

## Trip Plan

### Pumicestone Passage to Golden Beach, Caloundra

November 4<sup>th</sup> 2018.

### Lunch at Caloundra Power Boat Club.

<b>Trip Leader:</b>	Cheryl Christensen	
<b>Trip Leader Qualification:</b>	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> (Sea Guide) <input type="checkbox"/>	
<b>Phone:</b>	0409200237	
<b>Email:</b>	<a href="mailto:christensen.cheryl67@gmail.com">christensen.cheryl67@gmail.com</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>	2 <sup>nd</sup> November 2018	
<b>Date of trip:</b>	4 <sup>th</sup> November 2018	
<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 checked="" type="checkbox"/> Estuary <input 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><b>We will paddle from Roys Rd boat ramp to Caloundra Power Boat Club for Lunch, stopping at Light House reach for a leg stretch. We will leave our kayaks on the grass in front of the Power Boat Club. There are toilets across the road, if you need to change before entering the club. We will have tides in our favour both ways. Remember money and ID.</b></p>	
<b>Meeting Time:</b>	9.00 am	
<b>Meeting Place:</b>	Roys Rd. boat ramp. This boat ramp is 11ks. off the M1, on way to Caloundra. There are no UBD references, but Roys Rd. exit is well signed on Bruce Highway.	
<b>Departure Time:</b>	9.30 am	
<b>Duration:</b>	6 hrs.	
<b>Distance:</b>	20 km	
<b>Tide Information:</b>	<p>We will paddle to Caloundra on the run out tide and after lunch at Power Boat Club, will paddle back on the incoming tide.</p> <p>High tide: 2.01 mt @ 8.44am.</p> <p>Low tide: .47 mt @ 3.04pm.</p>	
<b>Suggested Equipment:</b>	<b>Required equipment</b>	<b>Recommended equipment</b>
	<ul style="list-style-type: none"> <li>Sea Kayak with deck lines, enclosed cockpit and spray skirt</li> <li>Paddle</li> <li>Sunscreen, Glasses, Hat</li> <li>Sponge bailer and whistle</li> </ul>	<ul style="list-style-type: none"> <li>Spare paddle and tow line</li> <li>Change of clothes, suitable for lunch (if required).</li> <li>Identification for admission to the Power Boat Club.</li> <li>Money for lunch.</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 and self-assess their ability to participate in this level club event. Consult the trip leader if any aspect of their suitability requires clarification. All individuals to ensure they carry medical assistance with them e.g., asthma inhalers with them, not left in the car.</p>			
<b>Identified hazards:</b>	Emergency take out points are Bells Creek Rd., Pelican Waters			
	<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 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 checked="" 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 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>	000, Caloundra Coast Guard "VMR 404", VHF Ch 16, 73. Ph 07 54913533			
<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:**

