



## THE UNIVERSITY OF QUEENSLAND CANOE CLUB

### G1: CIRCUMNAVIGATION OF GREEN ISLAND

A great trip for those interested in kayaking in Moreton bay

This is a great trip to getting introduced to kayaking in the bay. This trip is tide dependent, high tide is around 11.53 AM. We will go anticlockwise around the island, going from the south end of the island, around the eastern side through the mangroves, and stop on the sandy spit on the north west corner of the island. We will spend about an hour on Green Island or St Helena Island having lunch. We may also practice some skills. Beginners may have an opportunity to learn some skills. We will then return directly to Manly.



<b>Discipline</b>	Sea kayaking	<b>Paddle Grade</b>	1
<b>Date(s)</b>	Sunday, 6 <sup>th</sup> March 2022	<b>Event ID</b>	220306S
<b>Distance</b>	About 15km (20km if the group is stronger and we go via St Helena Island)	<b>Duration</b>	~4 hrs
<b>Leader</b>	Benjamin Liang	<b>2IC</b>	[TBD]



Route Map

<b>Tides</b>	HIGH 11:53am (2.3m)  LOW 18:21pm (0.5m)	<b>Moon</b>	Three days after new moon (relatively large variation between high/low tides, big tidal difference = stronger currents)
<b>Sunrise/set</b>	05:43 AM (Sunrise)  18:13 PM (Sunset)		
<b>Trip Outline</b>			
<ul style="list-style-type: none"> <li>• 06:00 AM Meet club shed to pack trailer (or 6:30 AM if packed previously or not bringing trailer)</li> <li>• 07.00 AM depart club shed</li> <li>• 08:00 AM arrive Manly</li> </ul>			

- 09:00 AM on the water, departing Breakwater park
- 11:00 AM Stop on green island (optional paddle to St Helena island, depending on time/group ability)
- Lunch
- 12:00 PM Depart island
- 14:00 PM Arrive Manly
- 15:00 PM Depart Manly
- 16:00 PM Arrive at Shed
- 17:00 PM Depart Shed



**Put in/ Take out Point at Breakwater Park.** Secondary point take out point at Wynnnum boat ramp if south / south-easterly wind/waves are significant.

<p><b>Put in/ Take out Point</b></p>	<p>Breakwater park on the south side of Wynnnum Creek, on Waterloo Esplanade. If conditions are windy with south or south-easterly winds, we will put in/take out at Wynnnum creek boat ram on the north side of the creek (Glenora Rd &amp; Wynnnum North Esplanade)</p>
<p><b>Alternate Route Variations</b></p>	<ul style="list-style-type: none"> <li>• Option to stop at St Helena after Green Island</li> <li>• Option to take out at Manly Harbour</li> </ul>

<b>Facilities</b>	No facilities available at Green island, kayakers must bring sufficient food and water for the day. Toilets available on St Helena island
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## SAFETY

Sea kayaking on Moreton Bay 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)

<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 checked="" 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 checked="" type="checkbox"/> Rough Seas <input type="checkbox"/> Surf <input checked="" type="checkbox"/> Sinking Boat	<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 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)

<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	<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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### General Risk Management

