



## Trip Plan International Women's Day Paddle Sunday 4 March

**Lauch from Scarborough Beach to Scotts Point and return - 12 km**

<b>Trip Leader:</b>	Helena Norfolk			
<b>Trip Leader Qualification:</b>	<b>1</b>	2	(Sea Guide) (Instructor)	
<b>Phone:</b>	0439717405			
<b>Email:</b>	<a href="mailto:helenanorfolk@me.com">helenanorfolk@me.com</a>			
<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>[Enter any further contact requirements]</p>			
<b>Register by:</b>	5 pm Friday 2 March			
<b>Date of trip:</b>	Sunday 4 March			
<b>Grade of Trip:</b>	<b>1</b>	2	3 [double-click relevant box – change default value]	
<b>Event Environment:</b>	Dam	Lake	Creek	River
	Estuary	<b>Bay</b>	Ocean	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>Join in for a fun paddle to celebrate International Women's Day and raise funds for breast cancer research. Departing from Pirate Ship Park at Scarborough, we will paddle with the tide to Scotts Point and back. Get dressed up in your favorite shade of pink, decorate your boat and lets make a statement.</p> <p>All paddlers could you please dontate \$5 for our fund raising effort for breast cancer research. Bring a plate to share after the paddle as we come together to celebrate women in our lives - mothers, daughters, sisters, partners, wives, grandmothers, aunts, girlfriends and BFFs (sorry if I missed any).</p> <p>Non club members are welcome, just need to pay an extra \$10 to cover insurance.</p>			
<b>Meeting Time:</b>	08:00 am			
<b>Meeting Place:</b>	Pirate Park Car Park, Scarborough, Redcliffe.			
<b>Departure Time:</b>	08:30 am			
<b>Duration:</b>	4 hours			
<b>Distance:</b>	12 km			
<b>Tide Information:</b>	<p><b>High</b> <b>11:14 am</b> <b>2.47 m</b></p>			



<b>Suggested Equipment:</b>	<b>Required equipment</b> [Indicate required and recommended equipment to be carried by each paddler, specific to the grade of the paddle and expected conditions – refer to club website]	<b>Recommended equipment</b>		
	<ul style="list-style-type: none"> <li>Sea Kayak with deck lines, enclosed cockpit and spray skirt, paddle</li> <li>paddle, pfd,</li> <li>hat, water, sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>tow rope,</li> <li>paddle float</li> <li>bilge pump</li> <li>spare paddle</li> <li>radio</li> </ul>		
<b>Alternate course and take out points:</b>	<b>Paddlers Requirements</b>			
	<p>New members of QSKC are required to attend an AC Basic Skills Award day prior to their first paddle, or hold equivalent AC qualifications.</p> <p>Refer to club web site for gradings.</p>			
<b>Identified hazards:</b>	<b>drowning</b>	hypothermia	<b>dehydration/hyperthermia</b>	surf
	<b>equipment failure</b>	weather change	<b>stingers &amp; bites</b>	capsize at sea
	exhaustion & fear	<b>group spread</b>	<b>sea sickness</b>	separation at sea
	crocodiles	shipping lanes	<b>rocks &amp; gauntlets</b>	<b>boat traffic</b>
	fatigue	sea caves	land fauna	rough seas
	marine life	<b>medical conditions</b>	<b>sunburn</b>	<b>paddle related injuries</b>
	.....	.....	.....	.....
<b>QSKC Risk Management Policy</b>	I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: (Tick box)			
<b>Emergency Rescue Contact:</b>	Coast Guard Redcliffe - VMR 403. Phone: (07) 3203 5522	VHF channels 16, 21, 67, 73, 81		
<b>Communication:</b>	<b>Mobile</b>	<b>VHF Radio</b>	<b>whistle</b>	
<b>Safety equipment:</b>	EPIRB/PLB	signal mirror	flares	torch/glow stick
	spare paddle	tow line	repair kit	first aid kit
<b>Check of other paddlers equipment:</b>	suitability of craft	spray skirt	Life Jacket (L50)	paddle leash
	bailing device	medication	water	footwear
<b>Map:</b>	[Insert graphic of map]			

Lauch Point



Paddle Plan

