

## Trip Plan

### Hays Inlet, Freshwater Creek

Sat 1st June

Under the bridges across Hays Inlet and into the Mangroves

<b>Trip Leader:</b>	Rob Rayner	
<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>	0411260564	
<b>Email:</b>	Robrayner67@optusnet.com.au	
<b>Contact Requirements:</b>	Participants <b>must</b> register their interest prior to the event, and provide the Trip Leader with a contact number. Please text if you have to pull out at the last minute. 0411260564	
<b>Register by:</b>	30th May 2019	
<b>Date of trip:</b>	1st June 2019	
<b>Grade of Trip:</b>	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 [double-click relevant box – change default value]	
<b>Event Environment:</b>	<input type="checkbox"/> Dam <input type="checkbox"/> Lake <input checked="" 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>We will paddle under the Houghton Hwy across Hays Inlet and into Fresh water creek. Hays Inlet is shallow and can be a bit choppy which can be fun. Remember to bring some morning tea with you and lots of water to drink.</p>	
<b>Meeting Time:</b>	7.30am	
<b>Meeting Place:</b>	Hornibrook Esplanade, opposite Roland St. UBD Map 91 E 18	
<b>Departure Time:</b>	8.00am	
<b>Duration:</b>	We should be back by 11.30am	
<b>Distance:</b>	Approx 15Km	
<b>Tide Information:</b>	High tide is at 7.44am	
<b>Suggested Equipment:</b>	<p><b>Required equipment</b></p> <ul style="list-style-type: none"> <li>Sea Kayak with deck lines, enclosed cockpit and spray skirt</li> <li>Aust standard approved PFD</li> <li>2 litres of water</li> <li>Sponge Bailer</li> </ul>	<p><b>Recommended equipment</b></p> <ul style="list-style-type: none"> <li>Sun protection (clothing, sunscreen)</li> <li>Footwear suitable for paddling</li> <li>Paddle leash</li> <li>Food for duration of trip</li> <li>Whistle (Pealess)</li> </ul>
	<p><b>Paddlers Requirements</b></p> <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.</p>	



<b>Alternate course and take out points:</b>	There are toilets at our start point. We could land at Brighton Park in an emergency.			
<b>Identified hazards:</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 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 Shorncliffe 07 32698888			
<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 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 other paddlers 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
<b>Map:</b>				