<b>Paddler Requirements</b>	Conditions can be calm, but can change dramatically with winds and tides contributing significantly to this.
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	<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 <a href="#">club grading scale</a> 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. 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>
<p><b>Emergency Contact Information</b></p>	<ul style="list-style-type: none"> <li>• Coast Guard Brisbane (QF2) Ph: (07) 3396 5911 Mobile: 0404 466 000</li> <li>• VHF: 16, 73, 81 Sat &amp; Sun 0600 – 1800</li> <li>• Marine Radio Moreton Bay (VZ4RQ) Ph: 3396 8666 VHF: Emergency - 16 &amp; 67, Calling 73, Repeaters Bay (Nth) 81, (Sth) and outside the islands 82</li> <li>• Emergencies only – 000</li> </ul>
<p><b>Nearest Medical Help and Contacts</b></p>	<p>Hospital(s)</p> <ul style="list-style-type: none"> <li>• Princess Alexandria Hospital: 3176 2111 199 Ipswich Rd, Woolloongabba</li> <li>• Redland Hospital: 3488 3111 Weippin St, Cleveland QLD 4163</li> </ul> <p>Medical Centre(s)</p> <ul style="list-style-type: none"> <li>• Wynnum Medical Centre: 3348 9000 (Sat:1-5PM;Sun:10AM-2PM) 7/1795Wynnum Rd, Tingalpa</li> </ul>
<p><b>Safety and Personal Equipment</b></p>	
<p><b>Personal Equipment</b>  (Full list)</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Clothing you can get wet (on the water)</li> <li><input checked="" type="checkbox"/> Dry clothing (to keep warm)</li> <li><input checked="" type="checkbox"/> Equipment Requirements for <a href="#">Grade</a></li> <li><input checked="" type="checkbox"/> Food adequate for trip duration</li> <li><input checked="" type="checkbox"/> Footwear suitable for paddling, swimming. Extra for on land. <b>No thongs/flip flops or bare feet</b> (oysters and spiky/venomous animals can get you!)</li> <li><input checked="" type="checkbox"/> Paddle clothes to protect from cold/wind (e.g. thermal/spray jacked or cag)</li> </ul>

	<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)		
<b>Kayak Equipment</b> <a href="#">(Required sea kayaking equipment for grade)</a>	<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 <b>tell the leader</b> before or when you register! Pre-trip training may be needed. <input checked="" type="checkbox"/> Suitable Craft [(sea kayak)] <input checked="" type="checkbox"/> Whistle		
<b>Communications</b>	<input checked="" type="checkbox"/> Flares <input checked="" type="checkbox"/> Mobile Phone <input type="checkbox"/> PLB/EPIRB	<input type="checkbox"/> Signal Mirror <input checked="" type="checkbox"/> V-Sheet	<input type="checkbox"/> VHF Radio <input checked="" type="checkbox"/> Whistle
<b>Safety Equipment</b>	<input checked="" type="checkbox"/> First Aid Kit <input checked="" type="checkbox"/> Hand Pump	<input checked="" type="checkbox"/> Paddle <input checked="" type="checkbox"/> Floats <input checked="" type="checkbox"/> Repair Kit	<input type="checkbox"/> Rescue Stirrup <input checked="" type="checkbox"/> Spare Paddle
<b>Additional or Emphasised Equipment</b>	Please make sure you bring water (2-4 litres), lunch, snacks, sun protection and appropriate footwear. Water and snacks need to be accessible whilst you paddle		
<b>Check Paddlers' Equipment</b> (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 <input checked="" type="checkbox"/> 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

<b>Pre-Trip Meeting</b>	N/A
<b>Boat Loading Details</b>	Saturday Evening or Sunday Morning before leaving (TBC). Meet at shed at 06:00 AM or 06:30 AM (if boats already loaded)- Check email for updates
<b>Costs</b>	<ul style="list-style-type: none"> <li>• \$15 wear and tear contribution for club gear use (per day)</li> <li>• \$ for petrol for your driver / trailer tower</li> <li>• A few extra dollars for a coffee etc afterwards (if time).</li> </ul> <p>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.</p>

<b>Additional Comments/ Instructions</b>	<p>It is not essential to have demonstrated a Sea kayak T-rescue. However, please inform the leaders if you have not done a wet exit, or if you are not confident. We may arrange training at the UQ pool on a Tuesday night.</p> <p>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.</p>
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## EVENT REGISTRATION

<b>Register with</b>	Benjamin	Email	equipment@uqcanoecub.net
<b>Limits on Numbers</b>	<p>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.</p>		
<b>Register by</b>	2 <sup>nd</sup> March 2022	<b>Club Event ID</b>	220306S