



THE UNIVERSITY OF QUEENSLAND CANOE CLUB

G1: INTRO TO SEA KAYAKING

An introductory day at Redcliffe in Moreton Bay to learn basic sea kayak skills at the beach.



We will put in at along the shore of Margate Beach at Redcliffe. We will paddle along the shore next to beaches where we can stop if needed. Depending on weather conditions we will paddle north past Sutton's and Queens Beach potentially as far as Scarborough Beach. Alternatively we may paddle south around the Woody Point to Bells Beach or Clontarf Beach. If wind's dictate we may put in at Clontarf or Bells Beach and do activities in the lea of the peninsula. We will practice sea kayak rescue skills and then have lunch at one of the parks. In the afternoon will we paddle back.

During this trip we will be swimming and spending time in the water - so please bring a bathing suit, towel and warm clothing with you.

Prerequisites:

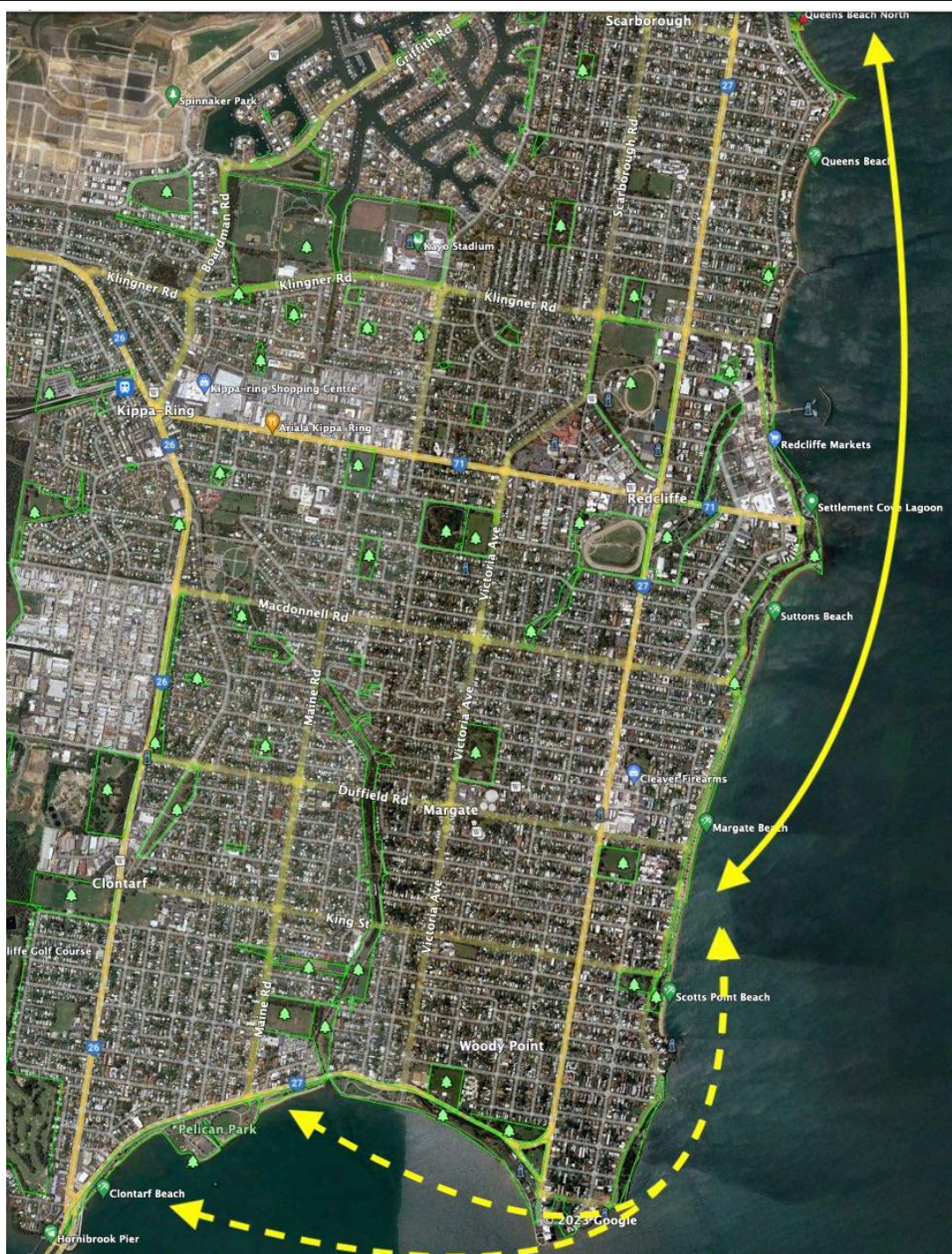
- Completed a UQ sport 400m swim test.
- PLEASE ATTEND UQ POOL SESSIONS TO LEARN HOW TO USE A SPRAY DECK (i.e. complete a wet exit). **PLEASE MAKE THE LEADER IS AWARE, IF YOU HAVE NOT COMPLETED THIS REQUIREMENT.**
- In addition, before attending this trip it is helpful, but not required to have practiced T- rescues *in a sea kayak* on the UQ pool.

Spaces are limited, so please register early and preference will be given to those members who have not done it before. However, please still register your interest.

Please bring along enough water (2-3 L) and food for the trip, together with sunscreen and sun protection. Bring some warm dry clothes for after you get wet!

Limitations: Up to 10-12 people but depends on kayaks and transport.

