	<p><b>THE UNIVERSITY OF QUEENSLAND CANOE CLUB</b></p>
	<p><b>G1 INTRO TO SEA KAYAKING (REDCLIFFE)</b></p>
	<p>An introductory day from Clontarf Beach (Redcliffe) in Moreton Bay to learn basic sea kayak skills at the beach. This is a great chance to learn or refresh your skills.</p>

We will put in at along Margate Beach at Redcliffe. We will learn and practice sea kayak rescue skills. After lunch we will paddle along the shore next to the beaches to Clontarf Beach for a stop before paddling back.



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

Prerequisites:

- You will be swimming so make sure you have completed a UQ sport 400m swim test and uploaded the certificate on the website.
- IF YOU CAN, PLEASE ATTEND GENERAL POOL SESSIONS OR INTRO TO FLATWATER TO LEARN TO USE A SPRAY DECK (i.e. complete a wet exit). PLEASE MAKE THE LEADER AWARE, IF YOU HAVE NOT COMPLETED THIS TRAINING.

Spaces are limited, so please register early. Preference will be given to those members who have not done it before. However, please still register your interest. Please bring along enough water (3L) and food for the trip, together with water shoes, 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.

<b>Discipline</b>	Sea kayaking	<b>Paddle Grade</b>	1
<b>Date(s)</b>	Sun 23 Aug 2025	<b>Event ID</b>	250823S
<b>Distance</b>	10 km	<b>Duration</b>	5 hrs (4 paddling)
<b>Leader</b>	Martin Wynne	<b>2IC</b>	TBC



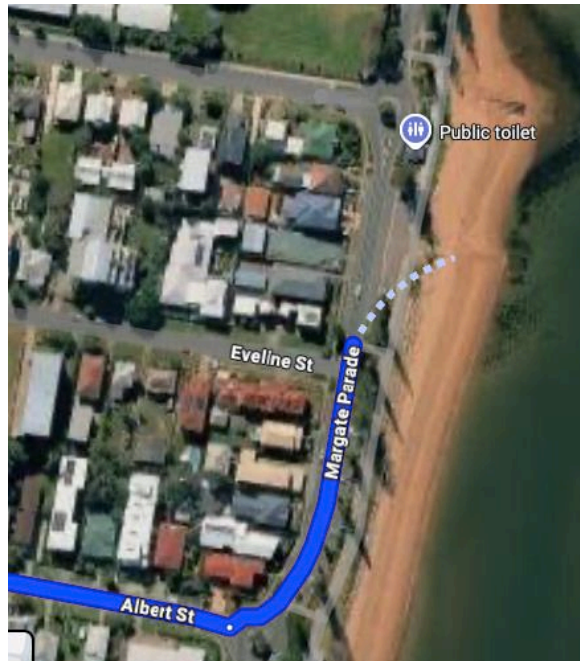
Route Map – Clontarf beach (red) and Margate beach (yellow)

<b>Tides</b>	H: 9:35 (1.92m) L: 15:37 (0.35m)	<b>Moon</b>	New Moon (Bigger tides)
<b>Sunrise/set</b>	5:46 - 6:10 (sunrise)	17:30 - 17:53 (sunset)	

