore traffic zone when she can safely use the appropriate traffic lane within the adjacent traffic separation scheme. However, vessels of less than 20 meters in length, sailing vessels and vessels engaged in fishing may use the inshore traffic zone.
- (ii) Not withstanding subparagraph (d)(i), a vessel may use an inshore traffic Zone when en route to or from a port, offshore installation or structure, pilot station or any other place situated within the inshore traffic zone, or to avoid immediate danger.



Powered vessel less than 50m in length



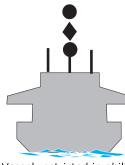
Vessel at anchor, or, power driven vessel less than 50m stern view



Powered vessel more than 50m in length at anchor



Vessel not under command not underway



Vessel restricted in ability to maneuver

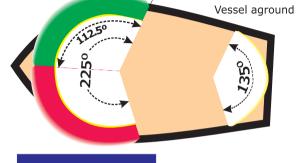


Sailing vessel

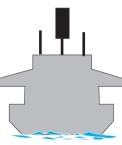


Vessel engaged in trawling bow view less than 50m

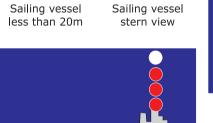




Submarine making way



Vessel constrained by its draught



Vessel less than 50m, constrained by the draft



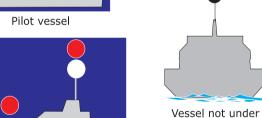
Vessel engaged in fishing



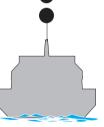
Vessel aground over 50m

Vessel restricted in maneuverability





Vessel less than 50m, engaged in fishing underway and making way



command





Towing, tow length less than 200m



Towing, tow length more than 200m



Vessel restricted in maneuverability tow length less than 200m



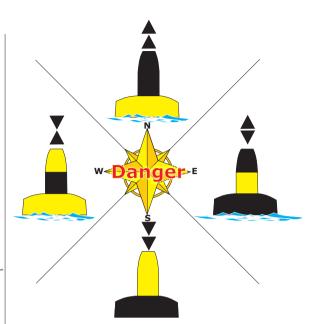
Vessel engaged in fishing



Sailing vessel under power



**Special area marks**. These will be can, conical or spar. It indicates a special area or feature such as: traffic separation schemes, spoil ground marks or cable or pipe line marks including outfall pipes. Topmark, if any, will be a yellow cross. Light, when fitted is a yellow light and may be any rhythm other than those used for the white lights of cardinal, isolated danger and safe water marks.



**The cardinal marker system** indicates where safe water lies, for example, the North cardinal marker is indicating that safe water is North of itself.

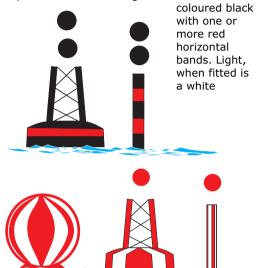
Note that the south cardinal marker has two arrows pointing down (south) and the north cardinal has two arrow pointing up (north). The arrows on the West cardinal buoy looks like a waist line (W waist, W West).

In every case the arrows also indicate where on the body of the buoy the black appears.

Lights, these markers also contain lights and the sequence of lighting is similar to the clock face, i.e., 3, 6, 9, and 12 or continuous. To ensure that there is no confusion occurs between, east, west and south marks a long flash immediately follows the 6 flashes of the south mark.

### **Isolated Danger Marks**

These will be pillar or spar. This designates an isolated danger of limited extent which has navigable water all around, eg. isolated shoal, rock or reef. The topmark consist of two black spheres positioned vertically and clearly separated. Isolated danger marks are



### Safe Water Marks

They may be spherical, pillar or spar. They indicates that there is navigable water all around and under the mark, eg. mid channel or landfall mark. The topmark consist of a single red sphere. Safe water marks are coloured white with one or more red vertical bands. Light, when fitted is a white light, isophase, occulting, or signal long flash.



The lateral buoyage system is used worldwide to indicate the edges of a channel when entering harbour. Buoys or posts may be used. Topmarks are optional. When entering the harbour keep the red to port and the green to starboard. The reverse is true when leaving port. (Port - lights = red, any rhythm) Starboard - lights = green, any rhythm)

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POFL		11-:	a la t		time of iss	sue			First	8pm to midnight	1st hour	2nd hour	3rd hour	4th hour
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HW									Morning	4am to 8am				
LW					1					8am to noon Noon to 4pm				
LVV					-				First Dog		1st hr		2nd hr	
									Last Dog	6pm to 8pm				

