
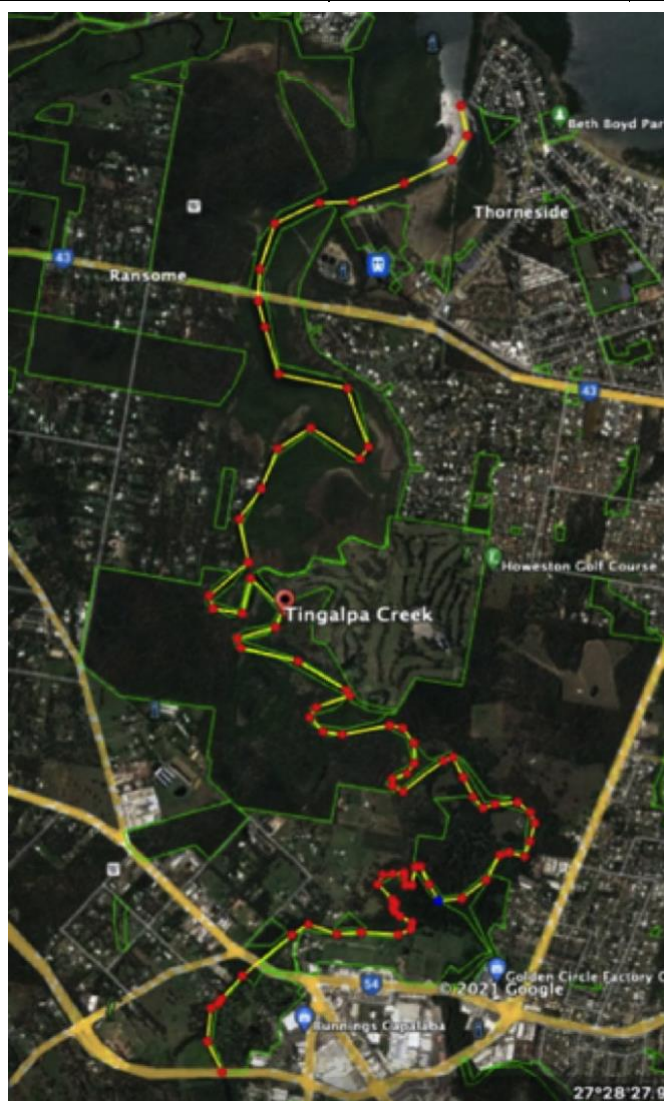


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|  | THE UNIVERSITY OF QUEENSLAND CANOE CLUB |
| | G1: TINGALPA CREEK |
| | A Paddle up Tingalpa Creek for lunch before returning to the mouth of the creek. |

A Paddle from Tingalpa creek boat ramp up the creek to Capalabah Park for lunch stopping along the way for morning tea at a suitable stopping point (or on the water).

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| Discipline | Sea kayaking / Flatwater | Paddle <u>Grade</u> | 1 |
| Date(s) | Saturday 5 th of March 2022 | Event ID | 220206FS |
| Distance | 23km (11.6 each way) | Duration | 8 hrs / 6 on water] |
| Leader | Siti Abdul Khalid | 2IC | Darren Bennett |



Route Map

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| Tides | 6.18am (0.5m) 12.32pm (2.6m) 7.30pm (0.6m) | Moon | Waxing Crescent |
| Sunrise: | 5.18-5.42 | Sunset: | 6.14-6.38 |

Trip Outline

- 6:00 AM Meet club shed to pack trailer (or 6:30 AM if packed or no trailer)
- 7:00 AM depart club shed
- 8:00 AM Meet Put in point
- 8:30 AM depart Put in point (boat ramp)
- 11:30 Lunch at Capalabah Park
- 13:00 Depart Lunch
- 16:00 Arrive Takeout
- 16:30 Depart Takeout
- 17:30 Arrive Shed
- 18:30 Depart Shed



Put in Point / Take Out in Point

Tingalpa Creek boat ramp, 96 Queens Esplanade, Thornside

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|-----------------------------------|---|-----------------------|----------------|
| Put in Point | Tingalpa Creek boat ramp 96 Queens Esplanade, Thornside | Take-out Point | Same as Put in |
| Alternate Route Variations | • Turn around earlier. Lunch earlier along route. | | |
| Information Links | Capalaba Regional Park | | |
| Facilities | Toilets & water at the lunch area | | |

SAFETY

Kayaking on Tingalpa Creek can be hazardous. If conditions are unfavourable we will not go. We will register with the coast guard prior to departure and be in telephone contact. If you have medical conditions, consult your doctor, let the leader know if they are relevant (eg asthma, diabetes, heart conditions, allergies, epilepsy, etc), and bring any required medication.