Discipline	Sea Kayaking	Paddle Grade	1
Date(s)	Saturday 12 th Aug 2023	Event ID	230812S
Distance	10-12 km	Duration	5 Hrs paddling and rescue practice. 1hr lunch.
Leader	Martin Wynne	2IC	TBC



Route Map

Tides	Brisbane Bar H: 6:39AM (1.54m) L: 12:30 P(0.58m) H: 7:18PM (2.26m)	Moon	Full: Wed 16 th Aug
Sunrise/set	Sunset: 5:24-5:48PM		
Trip Outline			
<ul style="list-style-type: none"> • 6:00 AM Meet club shed to pack trailer (or 6:30 AM if packed or no trailer) • 7.15 AM depart club shed... • 8:00 AM Meet Put in at Victoria Point (near VMR) • 8:30 AM – Land introduction (prior to on water activities) <ul style="list-style-type: none"> ○ Layout of Sea kayaks and design features ○ Sea kayaking equipment, including safety equipment ○ Club grading system ○ Basic tide/ current knowledge – how these impact on our trip planning/ ferry gliding ○ What to take (for a day trip) and where to stow it (basic intro) ○ PACK BOATS ○ Seat adjustment/ posture / set up ○ Dangerous marine animal awareness ○ Basic Paddle strokes – forward/ reverse/ stop -turning/ keeping straight/ 'edging' to turn ○ Bracing – low brace, high brace. ○ Rules of the pod/ paddle signals ○ Identification of hazards/ dangers (basic intro) • Complete a standard trip and activity briefing • 10:00 PADDLE SKILLS approx. 4-5 km paddling in morning Demonstration and assistance with execution of paddle strokes, turning/ keeping straight/ ferry gliding/ edging. Channel Crossing, basic marine markers. Reinforcement of knowledge conveyed at briefing prior to getting on water. • ~11:00 RESCUE TRAINING – IN WATER At this stage this activity will occur on the northern or eastern side of Redcliffe Island, off a sandy beach. We will look for a park with the opportunity to change into other clothes for in water activities and with water and public toilets. Demonstrate and execute wet exit and understand hazards associated with this exercise. Assisted rescue – 'T' rescue Self rescue – paddle float rescue, cowboy rescue • ~12:30 Lunch (at same beach as 'in water' training session). You will need to bring lunch. • ~13:30 RETURN PADDLE – TOWING and Paddle Skills 			

approx. 5-6 km return paddle to put in point
Towing and continued execution of learned skills

- **~15:00 PACK UP**
Pack trailer for return trip and clean boats at shed.
Day should be finished by 5:30 pm but be prepared for potential delays.
- **15:30 Depart Takeout**
- **16:30 Arrive Shed - clean and pack gear**
- **17:30 Depart Shed**



Put in Point

<p>Put-in and Take-out Point</p>	<p>Clontarf Beach near the boat ramp / Toilet Block. Near corner of Margate Parade and Mabel St.</p>
<p>Alternate Route Variations</p>	<ul style="list-style-type: none"> • Paddle around Woody Point and use Contarf or Bells Beaches as a base. • If significant easterlies, put in at the end of Haysmouth Parade Redcliffe and do activities in Hayes Inlet and/or the mouth of the Pine River near Dohles Rocks Playground / boat ramp
<p>Facilities</p>	<p>Toilets and water available at Put in/Take out Points. Toilets at Parks on the way.</p>

SAFETY

Sea kayaking on Moreton Bay can be hazardous. If conditions are unfavourable we will not go. We will register with the VMR 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)

<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 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 	<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 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 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"/> Cooking <input type="checkbox"/> Camping <input checked="" type="checkbox"/> Covid
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Club Travel Risk Assessment (Detailed Risk Assessments on request)

<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/ Breakdown in Remote Areas <input checked="" type="checkbox"/> Towing Trailer <input checked="" type="checkbox"/> Covid
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General Risk Management

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>
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	<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"> • Emergencies only – 000 • Coast Guard Redcliffe : (07) 3203 5522 VMR 403 / QF3 Redcliffe : VHF – 16, 73, 81, 82 1 Thurecht Parade Scarborough, Queensland
Nearest Medical Help and Contacts	<p>Hospital(s)</p> <ul style="list-style-type: none"> • Redcliffe Hospital: 3883 7777 108 Anzac Avenue REDCLIFFE QLD 4020
Safety and Personal Equipment	
<p>Personal Equipment</p> <p>(Full list)</p>	<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) <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)
<p>Kayak Equipment</p> <p>(Required sea kayaking equipment for grade)</p>	<ul style="list-style-type: none"> <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 - <i>if you have not used one tell the leader</i> 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 checked="" type="checkbox"/> Flares <input checked="" type="checkbox"/> Mobile Phone <input checked="" type="checkbox"/> PLB/EPIRB	<input checked="" type="checkbox"/> Signal Mirror <input checked="" type="checkbox"/> V-Sheet	<input checked="" 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 footwear . 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

Pre-Trip Meeting	Not needed – Email leader with questions
Boat Loading Details	The trailer will be loaded on Saturday afternoon (time TBC) or on the morning prior to leaving. This will depend on numbers and whether the trailer is taken.
Costs	<ul style="list-style-type: none"> • \$10 wear and tear contribution for club gear use (per day) – via payID email treasurer@uqcanoecub.net for details. • \$ for petrol for your driver / trailer tower • A few extra dollars for a coffee etc afterwards (if time)?
Additional Comments/ Instructions	It is not essential to have demonstrated a sea kayak T-rescue. However we prefer (if possible) that the majority of participants have done at least a wet exit at one of our pool sessions on a Monday night. <i>Please inform the leaders if you have not done a wet exit, or if you aren't sure or aren't confident.</i>

EVENT REGISTRATION

Register with	Martin	Email	Martin
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. The Trip Leader will decide.		
Register by	End of Thurs 11 th Aug 2023	Club Event ID	230812S