



## THE UNIVERSITY OF QUEENSLAND CANOE CLUB

### G1: INTRO TO SEA KAYAKING

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



Coochiemudlo is a small island with sandy beaches off Victoria Point in Moreton Bay. We will put in at Victoria Point (about 50 mins drive from Brisbane). In the morning we will paddle through the mangroves to a beach on the north side of the island. At this beach we will practice sea kayak rescue skills and then have lunch. In the afternoon will we paddle back to Victoria Point.

During this trip we will be swimming so please bring a bathing suit, towel and warm clothing with you.

#### Prerequisites:

- Completed a UQ sport 400m swim test.
- PLEASE ATTEND GENERAL POOL SESSIONS TO LEARN HOW TO USE A SPRAY DECK (i.e. complete a wet exit). PLEASE MAKE THE LEADER 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 (we may not have had time to schedule a session).

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 as we may schedule another trip if there is demand.

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. If there is sufficient demand we can schedule a second trip.

<b>Discipline</b>	Sea Kayaking	<b>Paddle <u>Grade</u></b>	1
<b>Date(s)</b>	Sun 16 <sup>th</sup> March 2025	<b>Event ID</b>	250316S
<b>Distance</b>	10-12 km	<b>Duration</b>	~5hr paddling & rescue practice. ~1hr lunch.
<b>Leader</b>	Martin Wynne	<b>2IC</b>	TBC



Route Map

<b>Tides</b>	Brisbane Bar H: 10:39 (2.26m) L: 17:00 (0.51m)  Add 20 min for Victoria Point	<b>Moon</b>	Full: Fri 14 <sup>th</sup> Mar (stronger tides)
<b>Sunrise/set</b>	Sunset: 18:80 - 18:30		

## 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** at Victoria Point (near VMR)
- **8:30 AM – Land introduction (prior to on water activities)**
  - 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.
- **11:15 Morning Tea on beach**
- **~11:40 RESCUE TRAINING – IN WATER**  
At this stage this activity will occur on the northern or eastern side of Coochiemudlo Island, off a sandy beach. Upon arrival at this location there will be the opportunity to change into other clothes for in water activities. There are 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
- **~13:40 Lunch** (at same beach as 'in water' training session). You will need to bring lunch as there is no shop nearby.
- **~14:30 RETURN PADDLE – TOWING and Paddle Skills**  
approx. 5-6 km to paddle back to Victoria Point  
Towing and continued execution of learned skills

- **~16:00 PACK UP**  
Pack trailer for return trip and clean boats at shed.
- **17:00 Depart Takeout**
- **18:00 Arrive Shed - clean and pack gear**
- **19:00 Depart Shed**



**Put in Point**

<b>Put-in and Take-out Point</b>	Victoria Point boat ramp (on the northern point of the reserve). Access via the end of Colburn Street, Victoria Point.
<b>Alternate Route Variations</b>	<ul style="list-style-type: none"> <li>• Go anti-clockwise around the island if conditions dictate</li> <li>• Return the same way (no circumnavigation) depending on conditions</li> <li>• Do activities on Eastern beach instead of northern beach if conditions and tides dictate.</li> <li>• Do activities on the South west part of the island (near the shops), depending on time and forecasts.</li> </ul>
<b>Facilities</b>	Toilets and water available at Put in/Take out and lunch points

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

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

	<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>
<b>Emergency Contact Information</b>	<ul style="list-style-type: none"> <li>• Emergencies only – 000</li> <li>• VMR Victoria Point 07 3207 8717</li> <li>• Coast Guard Redland Bay 07 3206 7777 VMR 441 VHF 16, 67, 73, 82, 81</li> <li>• Marine Radio Moreton Bay (VMR402) Manly Harbour</li> </ul>
<b>Nearest Medical Help and Contacts</b>	<p>Hospital(s)</p> <ul style="list-style-type: none"> <li>• Princess Alexandra Hospital: 3176 2111 199 Ipswich Rd, Woolloongabba</li> <li>• Redland Hospital: 3488 3111 Weippin St, Cleveland QLD 4163</li> </ul>
<b>Safety and Personal Equipment</b>	
<p><b>Personal Equipment</b></p> <p>(Full list)</p>	<ul style="list-style-type: none"> <li>☒ Clothing you can get wet (on the water)</li> <li>☒ Dry clothing (to keep warm)</li> <li>☒ Equipment Requirements for <a href="#">Grade</a></li> <li>☒ Food adequate for trip duration</li> <li>☒ 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>☒ Paddle clothes to protect from cold/wind (e.g. thermal/spray jacked or cag)</li> <li>☒ Water and snacks accessible while paddling</li> <li>☒ Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc)</li> <li>☒ Water – 3L per day (4L if camping)</li> </ul>
<p><b>Kayak Equipment</b></p> <p>(<a href="#">Required sea kayaking equipment for grade</a>)</p>	<ul style="list-style-type: none"> <li>☒ Dry Bag</li> <li>☒ Life Jacket (type II) and Paddle</li> <li>☒ Paddle Tie</li> <li>☒ Pump, Sponge, and Bailer</li> <li>☒ Paddle Float</li> <li>☒ Spray Deck - if you have not used one <b>tell the leader</b> before or when you register! Pre-trip training may be needed.</li> </ul>

	<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 checked="" type="checkbox"/> Signal Mirror <input checked="" type="checkbox"/> V-Sheet	<input checked="" 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 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 <b>water</b> (2-4 litres), <b>lunch</b> , snacks, sun protection and <b>footwear</b> . Water and snacks need to be accessible whilst you paddle. <i>You will be getting wet. Please bring <b>warm gear to warm up in afterwards</b>. You can also bring thermal/ cag/ wetsuit top if you have it.</i>		
<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 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>	Not needed – Email leader with questions
<b>Boat Loading Details</b>	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.
<b>Costs</b>	<ul style="list-style-type: none"> <li>• \$10 wear and tear contribution for club gear use (per day) – via payID</li> <li>• \$ for petrol for your driver / trailer tower</li> <li>• A few extra dollars for a coffee etc during/afterwards (if time).</li> </ul>
<b>Additional Comments/ Instructions</b>	It is not essential to have demonstrated a sea kayak T-rescue for this training trip. 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. <b>Please inform the leaders if you have not done a wet exit</b> , or if you aren't sure or aren't confident.

## EVENT REGISTRATION

<b>Register with</b>	Martin	Email	<a href="mailto:Martin">Martin</a>
<b>Limits on Numbers</b>	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.		
<b>Register by</b>	Fri 14 <sup>th</sup> Mar 2024	<b>Club Event ID</b>	250316S