

## Trip Plan

### Information and Skills Day

### Skirmish point

Saturday 16<sup>th</sup> March 2019

Bribie Island

<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>	incan@bigpond.com	
<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>	14 <sup>th</sup> March 2019	
<b>Date of trip:</b>	16 <sup>th</sup> March 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><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 day is for club members that have gained their Basic Skills award and now want to take the next steps with further <b>Paddle Australia Awards</b>. Any club members that want to revise and practice their skills are also welcome.</p> <p>Launching from Bongaree we will paddle around to the exposed southern side of the island. We will spend the day there on the pristine sandy beaches, you will get wet so come prepared. Bring some morning tea and lunch.</p> <p>We will return to the launch site at approx 2.00pm.</p> <p>The day will consist of revising the basic skills already learnt, self-rescue, assisted rescues and paddle strokes. We can also discuss how the <b>Paddle Australia Awards</b> process works.</p> <p>For additional information please contact the Trip Leader</p>	
<b>Meeting Time:</b>	7.30 am	
<b>Meeting Place:</b>	Junction: Welsby Parade and Hall Avenue, Bongaree. Bribie Island.	



<b>Departure Time:</b>	8.00 am			
<b>Duration:</b>	Approx. 6 Hours			
<b>Distance:</b>	14km			
<b>Tide Information:</b>	High Tide: 5.31 am 1.80 Meters Low Tide: 12.14 pm 0.68 Meters			
<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>Australian or NZ standards approved PFD</li> <li>Sponge Bailer</li> </ul>		<ul style="list-style-type: none"> <li>Minimum of 2 Litres of water.</li> <li>Sun Protective Clothing &amp; Sunscreen.</li> <li>Warm paddle clothing</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. Warm paddle clothing required as we will be spending some time in the water.</p>			
<b>Identified hazards:</b>	Waterfront access along Bongaree foreshore. Buckleys Hole Conservation Park, Red Beach and Woorim.			
<b>Identified hazards:</b>	<input checked="" type="checkbox"/> drowning	<input checked="" 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 type="checkbox"/> rocks & gauntlets	<input checked="" type="checkbox"/> boat traffic
	<input checked="" 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 checked="" 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>	VMR 445 Bribie Island. VHF Channel <b>73</b> . Ph <b>34087596</b>			
<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 another paddler's 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:**

