

Trip Plan

Manly to Saint Helena Island Saturday the 10th June 2017 Waterloo Bay

Trip Leader:	Ian Narborough	
Trip Leader Qualification:	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> (Sea Guide) <input type="checkbox"/> (Instructor)	
Phone:	0418789499	
Email:	incan@bigpond.com	
Contact Requirements:	<p>Participants must register their interest prior to the event, and provide the Trip Leader with a contact number.</p> <p>Please contact the trip leader if in doubt. If conditions look unfavourable please check email or contact the trip leader.</p>	
Register by:	09 th June 2017	
Date of trip:	Saturday 10 th June 2017	
Grade of Trip:	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	
Event Environment:	<input type="checkbox"/> Dam <input type="checkbox"/> Lake <input type="checkbox"/> Creek <input type="checkbox"/> River <input type="checkbox"/> Estuary <input checked="" type="checkbox"/> Bay <input type="checkbox"/> Ocean <input type="checkbox"/> Surf	
Brief Description of Activities:	<p>QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.</p> <p>Leaving Manly Boat Harbour we will cross Waterloo Bay to the Jetty on the south west corner of Saint Helena Island. After a leisurely morning tea under the shady trees, we will paddle back to Manly.</p>	
Meeting Time:	7.30 am	
Meeting Place:	The northern boat ramp next to the Queensland Boating Patrol, Fairlead Crescent Manly.	
Departure Time:	8.00 am	
Duration:	Approx 4 1/2 Hours	
Distance:	Approx 16 Km.	
Tide Information:	High Tide: 9.46 am 1.88 Meters Low Tide: 3.50 pm 0.42 Meters	
Suggested Equipment:	<p>Required equipment</p> <ul style="list-style-type: none"> • Sea Kayak with deck lines, enclosed cockpit and spray skirt • Australian or NZ standards approved PFD • Sponge Bailer 	<p>Recommended equipment</p> <ul style="list-style-type: none"> • Minimum of 2 Litres of water. • Sun Protective Clothing & Sunscreen. • Insect Repellent. • Footwear suitable for paddling. • Food / Nourishment for duration of trip.
	<p>Paddlers Requirements</p> <p><i>New members of QSKC are required to attend an AC Basic Skills Award day prior to their first paddle, or hold equivalent AC qualifications.</i></p> <p>Paddlers should have an appropriate level of fitness. Individuals must self assess their, and their equipment's, ability to participate in this level club event and should consult the trip Leader if any aspect of their suitability requires clarification.</p>	



Alternate course and take out points:	Return to Manly, Wynnum or Wellington Point.			
Identified hazards:	<input checked="" type="checkbox"/> drowning	<input type="checkbox"/> hypothermia	<input checked="" type="checkbox"/> dehydration/hyperthermia	<input type="checkbox"/> surf
	<input checked="" type="checkbox"/> equipment failure	<input checked="" type="checkbox"/> weather change	<input checked="" type="checkbox"/> stingers & bites	<input type="checkbox"/> capsize at sea
	<input type="checkbox"/> exhaustion & fear	<input checked="" type="checkbox"/> group spread	<input type="checkbox"/> sea sickness	<input type="checkbox"/> separation at sea
	<input type="checkbox"/> crocodiles	<input type="checkbox"/> shipping lanes	<input type="checkbox"/> rocks & gauntlets	<input checked="" type="checkbox"/> boat traffic
	<input checked="" type="checkbox"/> fatigue	<input type="checkbox"/> sea caves	<input type="checkbox"/> land fauna	<input type="checkbox"/> rough seas
	<input checked="" type="checkbox"/> marine life	<input checked="" type="checkbox"/> medical conditions	<input checked="" type="checkbox"/> sunburn	<input checked="" type="checkbox"/> paddle related injuries
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
QSKC Risk Management Policy	I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: <input checked="" type="checkbox"/> (Tick box)			
Emergency Rescue Contact:	Volunteer Coast Guard Manly VMR402, Frequencies monitored VHF 16, 67, and 73 Ph: 3396 5911			
Communication:	<input checked="" type="checkbox"/> Mobile	<input checked="" type="checkbox"/> VHF Radio	<input checked="" type="checkbox"/> whistle	
Safety equipment:	<input type="checkbox"/> EPIRB/PLB	<input checked="" type="checkbox"/> signal mirror	<input type="checkbox"/> flares	<input type="checkbox"/> torch/glow stick
	<input checked="" type="checkbox"/> spare paddle	<input checked="" type="checkbox"/> tow line	<input checked="" type="checkbox"/> repair kit	<input checked="" type="checkbox"/> first aid kit
Check of other paddlers equipment:	<input checked="" type="checkbox"/> suitability of craft	<input checked="" type="checkbox"/> spray skirt	<input checked="" type="checkbox"/> Life Jacket (L50)	<input checked="" type="checkbox"/> paddle leash
	<input checked="" type="checkbox"/> bailing device	<input checked="" type="checkbox"/> medication	<input checked="" type="checkbox"/> water	<input checked="" type="checkbox"/> footwear

Map:

