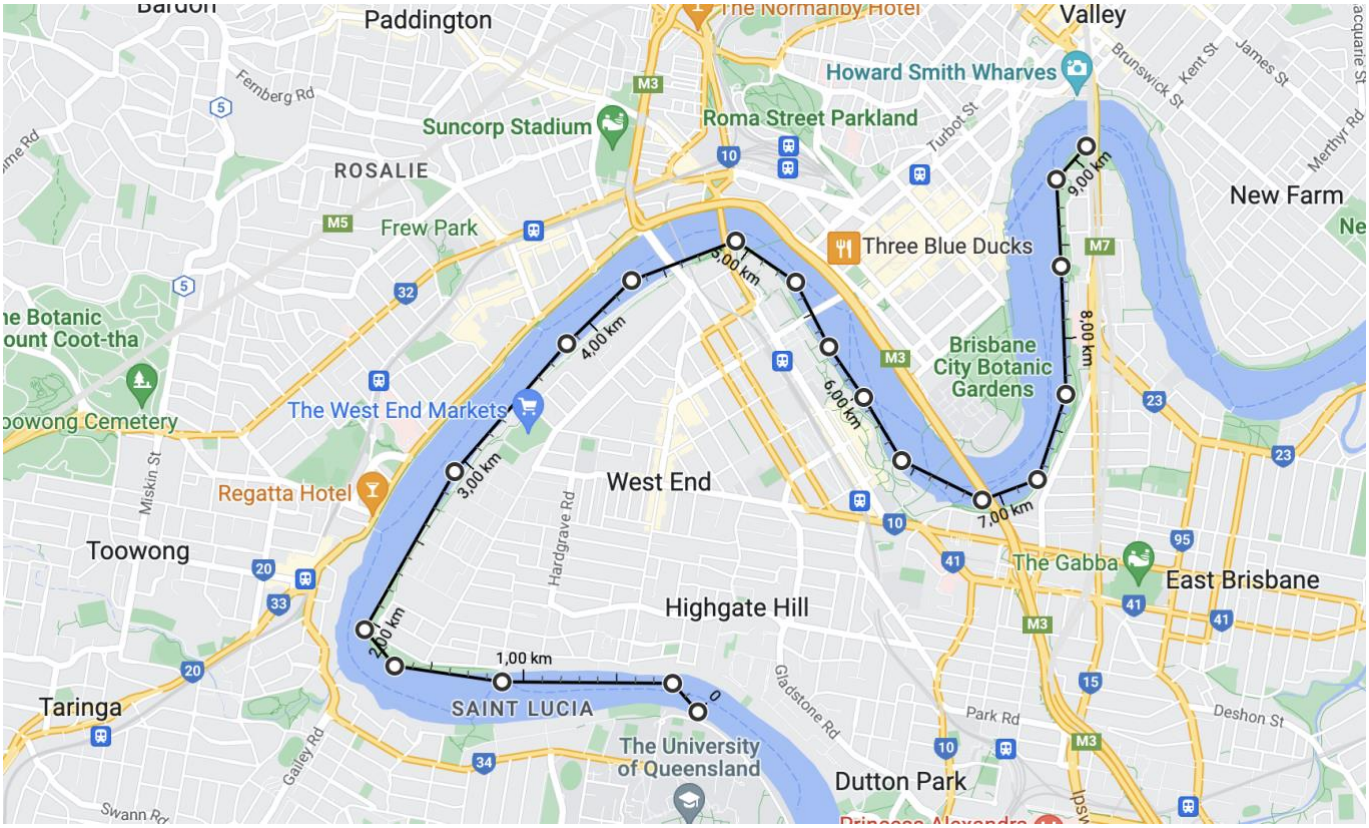
	THE UNIVERSITY OF QUEENSLAND CANOE CLUB
	G1 STORY BRIDGE PADDLE
	This is a paddle from the UQ Canoe Club all the way through the city to the famous Story Bridge and back. The paddle is 18 km but has tidal assistance in both directions. It is suitable for reasonably fit beginners.

We will start our paddle at 10 am the UQ boat shed and will paddle 9 km with tidal support via West End, Southbank and Kangaroo Point to the Story Bridge. Below the Story Bridge is a small patch of sand where we will land (at about 12.30 pm), eat our lunch and wait for the tide to turn (at about 1.30 pm). Please bring your own snacks, lunch and water. There are toilets nearby. One can also walk to a café to get a hot or cold drink (not much food available).

After the tide has turned, we paddle back the 9 km to the shed. We should arrive there before 4pm. We wash the boats and head home. Please wear clothes and shoes that can get wet and bring at least one change of clothes for the lunch break. Please be sun safe and wear sunscreen, a hat and sunglasses.

Discipline	Flatwater	**Paddle Grade**	1 (tidal assistance both ways)
Date(s)	Sat 1st April	**Event ID**	230401F
Distance	18 km	**Duration**	6 hrs / paddling 4 hrs
Leader	Steff	**2IC**	TBD



Route Map

Tides	Brisbane Bar Low Tide: 6:29 am High Tide: 13:16	**Moon**	First quarter
Sunrise/set	Sunrise: 5:57 am Sunset: 5:46 pm		

Trip Outline

- 10:00 am – meet at shed to prepare boats
- 10:30 am – start paddling
- 11:30 am – raft up to have a snack
- 12:30 pm – have a one hour lunch break below the Story Bridge – there is a café nearby to buy hot or cold drinks
- 13:30 pm – start paddling back
- 14:30 pm – raft up to have a snack
- 15:30 pm – arrive at boat house, clean boats
- 16:00 pm – depart shed

Stop Point

Put in Point	UQ Canoe Club Shed	**Take-out Point**	UQ Canoe Club Boat Shed
Alternate Route Variations	Possible other stops for a shorter route would be West End Markets or South Bank pontoon.		
Facilities	Toilets and water are available in the park below the Story Bridge.		