Date				Passage fro				Cre	2W						
Time	Log reading	Dist	ance	Compass °C		Position		,	Weather		Passa	ige Notes			
	reading	Speed	Run	- °C	Latitude	Longitude	Location	Direction	Force	Pressure					
Tide Port				1	Weather f	orecast		1	Watch	nes		1st hour	2nd hour	3rd hour	4th hour
1010	Time	Heig	ht		time of 18	ouc			First	8pm to m		TSUTION	Ziiu iiuui	JIU HOUI	40111001
HW			,						Middle Morning	Midnight 4am to 8					
					_				Forenoon	8am to n	oon				
LW					_				Afternoon First Dog	Noon to 4 4pm to 6		1st hr		2nd hr	
									Last Dog	6pm to 8					

Date				Passage fro				Cre	èW.						
Time	Log	Dist	ance			Position		,	Weather		Passa	age Notes			
	Log reading	Speed	Run	Compass °C	Latitude	Longitude	Location	Direction		Pressure		J			
Tide					Weather fo	orecast			Watcl	nes					
Port			1.		time of iss	sue			First	8pm to m	idniaht	1st hour	2nd hour	3rd hour	4th hour
	Time	Heig	gnt		_				Middle	Midnight	to 4am				
HW					_					4am to 8a 8am to no	oon				
LW					-				Afternoor First Dog	Noon to 4 4pm to 6p		1st hr		2nd hr	
									Last Dog	6pm to 8p					

Date				Passage fro				Cre	2W						
Time	Log reading	Dist	ance	Compass °C		Position		,	Weather		Passa	ige Notes			
	reading	Speed	Run	- °C	Latitude	Longitude	Location	Direction	Force	Pressure					
Tide Port				1	Weather f	orecast		1	Watch	nes		1st hour	2nd hour	3rd hour	4th hour
1010	Time	Heig	ht		time of 18	ouc			First	8pm to m		TSUTION	Ziiu iiuui	JIU HOUI	40111001
HW			,						Middle Morning	Midnight 4am to 8					
					_				Forenoon	8am to n	oon				
LW					_				Afternoon First Dog	Noon to 4 4pm to 6		1st hr		2nd hr	
									Last Dog	6pm to 8					

Date		Passage			om			Cre	ew.						
				to	)										
Time	Log reading	Dist	ance	Compass °C		Position		,	Weather		Passa	age Notes			
	reading	Speed	Run		Latitude	Longitude	Location	Direction	Force	Pressure					
<b>—</b> 1															
Tide Port					Weather f	orecast sue			Watch	nes		1st hour	2nd hour	3rd hour	4th hour
	Time	Hei	ght						First	8pm to m					
HW					-				Middle Morning	Midnight t 4am to 8a					
					_				Forenoon	8am to no	on				
LW					_				Afternoon First Dog	Noon to 4 4pm to 6p		1st hr		2nd hr	
									Last Dog						

Date				Passage fro				Cre	ew.						
Time	Log	Dist	ance	Compass		Position		,	Weather		Passa	ige Notes			
Time	Log reading	Speed	Run	Compass °C	Latitude	Longitude	Location	Direction		Pressure	1 4336	ige Notes			
Tido					Weather fo	proceet									
Tide Port					time of iss	sue			Watch			1st hour	2nd hour	3rd hour	4th hour
	Time	Heig	ght						First Middle	8pm to m Midnight	idnight to 4am				
HW									Morning	4am to 8a	am				
LW										Noon to 4	pm				
									First Dog Last Dog	4pm to 6p 6pm to 8p	om om	1st hr		2nd hr	

Date				Passage fro	om			Cre	èW.						
				to	)										
Time	Log reading	Dist	ance	Compass °C		Position		,	Weather		Passa	ge Notes			
	reading	Speed	Run	_ 00	Latitude	Longitude	Location	Direction	Force	Pressure					
Tide					Weather f	orecast			Watcl	205					
Port					time of iss	sue						1st hour	2nd hour	3rd hour	4th hour
	Time	Hei	ght						First Middle	8pm to m Midnight t					
HW									Morning	4am to 8a	am				
LW										8am to no Noon to 4					
					-				First Dog	4pm to 6p	om	1st hr		2nd hr	
									Last Dog	6pm to 8p	om				

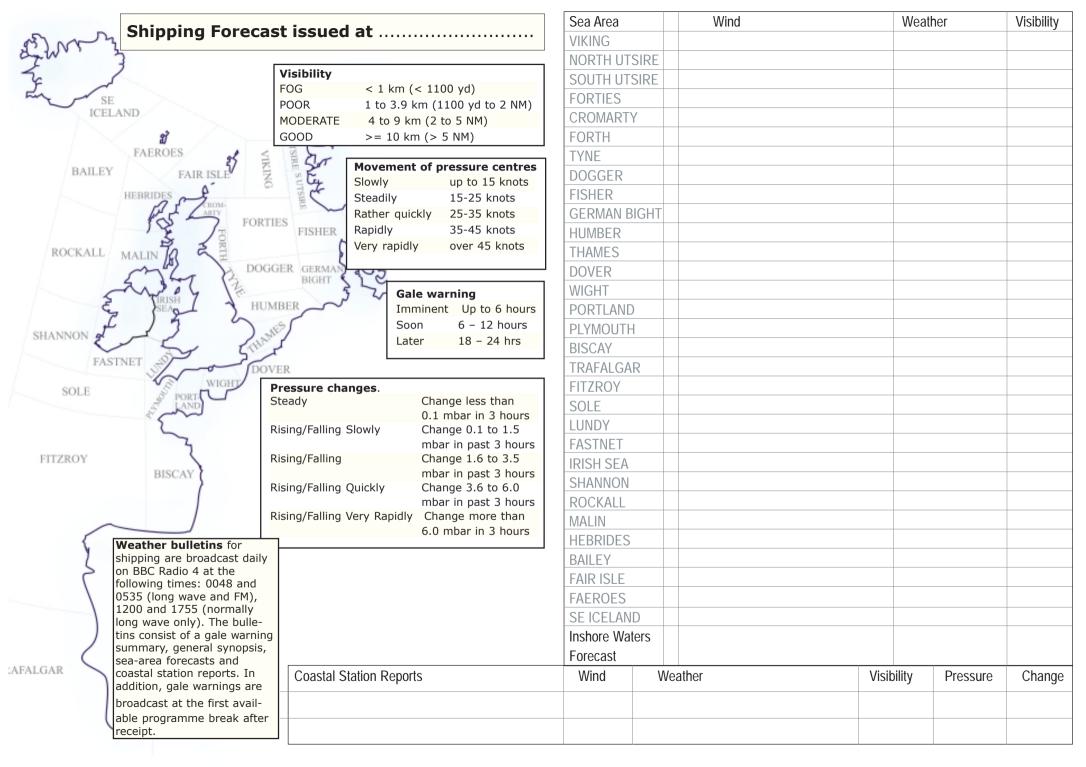
Date				Passage fro				Cre	ew						
				to											
Time	Log reading		ance	Compass °C		Position			Weather	_	Passa	ige Notes			
		Speed	Run		Latitude	Longitude	Location	Direction	Force	Pressure					
Tide					Weather f	orecast			\A/-+ !						
Tide Port					time of iss	sue			Watcl			1st hour	2nd hour	3rd hour	4th hour
	Time	Heig	ght						First Middle	8pm to m Midnight	nidnight				
HW									Morning	4am to 8					
					-				Forenoon	8am to n	oon				
LW					_				Afternoor First Dog	Noon to 4		1st hr		2nd hr	
									Last Dog	6pm to 8	pm			1	

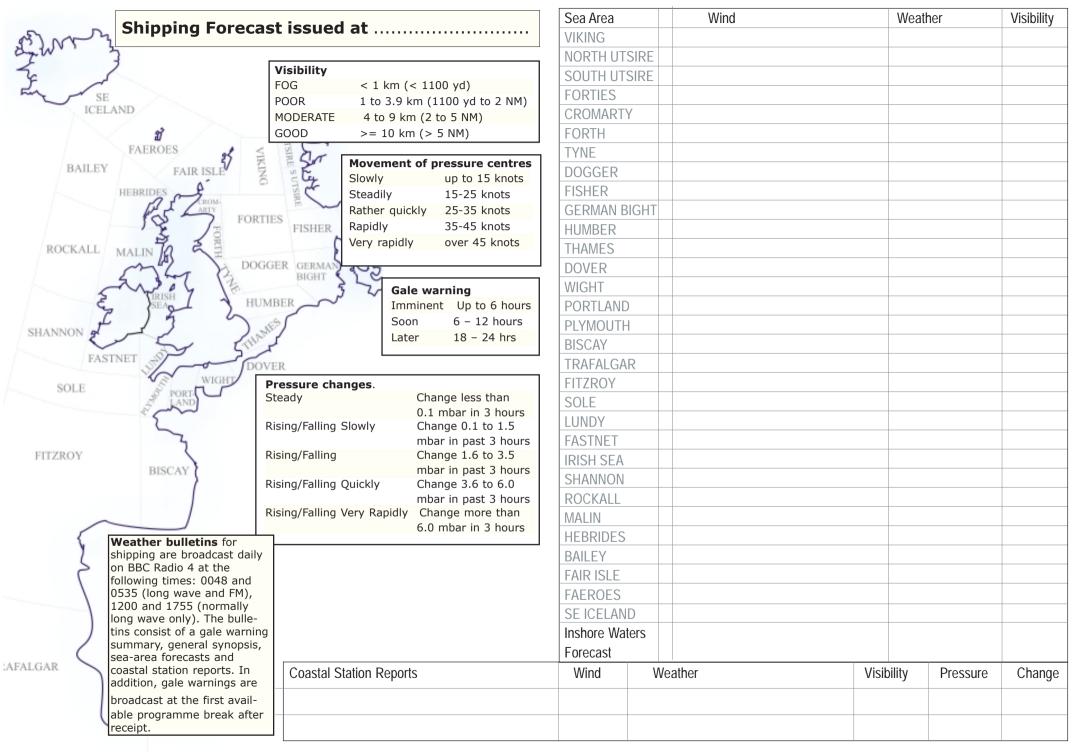
Date				Passage fro	om			Cre	ew.						
				to	1										
Time	Log reading	Dist	ance	Compass °C		Position		,	Weather		Passa	age Notes			
	reading	Speed	Run		Latitude	Longitude	Location	Direction	Force	Pressure					
Tide Port	1				Weather fo	orecast		1	Watch	nes				10.11	140.1
	Times	11.1	- la t		time of iss	sue			First	8pm to m	nidniaht	1st hour	2nd hour	3rd hour	4th hour
	Time	Heig	Jrit						Middle	Midnight	to 4am				
HW									Morning Forenoon	4am to 8a 8am to no					
LW									Afternoon	Noon to 4	1pm				
									First Dog	4pm to 6		1st hr		2nd hr	
									Last Dog	6pm to 8	pm				