Risks and Management

Club Sea Kayak Risk Assessment (Detailed Risk Assessments on request)

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| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Drowning <input checked="" type="checkbox"/> Sunburn <input checked="" type="checkbox"/> Medical Conditions <input checked="" type="checkbox"/> Cuts Strains and Sprains <input checked="" type="checkbox"/> Dehydration <input checked="" type="checkbox"/> Ineffective Rudder <input checked="" type="checkbox"/> Entire Group Capsizing <input checked="" type="checkbox"/> Hypothermia <input checked="" type="checkbox"/> Heat Exhaustion / Hyperthermia <input checked="" type="checkbox"/> Tripping While Walking <input checked="" type="checkbox"/> Group Getting Lost <input checked="" type="checkbox"/> Getting Separated from Group <input checked="" type="checkbox"/> Animals and Plants (minor injury) <input type="checkbox"/> Animals and Plants (major injury) <input checked="" type="checkbox"/> Bad Weather / Weather Change <input checked="" type="checkbox"/> Sea Sickness <input checked="" type="checkbox"/> Capsize <input type="checkbox"/> Rough Seas <input type="checkbox"/> Surf <input checked="" type="checkbox"/> Sinking Boat | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fitness / Fatigue <input checked="" type="checkbox"/> Equipment Failure <input checked="" type="checkbox"/> Enter / Exit Boat <input checked="" type="checkbox"/> Carrying Boats <input checked="" type="checkbox"/> Algae / Contamination <input checked="" type="checkbox"/> Boat Traffic / Shipping <input checked="" type="checkbox"/> Separation from Boat <input checked="" type="checkbox"/> Missing / Broken Paddle <input checked="" type="checkbox"/> Paddle Related Injuries / Tendonitis / Blisters <input checked="" type="checkbox"/> Hit by Paddle <input checked="" type="checkbox"/> Strainers (Overhanging Trees / Mangroves / Fishing lines / Structures <input checked="" type="checkbox"/> Panic / Fear <input checked="" type="checkbox"/> Rocks and Submerged Objects <input type="checkbox"/> Darkness / Stranded at Night <input type="checkbox"/> Paddling in the Dark / Night Paddling <input checked="" type="checkbox"/> Covid |
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Club Travel Risk Assessment (Detailed Risk Assessments on request)

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| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Drowsiness while Driving <input checked="" type="checkbox"/> Loads Falling from Vehicle or Trailer, or Hitting Occupants in Accident <input checked="" type="checkbox"/> Injury from Loading / Unloading Equipment from Vehicle <input checked="" type="checkbox"/> Unleaded Petrol | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Incident/Accident while Driving <input checked="" type="checkbox"/> Becoming Lost <input checked="" type="checkbox"/> Breakdown or Breakdown in Remote Areas <input checked="" type="checkbox"/> Towing Trailer <input checked="" type="checkbox"/> Covid |
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Additional Risks

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General Risk Management

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| Paddler Requirements | <p>Conditions can be calm, but can change dramatically with winds and tides contributing significantly to this.</p> <p>Paddlers must advise leaders if they have health issues or injuries that may affect participation. Ensure medication is carried and is accessible. If unsure, they should check with their doctor beforehand.</p> <p>Participants must self-assess their, and their equipment's ability to cope with this grade of club event. The club grading scale is located on the club website. This should be consulted prior to registration, and any concerns or anything needing clarification should be raised with the trip leader beforehand.</p> <p>Participants need the skills for the grade of the trip, unless modified below "Additional Comments".</p> <p>Participants should have an appropriate level of fitness. This is a trip that requires a moderate fitness level and a minimum sustained cruising speed as required by the paddle grade.</p> |
| Emergency Contact Information | <ul style="list-style-type: none"> • Marine Radio Moreton Bay (VMR402) Manly Harbour [update details] • Coast Guard Brisbane (QF2) 40 Trafalgar Street Manly (Harbour) Sat & Sun 0600 – 1800 Ph: (07) 3396 5911 Mobile: 0404 466 000 VHF (VMR402) 16, 63, 67, 73, 21, 81 • Emergencies only – 000 |
| Nearest Medical Help and Contacts | <p>Hospital(s)</p> <ul style="list-style-type: none"> • Redland Hospital: 3488 3111 Weippin St, Cleveland QLD 4163 <p>Medical Centre(s)</p> <ul style="list-style-type: none"> • Wynnum Medical Centre: 3348 9000 (Sat:1-5PM;Sun:10AM-2PM) 7/1795Wynnum Rd, Tingalpa |

Safety and Personal Equipment

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| Personal Equipment (Full list) | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Clothing you can get wet (on the water) <input checked="" type="checkbox"/> Dry clothing (to keep warm) <input checked="" type="checkbox"/> Equipment Requirements for Grade <input checked="" type="checkbox"/> Food adequate for trip duration <input checked="" type="checkbox"/> Footwear suitable for paddling, swimming. Extra for on land. No thongs/flip flops or bare feet (oysters and spiky/venomous animals can get you!) <input checked="" type="checkbox"/> Paddle clothes to protect from cold/wind (e.g. thermal/spray jacked or cag) |
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| | <input checked="" type="checkbox"/> Water and snacks accessible while paddling <input checked="" type="checkbox"/> Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc) <input checked="" type="checkbox"/> Water – 3L per day (4L if camping) | | |
| Kayak Equipment (Required sea kayaking equipment for grade) | <input checked="" type="checkbox"/> Dry Bag <input checked="" type="checkbox"/> Life Jacket (type II) and Paddle <input checked="" type="checkbox"/> Paddle Tie <input checked="" type="checkbox"/> Pump, Sponge, and Bailer <input checked="" type="checkbox"/> Paddle Float <input checked="" type="checkbox"/> Spray Deck - if you have not used one <u>tell the leader</u> before or when you register! Pre-trip training may be needed. <input checked="" type="checkbox"/> Suitable Craft [(sea kayak)] <input checked="" type="checkbox"/> Whistle | | |
| Communications | <input type="checkbox"/> Flares <input checked="" type="checkbox"/> Mobile Phone <input type="checkbox"/> PLB/EPIRB | <input type="checkbox"/> Signal Mirror <input type="checkbox"/> V-Sheet | <input type="checkbox"/> VHF Radio <input checked="" type="checkbox"/> Whistle |
| Safety Equipment | <input checked="" type="checkbox"/> First Aid Kit <input checked="" type="checkbox"/> Hand Pump | <input checked="" type="checkbox"/> Paddle Floats <input checked="" type="checkbox"/> Repair Kit | <input checked="" type="checkbox"/> Rescue Stirrup <input checked="" type="checkbox"/> Spare Paddle |
| Additional or Emphasised Equipment | Please make sure you bring water (2-4 litres), lunch, snacks, sun protection and foot wear. Water and snacks need to be accessible whilst you paddle | | |
| Check Paddlers' Equipment (prior to launch) | <input checked="" type="checkbox"/> Bailer/Pump <input checked="" type="checkbox"/> Footwear <input checked="" type="checkbox"/> Medication | <input checked="" type="checkbox"/> Life Jacket <input checked="" type="checkbox"/> Paddle Leash <input checked="" type="checkbox"/> Spray Deck | <input checked="" type="checkbox"/> Suitable Craft <input checked="" type="checkbox"/> Sunsmart Gear <input checked="" type="checkbox"/> Water |

LOGISTICS

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| Pre-Trip Meeting | Communications via emails |
| Boat Loading Details | Saturday 5 th March 2022 at 6 AM |
| Costs | <ul style="list-style-type: none"> • \$10 wear and tear contribution for club gear use (per day) • \$ for petrol for your driver / trailer tower • A few extra dollars for a coffee etc afterwards (if time). Please bring cash as we like to complete reimbursing everything at the end of the trip. Please bring a range of notes so you can reimburse directly and immediately as needed to the club, your driver, organiser for costs they may have incurred on your behalf, etc. |
| Additional Comments/ Instructions | Numbers will be limited by transport, the number of people with sufficient skills, and the weather. Within these constraints it will be first come first served and number will be limited. |

EVENT REGISTRATION

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|--------------------------|---|----------------------|------------------------------------|
| Register with | Siti | Email | Committee Contacts |
| Limits on Numbers | Register soon. Numbers will be limited by transport, the number of people with sufficient skills, and the weather. Within these constraints it will be first come first served and number will be limited. Trip Leader will decide. | | |
| Register by | Thursday 3 rd March 2022 | Club Event ID | 220305FS |