

Trip Plan

AC Basic Skills Award Saturday 5th January 2019 Bongaree

Trip Leader:	Ian Narborough		
Trip Leader Qualification:	<input checked="" type="checkbox"/> Lifeguard <input type="checkbox"/> FW Guide <input type="checkbox"/> (Sea Guide) <input type="checkbox"/> (Instructor)		
Phone:	0418789499		
Email:	incan@bigpond.com		
Contact Requirements:	Participants must register their interest prior to the event, and provide the Trip Leader with a contact number.		
Register by:	3 rd Jan 2019		
Date of trip:	5 th Jan 2019		
Grade of Trip:	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3		
Event Environment:	<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		
Brief Description of Activities:	<p>QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.</p> <p>This session is for club members, new financial members of the club and potential members. For non-members there will be a cost of \$10 for insurance, payable on the day or pre-pay at: http://qldseakayak.canoe.org.au/joining/ (bottom of page).</p> <p>The candidate shall demonstrate competence in all of the following areas:</p> <ul style="list-style-type: none"> • Present craft and equipment for inspection (hatches and other equipment set or stowed ready for launch, spare equipment waterproofed). • Swim 25 metres in canoeing clothes (shirt, shorts and sandals as a minimum, and with a personal flotation device (PFD), and swim under the craft to surface on the other side • 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. • Launch the craft, embark and paddle away from the launching point Demonstrate: • Understanding of correct posture and basic injury prevention • Paddling forwards, backwards, and emergency stops • Turning the craft • Coming alongside another craft, and also a clear approach to the launching point • Disembark, then re-embark, paddle to deep water, capsize and assist with a deep-water rescue or swim the craft ashore <p>The use of the paddle as a means of support on the water. For additional information please contact the Trip Leader.</p>		
Meeting Time:	7.30 am		
Meeting Place:	IGA waterfront car park Welsby Parade Bongaree		



Departure Time:	7.45 am			
Duration:	Approx. 3 hours			
Distance:	Approx. 2 km			
Tide Information:	High tide 9.43 am Hight 2.07 meters			
Suggested Equipment:	Required equipment		Recommended equipment	
	<ul style="list-style-type: none"> Sea Kayak with deck lines, enclosed cockpit and spray skirt as per QSKC Gradings. 		<ul style="list-style-type: none"> Sun protective clothing & Sunscreen Footwear suitable for paddling, swimming and walking on rocks Minimum 2 litres water Food / Nourishment for the duration of the trip 	
Alternate course and take out points:	Paddlers Requirements			
	For beginners with little paddling experience. 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.			
Identified hazards:	Assessment will be carried out within 50 meters of shore for the duration of the event with many takeout points.			
	<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 type="checkbox"/> marine life <input type="checkbox"/>	<input type="checkbox"/> hypothermia <input checked="" type="checkbox"/> weather change <input checked="" type="checkbox"/> group spread <input type="checkbox"/> shipping lanes <input type="checkbox"/> sea caves <input type="checkbox"/> medical conditions <input type="checkbox"/>	<input checked="" type="checkbox"/> dehydration/hyperthermia <input 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 checked="" 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"/>
QSKC Risk Management Policy	I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: <input checked="" type="checkbox"/> (Tick box)			
Emergency Rescue Contact:	Marine Rescue Bribie, VHF Chanel 16, 67, 73 Phone on 3408 7596			
Communication:	<input checked="" type="checkbox"/> Mobile	<input checked="" type="checkbox"/> VHF Radio	<input checked="" type="checkbox"/> whistle	
Safety equipment:	<input type="checkbox"/> EPIRB/PLB	<input checked="" type="checkbox"/> signal mirror	<input checked="" type="checkbox"/> flares	<input 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
Check of other paddlers equipment:	<input checked="" type="checkbox"/> suitability of craft	<input checked="" type="checkbox"/> spray skirt	<input checked="" type="checkbox"/> Life Jacket (L50)	<input type="checkbox"/> paddle leash
	<input type="checkbox"/> bailing device	<input checked="" type="checkbox"/> medication	<input checked="" type="checkbox"/> water	<input checked="" type="checkbox"/> footwear

Map:

