

UQ Canoe Club
Training and paddling Weekend
The Gold Coast
20th and 21st August

Introduction

There will be flat water (morning) and some whitewater (afternoon) training on the Saturday. On Sunday there will be Sea Kayak Training. We will attempt to stream activities to meet the requirements of beginners, while also providing for more advanced paddlers. Beginners should start on Saturday if possible. We will be guided by the needs and interests of those enrolling. **Please register by Tuesday 16th so that we can make bookings.**

When you are not attending any of the training sessions you will be free to use the kayaks not being used for that session practice and to paddle on the river. We will try to organize paddlers into suitable groups to do so. So some of the sea kayaks should be free on the Saturday and the flat water kayaks on the Sunday.

Members will be able to register for either or both days and to camp overnight. We will BBQ at the camp site.

Experienced paddlers please come down, help the instructors in your sections, ask for additional help at your level, meet up and get to know each other and then enjoy paddling on the river.

Members should not miss the opportunity to get into better and faster kayaks in a place where you can fall in without any problems. This is your chance to upgrade so that you can keep up with the early morning paddlers. Learn the basic safety skills you will need to come on sea kayak trips.

Venue

Boyd's Island on Terranora Creek near the mouth of the Tweed River. This is a delightful camp site with good facilities. The spacious tent area beyond the caravans is close to the BBQ. It is well grassed and close to a small creek so we can paddle the kayaks almost to our tents. There is a deep camp harbour and sandy beaches nearby. The creek leads up to Terranora and Cobaki Broadwaters, shallow lakes that can be paddled when the tide is in, providing over 12 km of paddling water. The Tweed river is only a km away.

Program

Pack trailers Friday 19th evening - 5pm at the shed. Need 4-5 volunteers

Meet at shed:- 5.40 am on Saturday 20th

Depart shed:- 6am **On the water:-** 9 am

Return: Sunday 21st afternoon in time to unpack trailer.

Other: Those returning or coming other times make own arrangements

If there is something you particularly want to learn let us know and if we can we will oblige.

Beginners: Start with the flat water session on Saturday to learn basic kayak strokes and techniques. We will have stable Roscos and even sea kayaks available for you to start in. You can then build on this during other sessions.

Flatwater (Main session Saturday morning)

Instructor Danielle Wallace (Danielle is a qualified instructor and our Flat water Rep)

The sessions will commence with basic paddling techniques suitable for beginners and useful for others. Dani will show members how to set up their kayaks and will help them to understand the different types of kayaks and what each is designed to do.

Dani is prepared to give instruction in advanced paddling techniques and in racing tactics for those who are interested.

Unlike the Brisbane River you can fall in as often as you like in this river and empty the kayaks out safely. Sea kayak and Rosco paddlers can move into TK1s. For TK1 paddlers, this is your chance to move into K1s. Current K1 paddlers please come and contribute then go for a paddle up the river..

White Water (Main session Saturday pm)

Instructors: Cora Skaien (club president) assisted by James Rae. Cora is a Canadian White Water Paddler and James has vast white water and instructor experience in New Zealand. Breck Felsman our white water rep may be able to come.

This will be training on flat water and the number of kayaks may be limited but we will try to give you some grounding in paddling techniques for white water kayaking, as well as training on how to do eskimo rolls, T-rescues, etc. If you are a more experienced white water paddler, please inform us when you register as we will be having a more advanced safety session on the Saturday morning for a limited number of interested people.

Sea Kayaking (Main session Sunday am)

Instructor: Matt Rowland assisted by club sea kayakers

Matt will be teaching people the core skills for paddling in sea kayaks and the strategies needed for safe sea kayaking in choppy water and over longer distances. This session is a key requirement for those wishing to come on club trips on Moreton Bay.

Matt will do some more advanced stuff for those who have more past experience. He is not going to teach rolling, but James Rae who is a skilled instructor will teach rolling in whitewater kayaks on Saturday,. Once you have mastered the technique you can practice converting this to sea kayaks. James may be around Sunday to help but talk to him about times.

It is a club rule that every one coming on sea kayaking trips has demonstrated the ability to do a proper T-rescue **in a sea kayak** and knows how to be rescued. It is much nicer doing it here than in the Brisbane river. Those wanting to come on sea kayak trips, particularly the trip to the Everglades on 3rd and 4th September should try to attend. The lake we cross can get choppy. If you genuinely can't come on the Sunday but can make the Saturday, someone will fit in a brief sea kayak T rescue session for you. Contact Michael (see below).

River trips

These will depend on numbers, availability of kayaks and on tides. They will be sorted out on the days.

Costs

Camping fees:- Between \$12 and \$15.

Kayak depreciation contribution:- \$7 per day

Petrol contribution:- Arrange with your driver if you are not driving

Camping Requirements

You will need to bring a tent, sleeping mat and sleeping bag as well as plenty of kayaking gear as everyone will get wet - probably on both days. We will BBQ at the campsite on Saturday night so bring something to BBQ (or whatever you prefer) as well as plates and utensils. You will need one breakfast, two packed lunches and plenty of snacks. Bring something nice to hand around. A beer or a glass of wine is fine but in moderation please.

The club will have 3 two man tents, 5 sleeping bags and some sleeping mats. So if you don't have camping gear or can't borrow any then link up with someone you like and reserve what you want before supplies run out. We will ask you to make a small donation for this.

To Register

Register by email with Michael at "treasurer@uqcanoecub.net"

Please copy into your email and supply the following information

Name

I want to register for:

1. Saturday (flat water, white water afternoon, advanced whitewater safety in morning, or more than one of these).
2. Sunday
3. Camping overnight (indicate if you want club gear)

Can you bring a car ?

If so...

1. How many can you take including yourself
2. Do you have a roof rack - also if cradles
-How many kayaks can you take and are you bringing your own?
3. Do you have a tow bar and can you pull a trailer?



Terranora Creek



Tent area and BBQ

Camp site map



More tent area. Caravans to the right

Beach on Terranora Creek



Small Creek and harbour (right) at camp site