

## Trip Plan


**Cathy's Coochie Christmas Cruise**
  
**Sunday 17th December 2017**  
**Circumnavigation of Coochimudlo Island**

|   |   |  |
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| <b>Trip Leader:</b>                     | Cathy Narborough  |  |
| <b>Trip Leader Qualification:</b>       | <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> (Sea Guide) <input type="checkbox"/> (Instructor)   |  |
| <b>Phone:</b>                           | 0413 002910   |  |
| <b>Email:</b>                           | incan@bigpond.com   |  |
| <b>Contact Requirements:</b>            | <p>Participants <b>must</b> 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>  |  |
| <b>Register by:</b>                     | Saturday 16 <sup>th</sup> December 2017   |  |
| <b>Date of trip:</b>                    | Sunday 17 <sup>th</sup> December 2017   |  |
| <b>Grade of Trip:</b>                   | <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3   |  |
| <b>Event Environment:</b>               | <input type="checkbox"/> Dam <input type="checkbox"/> Lake <input type="checkbox"/> Creek <input type="checkbox"/> River<br><input type="checkbox"/> Estuary <input checked="" type="checkbox"/> Bay <input type="checkbox"/> Ocean <input type="checkbox"/> Surf   |  |
| <b>Brief Description of Activities:</b> | <p><b>QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.</b></p> <p>It is almost Christmas, so throw some tinsel on your boats, pack some tasty Christmas treats to share for morning tea, and join us for a paddle around Coochie. We will circumnavigate the island clockwise, making the most of the high tide to take our time amongst the mangroves on the northern side of the island. There is time for a leisurely break for morning tea at a location to be decided on the day. Also, for those who wish, we can practice a few skills before returning to Point O'Halloran.</p> |  |
| <b>Meeting Time:</b>                    | 7.30 am   |  |
| <b>Meeting Place:</b>                   | Orana Esplanade, Point O'Halloran (Victoria Point)  |  |
| <b>Departure Time:</b>                  | 8.00 am   |  |
| <b>Duration:</b>                        | Approximately 4 hours   |  |
| <b>Distance:</b>                        | Approximately 10 km   |  |
| <b>Tide Information:</b>                | High 2.37 m    9.03 am (Brisbane Bar)    9.23 am (Victoria Point)<br>Low 0.59 m    3.31 pm (Brisbane Bar)    3.51 pm (Victoria Point)   |  |
| <b>Suggested Equipment:</b>             | <b>Required equipment</b> <ul style="list-style-type: none"> <li>• Kayak with fitted deck lines and spray skirt.</li> <li>• Australian or NZ standards approved PFD</li> <li>• Sponge Bailer</li> </ul>   | <b>Recommended equipment</b> <ul style="list-style-type: none"> <li>• Minimum of 2 Litres of water.</li> <li>• Sun Protective Clothing &amp; Sunscreen.</li> <li>• Insect Repellent.</li> <li>• Footwear suitable for paddling.</li> <li>• Food / Nourishment for duration of trip.</li> </ul> |



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| <b>Alternate course and take out points:</b>    | <b>Paddlers Requirements</b>   |  |  |   |
|   | <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> |  |  |   |
| <b>Identified hazards:</b>                      | Point O'Halloran, Victoria Point, Coochimudlo Island.  |  |  |   |
|   | <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 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 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"/> .....                               |   |
| <b>QSKC Risk Management Policy</b>              | I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: <input checked="" type="checkbox"/> (Tick box)  |  |  |   |
| <b>Emergency Rescue Contact:</b>                | VMR Victoria Point VMR441, Ph: (07) 3207 8717. Frequencies monitored VHF 16, 67, 73, 82 and 81.  |  |  |   |
| <b>Communication :</b>                          | <input checked="" type="checkbox"/> Mobile   | <input checked="" type="checkbox"/> VHF Radio      | <input checked="" type="checkbox"/> whistle                  |   |
| <b>Safety equipment:</b>                        | <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 |
| <b>Check of other paddlers equipment:</b>       | <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:**