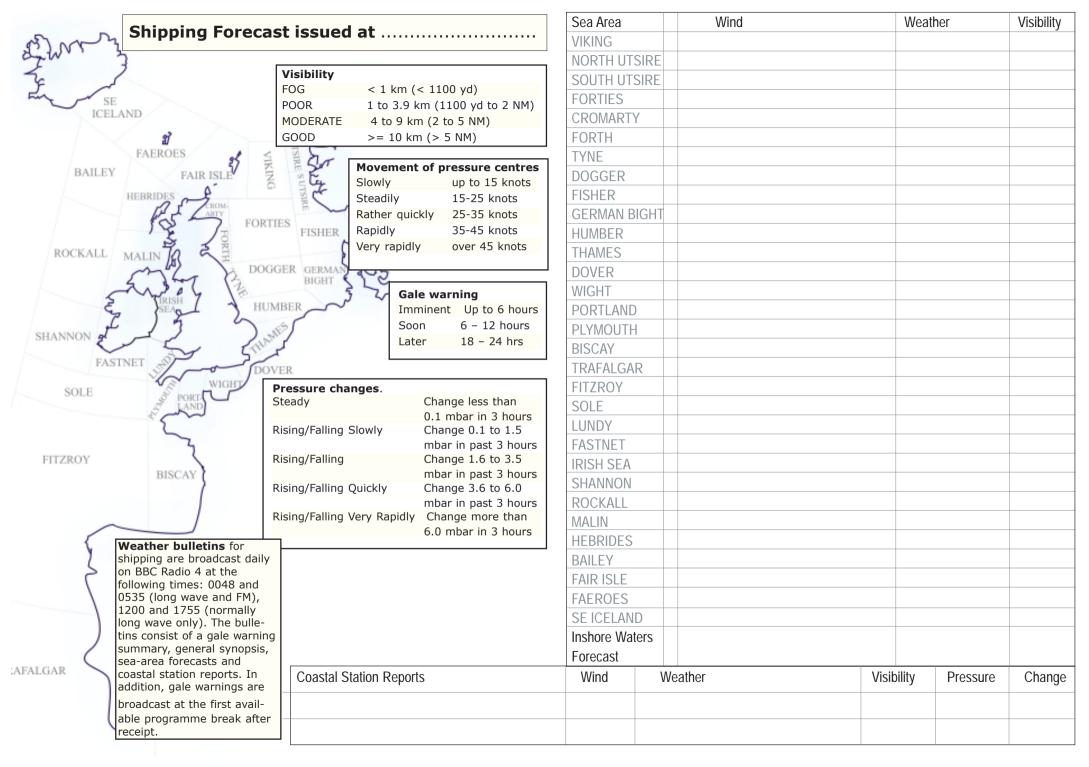
Date								Cre	2W						
Time	Log reading	Dist	tance	Compass OC		Position		,	Weather		Passa	age Notes			
	reading	Speed	Run	•C	Latitude	Longitude	Location	Direction	Force	Pressure					
Tide Port		1	1	ı	Weather fo	precast			Watch	nes	I.	Laur		10.11	140.1
	Time	Hoi	ght		time of iss	ue			First	8pm to n	nidnight	1st hour	2nd hour	3rd hour	4th hour
	THILE	Tiel	giit						Middle Morning	Midnight 4am to 8	to 4am				
HW									Forenoon	8am to n	oon				
LW									Afternoon First Dog	Noon to 4 4pm to 6		1st hr		2nd hr	
									Last Dog	6pm to 8	pm				