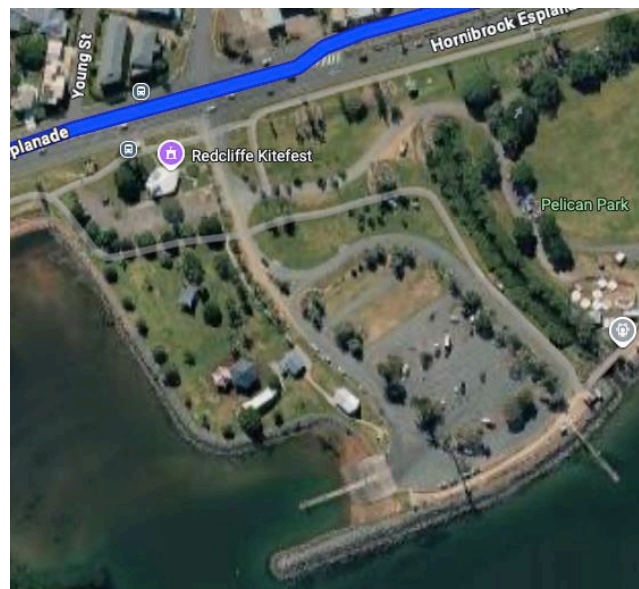
**Trip Outline**

- 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 Margate boat ramp (or Clontarf boat ramp or Clontarf Beach depending on conditions) and unpack boats
- **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 RESCUE TRAINING – IN WATER (while the tide is high)**  
This activity will occur near the put in point where there is a sandy beach, and while the tide is still high. Demonstrate and execute a **wet exit** and understand hazards associated with this exercise.
- Assisted rescue – learn the '**T**' rescue
- Self-rescues – learn the paddle float rescue, cowboy rescue
- **12:00 LUNCH on beach (and warm up).** You will need to bring lunch as there is no shop nearby.
- **13:00 PADDLE TRAINING**  
approx. 4-5 km paddling. 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.
- **14:00 Afternoon tea** on Clontarf beach (or Woody Point Beach)
- **~14:30 RETURN PADDLE – TOWING and Paddle Skills**
- 15:30 Exit and pack gear
- 16:30 depart
- 17:30 Arrive Shed
- 18:30 Depart Shed



Put in 1 – Margate Boat ramp (Margate Parade and Eveline St)



Put in / Take Out 2: Clontarf boat ramp (Hornibrook Esplanade - near Young St)





Lunch (Put in / Take Out 3): Clontarf beach park (Hornibrook Esplanade - near Rolard St)

<b>Put in Point</b>	Margate boat ramp (or Clontarf Beach Boat ramp)	<b>Lunch Point</b>	Clontarf Beach
<b>Alternate Route Variations</b>	<ul style="list-style-type: none"> <li>• Paddle to Woody Point beach instead of Clontarf.</li> <li>• Put in at Contarf beach or boat ramp and stay in the Clontarf – Woody Point area.</li> </ul>		
<b>Facilities</b>	Toilets & water at all access points		

## 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** (reviewed 4/4/25) Detailed Assessments available

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| <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> </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 checked="" type="checkbox"/> Algae / Contamination</li> <li><input checked="" type="checkbox"/> Boat Traffic / Shipping</li> <li><input checked="" type="checkbox"/> Separation from Boat</li> </ul> |
|--|---|

<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	<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** (reviewed 17/11/24) Detailed Assessments available

<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>	<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 <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>• <b>VMR 403 Redcliffe</b> – 3203 5522 VHF Channels 16, 21, 67, 73, 81 (closes at 21:00)</li> <li>• Emergencies only: 000</li> </ul>

<b>Nearest Medical Help and Contacts</b>	<b>Hospital(s)</b> Redcliffe Hospital, Anzac Avenue, Redcliffe – Phone: 3883 7777  <b>Medical Centre(s)</b> Scarborough Majellan Medical Centre (107 Landsborough Avenue, Scarborough QLD 4020 Ph: (07) 3880 1444)		
<b>Safety and Personal Equipment</b>			
<b>Personal Equipment</b>  (Full list)	<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 <a href="#">Grade</a> <input checked="" type="checkbox"/> Food adequate for trip duration <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!) <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. Not in old milk containers!		
<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 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
<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 water (2-4 litres), lunch, snacks, sun protection and foot wear. 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 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>	[If needed – Details]
<b>Boat Loading Details</b>	[Date, Time and where]
<b>Costs</b>	<ul style="list-style-type: none"> <li>• \$10 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>If you can't use payID, please bring cash as we like to complete reimbursing everything at the end of the trip. If cash, please bring a range of notes as needed for the club, your driver, and/or organiser for costs they may have incurred on your behalf, etc.</p>
<b>Additional Comments/ Instructions</b>	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

<b>Register with</b>	Martin	Email	Martin ( <a href="#">Members Contacts</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 and number will be limited. Trip Leader will decide.		
<b>Register by</b>	21 <sup>st</sup> Aug 2025	<b>Club Event ID</b>	250823S