

## Trip Plan

### Gold Coast Ocean Paddle

Dec 10 2017

Via Gold Coast Seaway

<b>Trip Leader:</b>	Mark Hessling	
<b>Trip Leader Qualification:</b>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> (Sea Guide) <input checked="" type="checkbox"/> (Instructor)	
<b>Phone:</b>	0417 706 345	
<b>Email:</b>	<a href="mailto:kayak@rexx.org">kayak@rexx.org</a>	
<b>Contact Requirements:</b>	Participants <b>must</b> register their interest prior to the event, and provide the Trip Leader with a contact number.	
<b>Register by:</b>	Dec 9 2017	
<b>Date of trip:</b>	Dec 10 2017	
<b>Grade of Trip:</b>	<input type="checkbox"/> 1 <input checked="" 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 <input type="checkbox"/> Estuary <input type="checkbox"/> Bay <input checked="" type="checkbox"/> Ocean <input checked="" 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>After a short paddle across the Broadwater we will determine conditions of the Gold Coast Seaway. Depending on conditions on the day we will head north or south on a 2 hour ocean paddle allowing for an easy paddle back. Should conditions dictate, we may have to paddle on the inside of South Stradbroke Island.</p> <p><b>Must bring a helmet!</b></p>	
<b>Meeting Time:</b>	08:00	
<b>Meeting Place:</b>	Cnr Burrows St and Marine Pde, Biggera Waters, UBD GC19 B16 (note no toilets here)	
<b>Departure Time:</b>	08:30	
<b>Duration:</b>	3.5 hours	
<b>Distance:</b>	Approx 20km	
<b>Tide Information:</b>	Gold Coast Seaway: Low 0.37m @ 07:21	
<b>Suggested Equipment:</b>	<p><b>Required equipment</b></p> <ul style="list-style-type: none"> <li>As per Grade 2 Trip in Club Gradings Policy</li> <li>Sea Kayak with deck lines, enclosed cockpit and spray skirt</li> <li>Covered Shoes</li> <li><b>Helmet</b></li> </ul>	<p><b>Recommended equipment</b></p> <ul style="list-style-type: none"> <li>Minimum 2L drinking water</li> <li>Sun protective clothing and sunscreen</li> <li>Food for duration of trip</li> </ul>
<b>Alternate course and take out points:</b>	<p><b>Paddlers Requirements</b></p> <p>As per Grade2 Trip paddlers requirements in Club Gradings Policy</p> <p>Emergency beach landings on surf beaches or Wave Break Island</p>	



<b>Identified hazards:</b>	<input checked="" type="checkbox"/> drowning	<input type="checkbox"/> hypothermia	<input checked="" type="checkbox"/> dehydration/hyperthermia	<input checked="" type="checkbox"/> surf
	<input checked="" type="checkbox"/> equipment failure	<input checked="" type="checkbox"/> weather change	<input checked="" type="checkbox"/> stingers & bites	<input checked="" type="checkbox"/> capsize at sea
	<input type="checkbox"/> exhaustion & fear	<input checked="" type="checkbox"/> group spread	<input checked="" type="checkbox"/> sea sickness	<input checked="" 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 checked="" type="checkbox"/> rough seas	
<input type="checkbox"/> marine life	<input 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 Southport, Phone: 5591 1300, VMR400, Frequencies monitored VHF 16, 73, and 67			
<b>Communication:</b>	<input checked="" type="checkbox"/> Mobile	<input checked="" type="checkbox"/> VHF Radio	<input checked="" type="checkbox"/> whistle	
<b>Safety equipment:</b>	<input checked="" type="checkbox"/> EPIRB/PLB	<input checked="" type="checkbox"/> signal mirror	<input checked="" 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
<b>Map:</b>	 			