


## Trip Plan

### AC Basic Skills Award

9<sup>th</sup> March 2019

Raby Bay

<b>Trip Leader:</b>	Ian Narborough	
<b>Trip Leader Qualification:</b>	<input checked="" type="checkbox"/> Lifeguard <input type="checkbox"/> FW Guide <input type="checkbox"/> (Sea Guide) <input type="checkbox"/> (Instructor)	
<b>Phone:</b>	0418789499	
<b>Email:</b>	incan@bigpond.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>	7 <sup>th</sup> March 2019	
<b>Date of trip:</b>	9 <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 session is for club members, new financial members of the club and potential members.</p> <p>For non-members there will be a cost of \$10 for insurance, payable on the day or pre-pay at: <a href="http://qldseakayak.canoe.org.au/joining/">http://qldseakayak.canoe.org.au/joining/</a> (bottom of page).</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 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</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 Demonstrate:</li> <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 deep-water rescue or swim the craft ashore</li> </ul> <p>The use of the paddle as a means of support on the water. For additional information please contact the Trip Leader.</p>	
<b>Meeting Time:</b>	8.00 am	
<b>Meeting Place:</b>	Opposite 79 Masthead Drive, Cleveland (Raby Bay) (UBD Map 18 P12)	
<b>Departure Time:</b>	8.15 am	
<b>Duration:</b>	Approx. 3 ½ hours.	
<b>Distance:</b>	Approx. 2 km	

<b>Tide Information:</b>	High tide 11.10 am High 2.28 meters			
<b>Suggested Equipment:</b>	<b>Required equipment</b>		<b>Recommended equipment</b>	
<b>Alternate course and take out points:</b>	<ul style="list-style-type: none"> <li>Sea Kayak with deck lines, enclosed cockpit and spray skirt as per QSKC Gradings.</li> <li>Sun protective clothing &amp; Sunscreen</li> <li>Footwear suitable for paddling, swimming and walking on rocks</li> <li>Minimum 2 litres water</li> <li>Food / Nourishment for the duration of the trip</li> </ul>			
<b>Identified hazards:</b>	<b>Paddlers Requirements</b> 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.			
<b>QSKC Risk Management Policy</b>	Assessment will be carried out within 50 meters of shore for the duration of the event with many takeout points.			
<b>Emergency Rescue Contact:</b>	<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 type="checkbox"/> stingers & bites <input checked="" 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 type="checkbox"/> marine life <input 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>Communication:</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>Safety equipment:</b>	VMR Raby Bay, Phone: 0427372830. Call sign: <b>VMR455</b> , Frequencies monitored: VHF 16, 67, 81, 73.			
<b>Check of other paddlers equipment:</b>	<input checked="" type="checkbox"/> Mobile <input checked="" type="checkbox"/> VHF Radio <input checked="" type="checkbox"/> whistle <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 <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			
<b>Map:</b>	