

## Trip Plan

### Australia Day Paddle to Saint Helena Island

Saturday the 26<sup>th</sup> January 2019

Waterloo Bay

<b>Trip Leader:</b>	Ian 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>	0418789499	
<b>Email:</b>	<a href="mailto:incan@bigpond.com">incan@bigpond.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>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>	25 <sup>th</sup> January 2019	
<b>Date of trip:</b>	Saturday 26 <sup>th</sup> January 2019	
<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 <input type="checkbox"/> Estuary <input checked="" type="checkbox"/> Bay <input type="checkbox"/> Ocean <input type="checkbox"/> Surf	
<b>Brief Description of Activities:</b>	<p>QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.</p> <p><b>Come join Cathy and I for an Australia Day paddle to St Helena Island. Bring your Trangia/stove and a good Aussie breakfast to enjoy at this historical location.</b></p> <p>We will be leaving from Manly Boat Harbour and will cross Waterloo Bay to the Jetty on the south west corner of Saint Helena Island.</p>	
<b>Meeting Time:</b>	6.30 am	
<b>Meeting Place:</b>	The northern boat ramp next to the Queensland Boating Patrol, Fairlead Crescent Manly.	
<b>Departure Time:</b>	7.00 am	
<b>Duration:</b>	Approx 4 1/2 Hours	
<b>Distance:</b>	Approx 16 Km.	
<b>Tide Information:</b>	High Tide: 1.19 am 2.02 Meters Low Tide: 7.20 am 0.52 Meters	
<b>Suggested Equipment:</b>	<b>Required equipment</b> <ul style="list-style-type: none"> <li>Sea Kayak with deck lines, enclosed cockpit 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>



<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>	Return to Manly, Wynnum or Wellington Point.			
	<input checked="" type="checkbox"/> drowning  <input checked="" type="checkbox"/> equipment failure  <input type="checkbox"/> exhaustion & fear  <input type="checkbox"/> crocodiles  <input checked="" type="checkbox"/> fatigue  <input checked="" type="checkbox"/> marine life  <input type="checkbox"/> ..... .....	<input type="checkbox"/> hypothermia  <input checked="" type="checkbox"/> weather change  <input type="checkbox"/> group spread  <input type="checkbox"/> shipping lanes  <input type="checkbox"/> sea caves  <input checked="" type="checkbox"/> medical conditions  <input type="checkbox"/> ..... .....	<input checked="" type="checkbox"/> dehydration/hyperthermia  <input checked="" type="checkbox"/> stingers & bites  <input type="checkbox"/> sea sickness  <input type="checkbox"/> rocks & gauntlets  <input type="checkbox"/> land fauna  <input checked="" type="checkbox"/> sunburn  <input type="checkbox"/> ..... .....	<input type="checkbox"/> surf  <input type="checkbox"/> capsize at sea  <input type="checkbox"/> separation at sea  <input checked="" type="checkbox"/> boat traffic  <input type="checkbox"/> rough seas  <input checked="" type="checkbox"/> paddle related injuries  <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>	Volunteer Coast Guard Manly VMR402, Frequencies monitored VHF 16, 67, and 73 Ph: 3396 5911			
<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:**

