


Trip Plan

AC Basic Skills Award

Feb 3 2018

Raby Bay

Trip Leader:	Mark Hessling	
Trip Leader Qualification:	<input type="checkbox"/> Lifeguard <input type="checkbox"/> FW Guide <input type="checkbox"/> Sea Guide <input checked="" type="checkbox"/> Instructor	
Phone:	0417 706 345	
Email:	kayak@rexx.org	
Contact Requirements:	Participants must register their interest prior to the event, and provide the Trip Leader with a contact number.	
Register by:	Feb 2 2018	
Date of trip:	Feb 2 2018	
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>This session is for club members, new financial members of the club and potential members. For non members there will be a cost of \$10 for insurance, payable on the day or pre-pay at: http://qldseakayak.canoe.org.au/joining/ (bottom of page).</p> <p>The candidate shall demonstrate competence in all of the following areas:</p> <ul style="list-style-type: none"> • Present craft and equipment for inspection (hatches and other equipment set or stowed ready for launch, spare equipment waterproofed). • Swim 25 metres in canoeing clothes (shirt, shorts and sandals as a minimum, and with a personal flotation device (PFD), and swim under the craft to surface on the other side • Show, to the Assessor's satisfaction, a full understanding of the basic safety requirements for paddlers and their craft, and appreciation of the use of PFDs. • Launch the craft, embark and paddle away from the launching point <p>Demonstrate:</p> <ul style="list-style-type: none"> • Understanding of correct posture and basic injury prevention • Paddling forwards, backwards, and emergency stops • Turning the craft • Coming alongside another craft, and also a clear approach to the launching point • Disembark, then re-embark, paddle to deep water, capsize and assist with a deepwater rescue or swim the craft ashore • The use of the paddle as a means of support on the water. <p>For additional information please contact the Trip Leader.</p>	
Meeting Time:	08:00	
Meeting Place:	Opposite 79 Masthead Drive, Cleveland (Raby Bay) (UBD Map 18 P12)	
Departure Time:	08:15	
Duration:	Approx 3 hours	

Distance:	Approx 2 km			
Tide Information:	High: 06:45			
Suggested Equipment:	Required equipment		Recommended equipment	
	<ul style="list-style-type: none"> As per Grade 1 Sea Kayak as per QSKC Gradings 		<ul style="list-style-type: none"> Minimum 2 litres water Sun protective clothing & Sunscreen Footwear suitable for paddling, swimming and walking on rocks Food / Nourishment for the duration of the trip 	
Alternate course and take out points:	Paddlers Requirements			
	For beginners with little paddling experience. 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.			
Identified hazards:	We will be paddling within 50 metres of shore for the whole trip, so many places to come ashore.			
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 type="checkbox"/> stingers & bites	<input checked="" 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 type="checkbox"/> marine life	<input type="checkbox"/> medical conditions	<input checked="" type="checkbox"/> sunburn	<input checked="" type="checkbox"/> paddle related injuries
QSKC Risk Management Policy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 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:	VMR Raby Bay, Phone: 0427 372 830, VMR455, Frequencies monitored VHF 16, 67, 81 and 73			
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 checked="" type="checkbox"/> flares	<input type="checkbox"/> torch/glow stick
	<input checked="" type="checkbox"/> spare paddle	<input checked="" type="checkbox"/> tow line	<input 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"/> PFD	<input type="checkbox"/> paddle leash
	<input type="checkbox"/> bailing device	<input checked="" type="checkbox"/> medication	<input checked="" type="checkbox"/> water	<input checked="" type="checkbox"/> footwear

Map:

