


Trip Plan

St Helena – a morning on Waterloo Bay

Sunday 26 May 2019

Departing Manly

Trip Leader:	Sue Hoggood		
Trip Leader Qualification:	<input checked="" type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> (Sea Guide) <input type="checkbox"/> (Instructor)
Phone:	0407 644 571		
Email:	slhoggood@gmail.com		
Contact Requirements:	<p>Participants must register their interest prior to the event and provide the Trip Leader with a contact number.</p> <p>Please contact trip leader if in doubt. If conditions look unfavourable, please check email or contact the trip leader.</p>		
Register by:	Friday 24 th May 2019		
Date of trip:	Sunday 26 th May 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 type="checkbox"/> Estuary	<input checked="" type="checkbox"/> Bay	<input type="checkbox"/> Ocean <input type="checkbox"/> Surf
Brief Description of Activities:	<p>Leaving Manly Boat Harbour on the last of the outgoing tide, we will paddle across Waterloo Bay to the beach on the southern side of the jetty. After a leisurely break, we can return on flood tide paddle back to Manly.</p> <p>QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.</p>		
Meeting Time:	8:00 am		
Meeting Place:	The northern boat ramp between Qld National Parks Moreton Bay facility and Moreton Bay Trailer Boat Club, Fairlead Crescent Manly.		
Departure Time:	8:30 am		
Duration:	4 hours		
Distance:	15.5 km		
Tide Information:	Low Tide: 9:26am 0.82 m High Tide: 3:10pm 1.61 m		
Suggested Equipment:	Required equipment <small>[Indicate required and recommended equipment to be carried by each paddler, specific to the grade of the paddle and expected conditions – refer to club website]</small> <ul style="list-style-type: none"> Sea Kayak with deck lines, enclosed cockpit and spray skirt Australian or NZ standards approved PFD Sponge Bailer 	Recommended equipment <ul style="list-style-type: none"> Minimum of 2 litres of water Sun Protective Clothing and Sunscreen Insect Repellent Footwear suitable for paddling Food / Nourishment for duration of the trip 	

Paddlers Requirements

New members of QSKC are required to attend an AC Basic Skills Award day prior to their first paddle, or hold equivalent AC qualifications.

Paddlers should have an appropriate level of fitness to paddle up to 15 Km per day. 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.

Alternate course and take out points:

Return to Manly, Wynnum or Wellington Point

Identified hazards:

- | | | | |
|---|--|--|---|
| <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"/> |

QSKC Risk Management Policy

I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: (Tick box)

Emergency Rescue Contact:

Volunteer Coast Guard VMR402, Coast Guard Brisbane. Frequencies monitored VHF 16,63,67,73,21,81 (5:30am -10:00pm Sat) Mobile: 0404 466 000 Phone: 07 3396 5911

Communication:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Mobile | <input checked="" type="checkbox"/> VHF Radio | <input checked="" type="checkbox"/> whistle |
|--|---|---|

Safety equipment:

- | | | | |
|--|---|--|---|
| <input checked="" 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 |

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:
