



## Trip Plan

### AC Basic Skills Award

#### Pirate Park Scarborough

4<sup>th</sup> March 2018

<b>Trip Leader:</b>	Tony Hirst		
<b>Trip Leader Qualification</b>	<input type="checkbox"/> (Lifeguard) <input type="checkbox"/> (FWG) <input type="checkbox"/> (SG) <input checked="" type="checkbox"/> (Instr)		
<b>Phone:</b>	0413437638		
<b>Email:</b>	thirste@gmail.com		
<b>Contact Requirements:</b>	Participants <b>must</b> register their interest on line prior to the event.		
<b>Register by:</b>	2/3/2018		
<b>Date of trip:</b>	4/3/2018		
<b>Grade:</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 checked="" 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>This session is for new members of the club and potential members. There will be a cost of \$10 insurance and \$10 for the certificate for potential members, payable on the day. All participants must have the use of their own Sea Kayak including Spray Skirt and Life Jacket.</p> <p>The candidate shall demonstrate competence in all of the following areas:</p> <ul style="list-style-type: none"> <li>• Present craft and equipment for inspection (hatches and other equipment set or stowed ready for launch, spare equipment waterproofed).</li> <li>• Swim 50 metres in canoeing clothes (shirt, shorts and sandshoes as a minimum, and with a life jacket, and swim under the craft to surface on the other side</li> <li>• 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.</li> <li>• Launch the craft, embark and paddle away from the launching point</li> </ul> <p>Demonstrate:</p> <ul style="list-style-type: none"> <li>• Understanding of correct posture and basic injury prevention</li> <li>• Paddling forwards, backwards, and emergency stops</li> <li>• Turning the craft</li> <li>• Coming alongside another craft, and also a clear approach to the launching point</li> <li>• Disembark, then re-embark, paddle to deep water, capsize and assist with a deepwater rescue or swim the craft ashore</li> <li>• The use of the paddle as a means of support on the water.</li> </ul> <p>For additional information please contact the Trip Leader</p>		
<b>Meeting Time:</b>	7:00am		
<b>Meeting Place:</b>	Pirate Park Landsborough Ave Scarborough		
<b>Departure Time:</b>	7.00am		
<b>Duration:</b>	2 hours		



<b>Distance:</b>	N/A			
<b>Tide Information:</b>	N/A			
<b>Suggested Equipment:</b>	<b>Required equipment</b>		<b>Recommended equipment</b>	
	<ul style="list-style-type: none"> <li>As per Grade 1</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 2 litres water</li> <li>Sun protective clothing &amp; Sunscreen</li> <li>Footwear suitable for paddling, swimming and walking on Rocks</li> <li>Nourishment for the duration of the trip</li> </ul>	
<b>Alternate course and take out points:</b>	<b>Paddlers Requirements</b>			
	For beginners with little paddling experience. Paddlers should have an appropriate level of fitness, which will enable them to safely paddle the required distance for the day. 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.			
<b>Identified hazards:</b>	Numerous alternate take out points along route.			
<b>[Enter any new risk/hazard here]</b>	<input type="checkbox"/> surf	<input checked="" type="checkbox"/> rocks	<input checked="" type="checkbox"/> boat traffic	<input checked="" type="checkbox"/> fatigue
	<input checked="" type="checkbox"/> drowning	<input type="checkbox"/> sea sickness	<input checked="" type="checkbox"/> land fauna	<input type="checkbox"/> separation at sea
	<input type="checkbox"/> rough seas	<input type="checkbox"/> sea caves	<input checked="" type="checkbox"/> marine life	<input checked="" type="checkbox"/> medical conditions
	<input type="checkbox"/> sunburn	<input type="checkbox"/> hypothermia	<input type="checkbox"/> crocodiles	<input checked="" type="checkbox"/> capsize at sea
	<input checked="" type="checkbox"/> dehydration	<input checked="" type="checkbox"/> equipment failure	<input checked="" type="checkbox"/> weather change	<input checked="" type="checkbox"/> paddle related injuries
<b>QSKC Risk Management Policy</b>	<input checked="" type="checkbox"/> stingers and bites	<input type="checkbox"/> exhaustion & fear	<input checked="" type="checkbox"/> group spread	<input type="checkbox"/> Shipping Lanes
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> dehydration/ hyperthermia
<b>Emergency Rescue Contact:</b>	Coast Guard Redcliffe, Phone: (07) 3203-5522, VMR403, Frequencies monitored VHF 16, 21, 67, 73 and 81 Set your VHF to channel 69 for inter-kayak communication.			
<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 type="checkbox"/> signal mirror	<input type="checkbox"/> flares	<input checked="" 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
<b>Check of other paddlers equipment:</b>	<input checked="" type="checkbox"/> suitability of craft	<input checked="" type="checkbox"/> spray skirt	<input checked="" type="checkbox"/> PFD	<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
<b>Map:</b>				