SAFETY

Kayaking can be hazardous. If conditions are unfavourable we will not go. 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)

☒ Drowning ☒ Sunburn ☒ Medical Conditions ☒ Cuts Strains and Sprains ☒ Dehydration ☒ Ineffective Rudder ☐ Entire Group Capsizing ☒ Hypothermia ☒ Heat Exhaustion / Hyperthermia ☒ Tripping While Walking ☐ Group Getting Lost ☒ Getting Separated from Group ☒ Animals and Plants (minor injury) ☒ Animals and Plants (major injury) ☒ Bad Weather / Weather Change ☒ Sea Sickness ☒ Capsize ☒ Rough Seas ☐ Surf ☒ Sinking Boat	☒ Fitness / Fatigue ☒ Equipment Failure ☒ Enter / Exit Boat ☒ Carrying Boats ☐ Algae / Contamination ☒ Boat Traffic / Shipping ☒ Separation from Boat ☒ Missing / Broken Paddle ☒ Paddle Related Injuries / Tendonitis / Blisters ☐ Hit by Paddle ☒ Strainers (Overhanging Trees / Mangroves / Fishing lines / Structures ☒ Panic / Fear ☒ Rocks and Submerged Objects ☐ Darkness / Stranded at Night ☐ Paddling in the Dark / Night Paddling ☐ Cooking ☐ Camping ☒ Covid
Club Travel Risk Assessment (Detailed Risk Assessments on request)	
☐ Drowsiness while Driving ☐ Loads Falling from Vehicle or Trailer, or Hitting Occupants in Accident ☐ Injury from Loading / Unloading Equipment from Vehicle ☐ Unleaded Petrol	☐ Incident/Accident while Driving ☐ Becoming Lost ☐ Breakdown or Breakdown in Remote Areas ☐ Towing Trailer ☐ Covid

General Risk Management

Paddler Requirements	Conditions can be calm but can change dramatically with winds and tides contributing significantly to this. 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. 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. Participants need the skills for the grade of the trip, unless modified below "Additional Comments". 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.

Emergency Contact Information	• Marine Radio Moreton Bay (VMR402) Manly Harbour [update detals] • Coast Guard Brisbane (QF2) Ph: (07) 3396 5911 Mobile: 0404 466 000 VHF 16, 73, 81 Phone: Sat & Sun 0600 – 1800 • Marine Radio Moreton Bay (VZ4RQ) Ph: 3396 8666 VHF: Emergency - 16 & 67, Calling 73, Repeaters Bay (Nth) 81, (Sth) and outside the islands 82 • Emergencies only – 000		
Nearest Medical Help and Contacts	The Wesley Hospital – 451 Coronation Dr, Auchenflower, (07) 3232 7000 Mater Hospital Brisbane – Raymond Terrace, South Brisbane QLD 4101, (07) 3163 8111		
Safety and Personal Equipment			
Personal Equipment (Full list)	☒ Clothing you can get wet (on the water) ☒ Dry clothing (to keep warm) ☒ Equipment Requirements for Grade ☒ Food adequate for trip duration ☒ Footwear suitable for paddling, swimming. Extra for on land. ***No thongs/flip flops or bare feet*** (oysters and spiky/venomous animals can get you!) ☒ Paddle clothes to protect from cold/wind (e.g. thermal/spray jacked or cag) ☒Water and snacks accessible while paddling ☒ Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc) ☒ Water – 3L per day (4L if camping)		
Kayak Equipment (Required sea kayaking equipment for grade)	☒ Dry Bag ☒ Life Jacket (type II) and Paddle ☒ Paddle Tie ☒ Pump, Sponge, and Bailer ☒ Paddle Float ☒ Spray Deck - if you have not used one **tell the leader** before or when you register! Pre-trip training may be needed. ☒ Suitable Craft [(sea kayak)] ☒ Whistle		
Communications	☐ Flares ☒ Mobile Phone ☐ PLB/EPIRB	☐ Signal Mirror ☒ V-Sheet	☐ VHF Radio ☒ Whistle
Safety Equipment	☒ First Aid Kit ☒ Hand Pump	☒ Paddle Floats ☒ Repair Kit	☐ Rescue Stirrup ☒ 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)	☒ Bailer/Pump ☒ Footwear ☒ Medication	☒ Life Jacket ☒Paddle Leash ☒ Spray Deck	☒ Suitable Craft ☒ Sunsmart Gear ☒ Water

LOGISTICS

Costs	There is no cost associated with this paddle. Only if we go for drinks /food/coffee.
Additional Comments/ Instructions	Numbers will be limited by boat availability, 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

Register with	Steff	Email	**Leader Email Address Location**: Inductors Contacts Page
Limits on Numbers	Register soon. Numbers will be limited by boat availability, 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	31/03/2023 12pm	**Club Event ID**	230401F