


Trip Plan

Mooloolaba Ocean Paddle

Sunday 28th April 2019

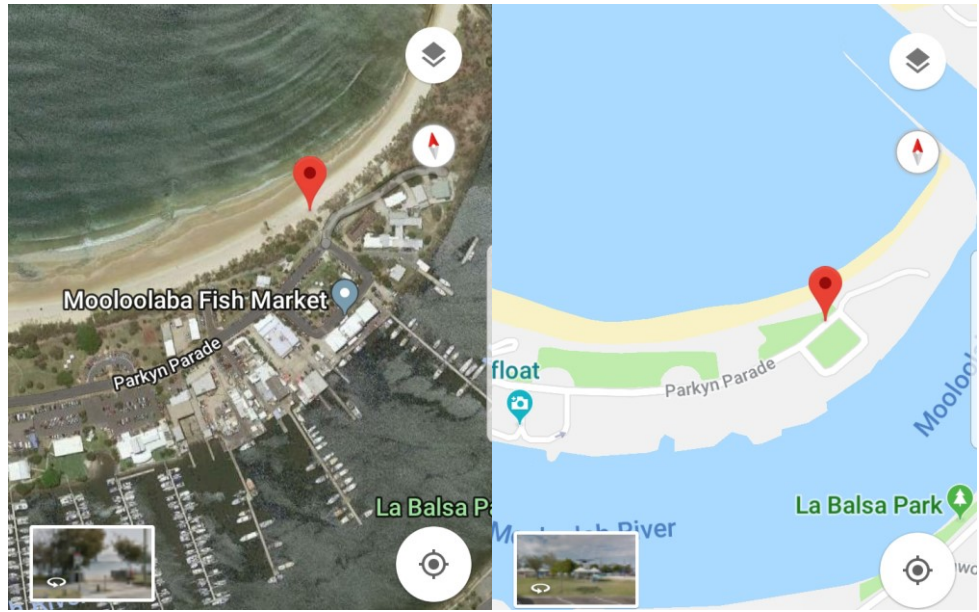
Mooloolaba Beach

Trip Leader:	Gary Forrest		
Trip Leader Qualification:	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> (Sea Guide) <input checked="" type="checkbox"/> (Instructor)
Phone:	0429876955		
Email:	Gary.forrest1@bigpond.com		
Contact Requirements:	Participants must register their interest prior to the event, and provide the Trip Leader with a contact number.		
Register by:	27 th April 2019		
Date of trip:	28 th April 2019		
Grade of Trip:	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
Event Environment:	<input type="checkbox"/> Dam	<input type="checkbox"/> Lake	<input type="checkbox"/> Creek
	<input type="checkbox"/> Estuary	<input type="checkbox"/> Bay	<input type="checkbox"/> River
		<input checked="" type="checkbox"/> Ocean	<input checked="" 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>Grade 2 ocean paddle from Mooloolaba Beach. Departing Mooloolaba Beach, the paddle will round Point Cartwright before heading out to sea. Direction and distance to be determined prior to the event and dependant on weather conditions. If conditions do not allow the ocean paddle to go ahead, an alternative paddle will take place in the Mooloolah river. Club members wishing to further their leadership skills are invited to act as 2IC on this event, so please contact Gary Forrest if interested.</p>		
Meeting Time:	9.30 am		
Meeting Place:	Beach opposite the Mooloolaba Fish Market Parkyn Parade Mooloolaba.		
Alternate Meeting Place:	Charles Clark Park. Corner Foote St and River Esplanade Mooloolaba.		
Departure Time:	10.00 am		
Duration:	3.5 to 4 Hours		
Distance:	Approx. 15-18 Km		
Tide Information:	Low tide 10.19 am: 0.67 m High tide 16.11 am: 1.23 m		
Suggested Equipment:	<p>Required equipment</p> <ul style="list-style-type: none"> • Sea Kayak with deck lines, enclosed cockpit and spray skirt • Australian or NZ standards approved PFD • Sponge Bailer 	<p>Recommended equipment</p> <ul style="list-style-type: none"> • Minimum of 2 Litres of water. • Sun Protective Clothing & Sunscreen. • Insect Repellent. • Footwear suitable for paddling. • Food / Nourishment for duration of trip. 	

Alternate course and take out points:	Paddlers Requirements			
	<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>			
	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.			
	Mooloolah River. If conditions do not allow the ocean paddle to go ahead, an alternative paddle and or skills session will take place in the Mooloolah river.			
	Identified hazards:			
	<input checked="" type="checkbox"/> drowning	<input type="checkbox"/> hypothermia	<input checked="" type="checkbox"/> dehydration/hyperthermia	<input checked="" 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 checked="" type="checkbox"/> exhaustion & fear	<input checked="" type="checkbox"/> group spread	<input checked="" type="checkbox"/> sea sickness	<input checked="" type="checkbox"/> separation at sea
	<input type="checkbox"/> crocodiles	<input type="checkbox"/> shipping lanes	<input checked="" 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 checked="" 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"/>	
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:				
Coast Guard Mooloolaba: VHF 16, 21, 67, 73, 80. "callsign Coast Guard Mooloolaba"				
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 checked="" 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 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:

Meeting Place: Beach opposite the Mooloolaba Fish Market Parkyn Parade Mooloolaba.



**Alternate Meeting place if sea conditions do not permit ocean paddle:
Msc Charles Clark Park. Corner Foote St and River Esplanade Mooloolaba.**