Date Passag				Passage fr	age from to			Crew						
Time	Log reading	Distance		-	Position			1	Weather	Pas	Passage Notes			
Time		Speed	Run	Compass °C	Latitude	Longitude	Location	Direction		Pressure	rassage Notes			
		Speed	Run		Latitude	Longitude	Location	Direction	Force	Pressure				
Tide Port HW LW	Time	Hei	ght		Weather f time of is:	orecast sue				8pm to midnight Midnight to 4am 4am to 8am 8am to noon Noon to 4pm 4pm to 6pm		2nd hour	3rd hour	4th hour

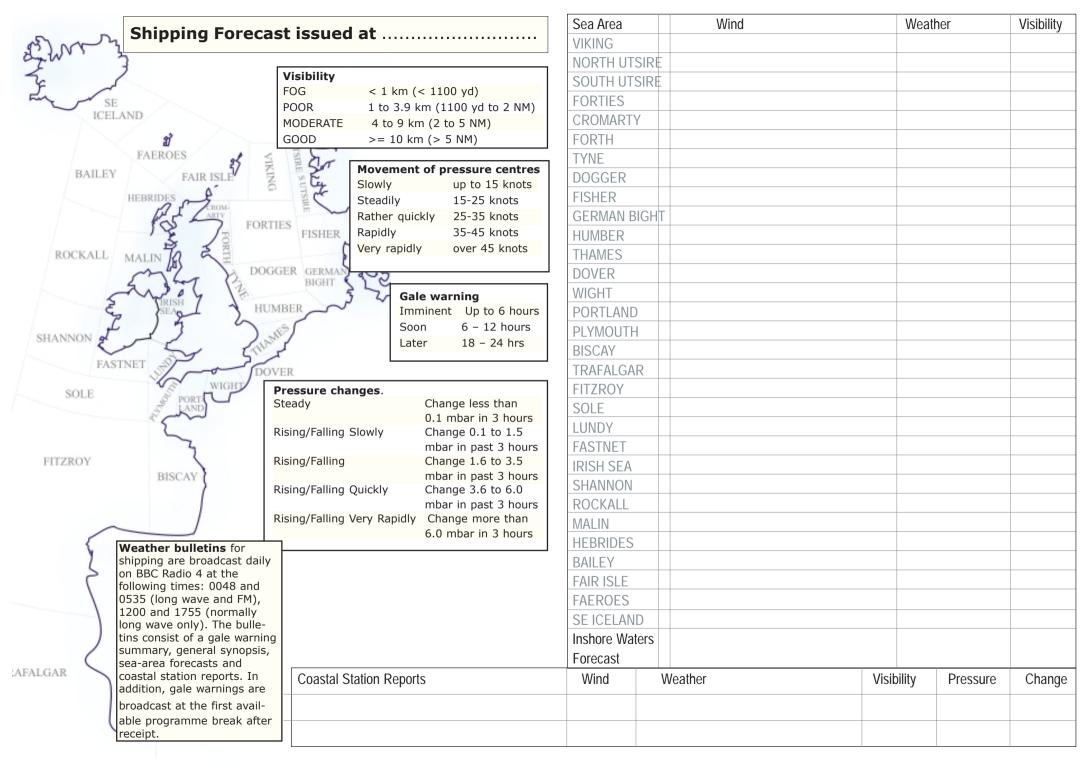
Date Passage fr							rew								
Time	Log	Distance		Compass °C	Position				Weather			Passage Notes			
	reading	Speed	Run	•C	Latitude	Longitude	Location	Direction	Force	Pressure					
Tide					Weather f	orecast									
Port			time of issue			Watch			1st hour	2nd hour	3rd hour	4th hour			
Ti	Time		Height					First Middle	8pm to m Midnight						
HW	HW								Morning	4am to 8	am				
LW									Afternoon	orenoon 8am to noon  fternoon Noon to 4pm					
									First Dog Last Dog	4pm to 6 6pm to 8	pm pm	1st hr		2nd hr	

