

## Trip Plan

### Green Island & St Helena

#### Sunday 29<sup>th</sup> March

Depart Manly and paddle to the southern tip of Green, up the east of Green and on to St Helena for a break

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| <b>Trip Leader:</b>                     | Howard Rogers   |  |
| <b>Trip Leader Qualification:</b>       | <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> (Sea Guide) <input type="checkbox"/> (Instructor)  |  |
| <b>Phone:</b>                           | 0412 013 217  |  |
| <b>Email:</b>                           | howardrogers@hotmail.com  |  |
| <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>                     | Midday on Saturday 28 <sup>th</sup> March. If later call me.  |  |
| <b>Date of trip:</b>                    | Sunday 29/03/2015   |  |
| <b>Grade of Trip:</b>                   | <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 [double-click relevant box – change default value]   |  |
| <b>Event Environment:</b>               | <input type="checkbox"/> Dam <input type="checkbox"/> Lake <input type="checkbox"/> Creek <input type="checkbox"/> River<br><input 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>Depart Manly small boats harbour, paddle to southern point of Green Island and then along the east side of the island and then on to St Helena to the beach near the jetty for a break before returning to Manly.</p>                 |  |
| <b>Meeting Time:</b>                    | 7 am  |  |
| <b>Meeting Place:</b>                   | The northern small boats jetty, off Fairlead Crescent   |  |
| <b>Departure Time:</b>                  | 7.30am  |  |
| <b>Duration:</b>                        | 4.25 – 4.75 hrs   |  |
| <b>Distance:</b>                        | 17.5km  |  |
| <b>Tide Information:</b>                | Low 11.56 am – 0.8 m High 5.51pm – 1.71m  |  |
| <b>Suggested Equipment:</b>             | <p><b>Required equipment</b></p> <p><small>[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]</small></p> <ul style="list-style-type: none"> <li>— Sea Kayak with deck lines, enclosed cockpit and spray skirt</li> <li>— Australia or NZ approved PFD</li> <li>— Sponge bailer/pump</li> </ul> | <p><b>Recommended equipment</b></p> <ul style="list-style-type: none"> <li>— 2 litres of water minimum</li> <li>— Sun protection</li> <li>— Footwear for walking on the island and gravel beach</li> <li>— Food</li> </ul> |
|   | <p><b>Paddlers Requirements</b></p> <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><small>[indicate paddlers requirements according to grade – refer to club website]</small></p>  |  |



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| <b>Alternate course and take out points:</b> | Return straight from Green Island  |   |   |  |
| <b>Identified hazards:</b>                   | <input type="checkbox"/> drowning  | <input type="checkbox"/> hypothermia        | <input type="checkbox"/> dehydration/hyperthermia | <input type="checkbox"/> surf                    |
|  | <input type="checkbox"/> equipment failure   | <input type="checkbox"/> weather change     | <input type="checkbox"/> stingers & bites         | <input type="checkbox"/> capsize at sea          |
|  | <input type="checkbox"/> exhaustion & fear   | <input 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 type="checkbox"/> boat traffic            |
|  | <input 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 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 type="checkbox"/> (Tick box) |   |   |  |
| <b>Emergency Rescue Contact:</b>             | Manly VMR (T) 3396 5911 VHF: 16, 63, 67, 73, 21, 81  |   |   |  |
| <b>Communication:</b>                        | <input type="checkbox"/> Mobile  | <input type="checkbox"/> VHF Radio          | <input type="checkbox"/> whistle                  |  |
| <b>Safety equipment:</b>                     | <input type="checkbox"/> EPIRB/PLB   | <input type="checkbox"/> signal mirror      | <input type="checkbox"/> flares                   | <input type="checkbox"/> torch/glow stick        |
|  | <input type="checkbox"/> spare paddle  | <input type="checkbox"/> tow line           | <input type="checkbox"/> repair kit               | <input type="checkbox"/> first aid kit           |
| <b>Check of other paddlers equipment:</b>    | <input type="checkbox"/> suitability of craft  | <input type="checkbox"/> spray skirt        | <input type="checkbox"/> Life Jacket (L50)        | <input type="checkbox"/> paddle leash            |
|  | <input type="checkbox"/> bailing device  | <input type="checkbox"/> medication         | <input type="checkbox"/> water                    | <input type="checkbox"/> footwear                |
| <b>Map:</b>                                  | [Insert graphic of map]  |   |   |  |

Course