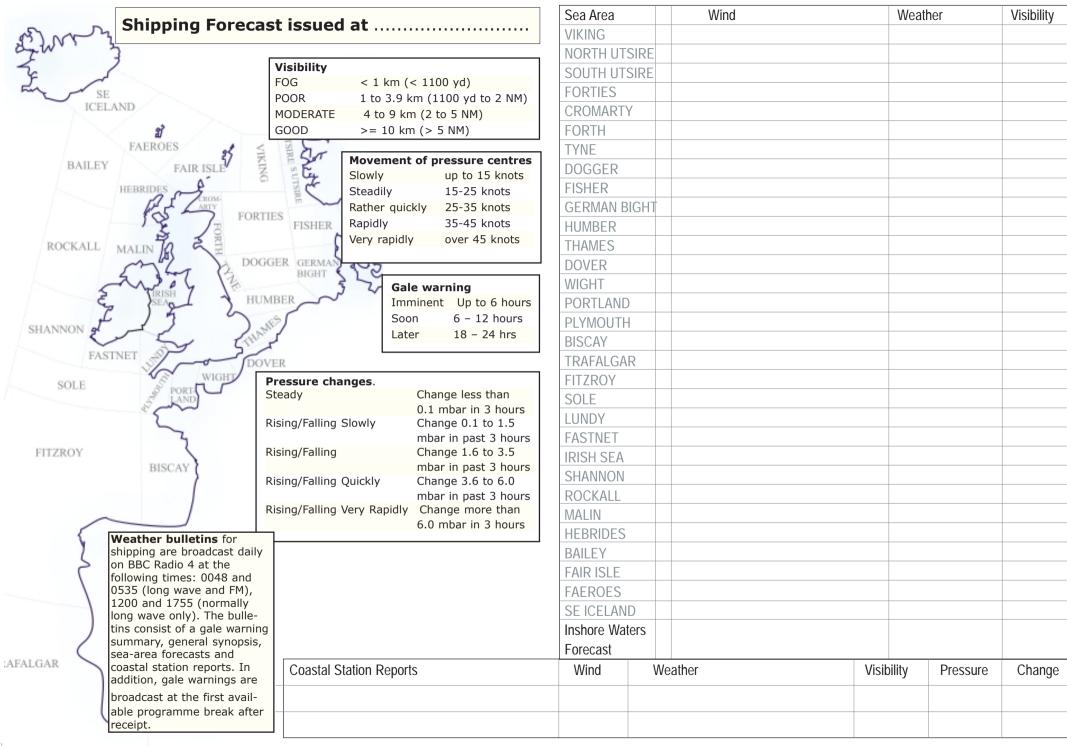


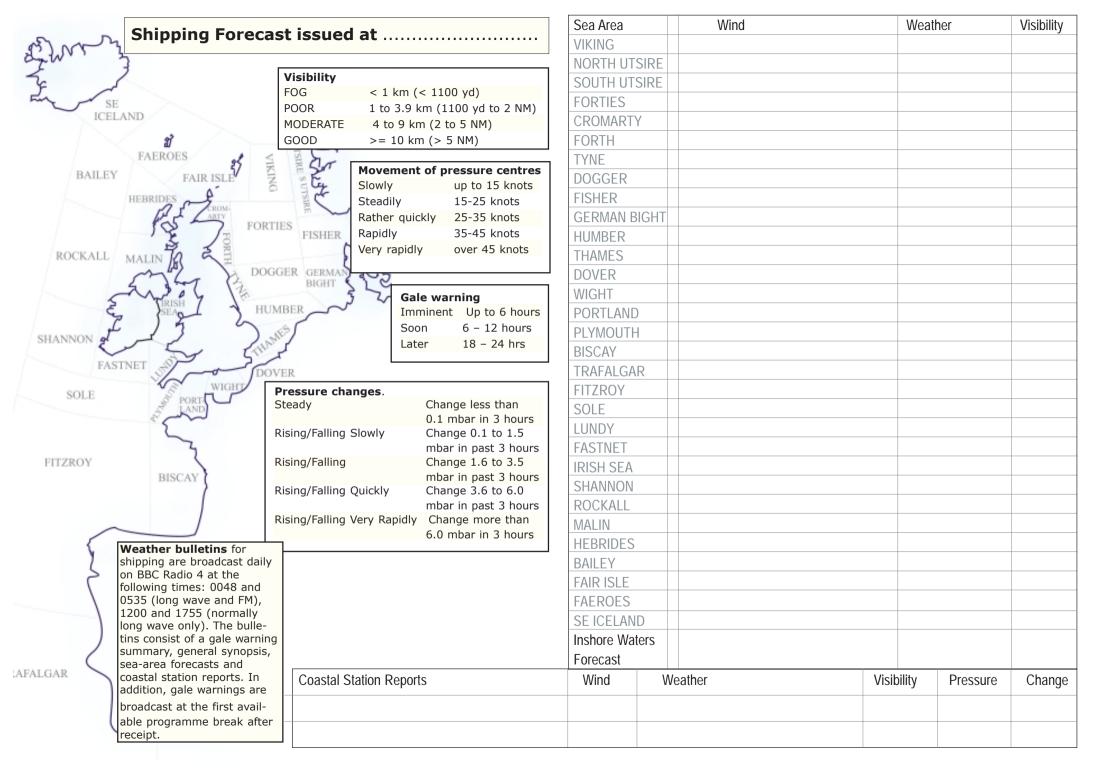


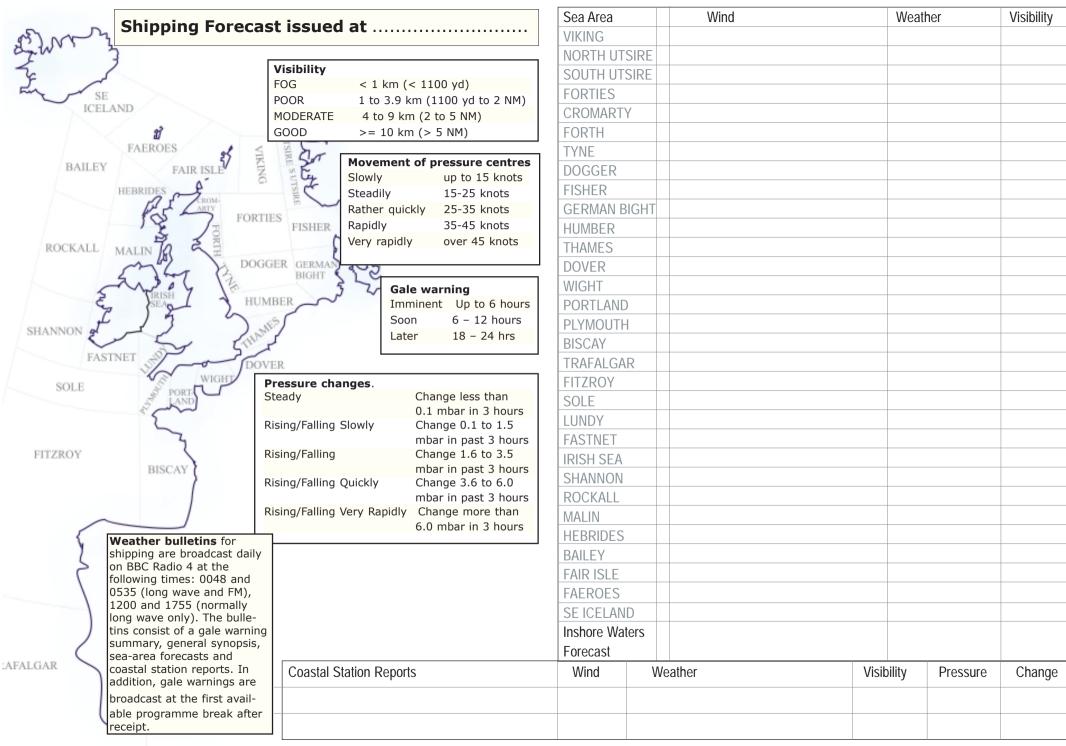


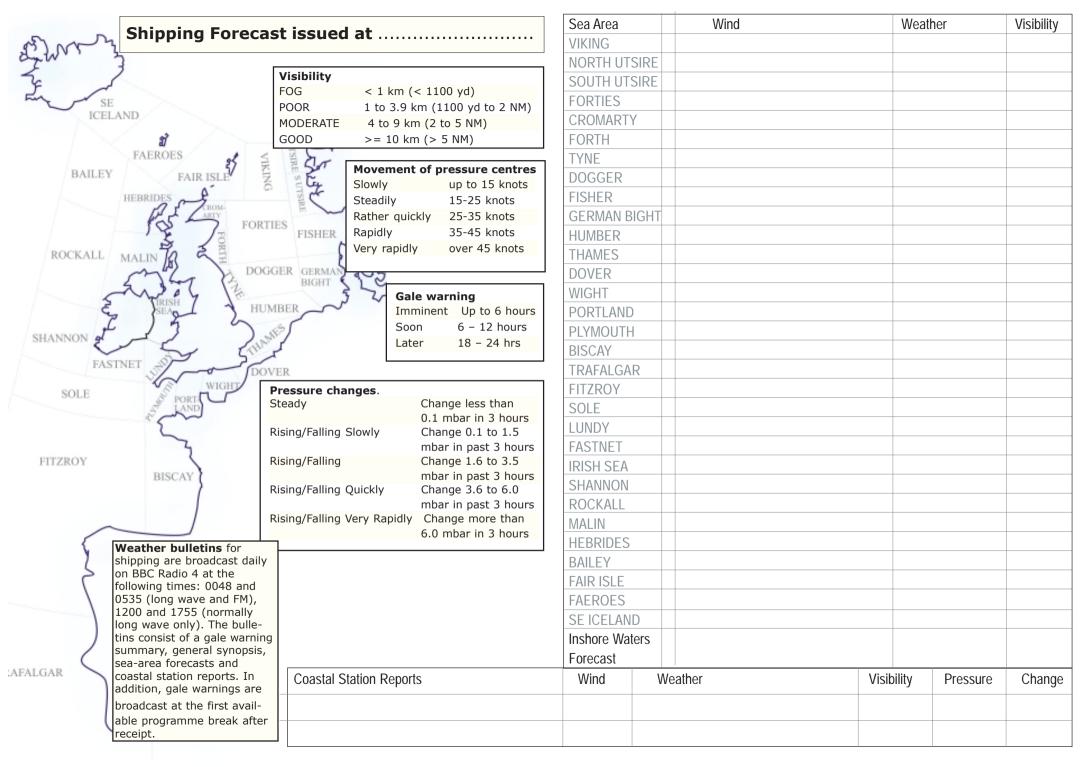
Shir	nning Forocast	issued at	Sea Area	Wind	Weat	her	Visibility
as was sim	pping Forecast	issued at	VIKING				
anw. 3			NORTH UTSIR	RE			
The of		sibility	SOUTH UTSIR	PE			
SE SE	FO	OG < 1 km (< 1100 yd) OOR 1 to 3.9 km (1100 yd to 2 NM)	FORTIES				
ICELAND		ODERATE 4 to 9 km (2 to 5 NM)	CROMARTY				
		OOD >= 10 km (> 5 NM)	FORTH				
FAEF	ROES of 5	\$ A -	TYNE				
BAILEY	FAIR ISLE	Movement of pressure centres Slowly up to 15 knots	DOGGER				
HEBRID		Steadily 15-25 knots	FISHER				
D	CROM-	Rather quickly 25-35 knots	GERMAN BIGH	-17			
5	FORTIES	FISHER Rapidly 35-45 knots	HUMBER				
ROCKALL MALIN	To a Real	Very rapidly over 45 knots	THAMES				
WALIN	DOGGER	GERMAN ava	DOVER				
-21	357 (3	Gale warning	WIGHT				
3	RISH T HUMBE		PORTLAND				
$\mathcal{I}$	4 4 551	Soon 6 – 12 hours	PLYMOUTH				
SHANNON &	2 PHAMES	Later 18 – 24 hrs	BISCAY				
FASTNET	DOVER		TRAFALGAR				
X	~	ssure changes.	FITZROY				
SOLE	S PORT Stea		SOLE				
E.	المثالي	0.1 mbar in 3 hours	LUNDY				
	Risin	ng/Falling Slowly Change 0.1 to 1.5 mbar in past 3 hours	FASTNET				
FITZROY	Risin	ng/Falling Change 1.6 to 3.5	IRISH SEA				
	BISCAY }	mbar in past 3 hours					
	Risin	ng/Falling Quickly Change 3.6 to 6.0	SHANNON				
	Risin	mbar in past 3 hours ng/Falling Very Rapidly Change more than	ROCKALL				
		6.0 mbar in 3 hours	MALIN				
	er bulletins for		HEBRIDES				
	are broadcast daily Radio 4 at the		BAILEY				
following	g times: 0048 and		FAIR ISLE				
1200 an	ong wave and FM), and 1755 (normally		FAEROES				
long wa	ve only). The bulle-		SE ICELAND				
	sist of a gale warning ry, general synopsis,		Inshore Waters	5			
sea-area	a forecasts and		Forecast			<u></u>	
	station reports. In , gale warnings are	Coastal Station Reports	Wind	Weather	Visibility	Pressure	Change
	st at the first avail-						
able pro	gramme break after						
receipt.							











# Passage planning notes

Checklist – you should particularly take into account the following points when planning a boating trip:

- Weather
- Tides
- Limitations of the vessel
- Crew
- Navigational dangers
- Contingency plan
- Information ashore

Solas V - Regulation 34 applies to all vessels.

For small vessels and pleasure-craft the degree of voyage planning will depend upon the size of vessel, its crew and the length of the voyage. The MCA expects all mariners to make a careful assessment of any proposed voyage taking into account all dangers to navigation, weather forecasts, tidal predictions and other relevant factors including the competence of the crew.

