



## THE UNIVERSITY OF QUEENSLAND CANOE CLUB

### G1 INTRO TO WHITE WATER

An introductory paddle on grade 1 -2 white water on the Albert River.



A beginner paddle on grade 1 - 2 white water on the Albert River.

We will focus on safety, river reading and basics of boat control on flat water.

There will be swimming involved. After learning the basics on flat water we will paddle a short section of white water putting the new skills to practice.

<b>Discipline</b>	Whitewater	<b>Paddle Grade</b>	[1/2]
<b>Date(s)</b>	Sunday 17/08/25	<b>Event ID</b>	250817W
<b>Distance</b>	6km	<b>Duration</b>	3 hours paddling
<b>Leader</b>	Callum Finglas	<b>2IC</b>	Antoine Morancais

## Trip Outline

- 7:30am Meet club shed to pack trailer / load cars
- 8.00 AM depart club shed
- 9:00 AM Meet Put in Alberta Park Rd
- 9:20 AM Start morning activities, River safety, river reading, basic white water kayak controls, river swimming.
- 11:30 Lunch
- 12:00pm Drive to put in location below Albert river weir
- 12:40pm Start white water paddle
- 2:30pm Arrive Takeout, pack up kayaks. Car shuttle
- 3:15pm Depart Takeout
- 4:15pm Arrive Shed
- 4:45pm Depart Shed

Take out Point / Location of morning flat water skills session





<b>Put in Point</b>	84 Veivers Rd, Below Albert River weir	<b>Take-out Point</b>	Alberta Park Rd,
<b>Alternate Route Variations</b>	<ul style="list-style-type: none"> <li>If water levels are to low or high we will move the event to the upper brisbane river between twin bridges and savages crossing</li> </ul>		
<b>Facilities</b>	There are no facilities nearby on this trip. Water and food must be brought before the trip		

## SAFETY

White water 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 Whitewater Risk Assessment** (reviewed 17/11/24) Detailed Assessments available

<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Guide ability</li> <li><input checked="" type="checkbox"/> Medical Condition</li> <li><input checked="" type="checkbox"/> Participant ability</li> <li><input checked="" type="checkbox"/> Interaction with public</li> <li><input checked="" type="checkbox"/> Severe weather</li> <li><input checked="" type="checkbox"/> Sun exposure</li> <li><input checked="" type="checkbox"/> Cold exposure</li> <li><input checked="" type="checkbox"/> Wild Life, Bites &amp; Stings</li> <li><input checked="" type="checkbox"/> Vehicle accident</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Drinking water availability</li> <li><input checked="" type="checkbox"/> Water flow</li> <li><input checked="" type="checkbox"/> Unloading/loading boats</li> <li><input checked="" type="checkbox"/> Slippery surfaces &amp; river banks</li> <li><input checked="" type="checkbox"/> Obstacles in the river</li> <li><input checked="" type="checkbox"/> Foot entrapment</li> <li><input checked="" type="checkbox"/> Equipment failure</li> <li><input checked="" type="checkbox"/> Ropes used across river (rescues)</li> <li><input checked="" type="checkbox"/> Covid</li> </ul>
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**Club Travel Risk Assessment** (reviewed 17/11/24) Detailed Assessments available)

<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**

<p><b>Paddler Requirements</b></p>	<p>Conditions can be calm, but can change dramatically with winds and rain. Paddle is conducted on white water, with obstacles and narrow sections.</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 Whitewater event. The <a href="#">club Whitewater 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.</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>
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<b>Emergency Contact Information</b>	<ul style="list-style-type: none"> <li>• Emergencies only – 000</li> </ul>
<b>Nearest Medical Help and Contacts</b>	<p>Hospital</p> <ul style="list-style-type: none"> <li>• Logan Hospital and emergency centre</li> <li>• Armstrong Rd &amp;, Loganlea Rd, Meadowbrook QLD 4131</li> <li>• Phone 0732998899</li> </ul>

### Safety and Personal Equipment

<p><b>Personal Equipment</b></p> <p>(Full list)</p>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Paddle clothing (<b>You will get wet</b>) - suitable for temperature and conditions</li> <li><input checked="" type="checkbox"/> Dry clothing for after (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, walking on rocks / banks. Extra for on land. <b>No thongs/flip flops or bare feet!!</b> (sharp rocks/ branches ruin trips!)</li> <li><input checked="" type="checkbox"/> Paddle clothes to protect from cold/ wind / rain (e.g. thermal/ spray-jacket or cag)</li> <li><input checked="" type="checkbox"/> Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc)</li> <li><input checked="" type="checkbox"/> Water for trip – 3L</li> <li><input checked="" type="checkbox"/> Emergency warm clothes (eg thermal)</li> </ul>
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<b>Kayak Equipment</b>  <a href="#">(Required whitewater kayaking equipment for grade)</a>	<input checked="" type="checkbox"/> Dry Bag <input checked="" type="checkbox"/> Life Jacket (type II) <input checked="" type="checkbox"/> Buoyancy bags <input checked="" type="checkbox"/> Whitewater helmet <input checked="" type="checkbox"/> Sponge / Bailer <input checked="" type="checkbox"/> Spray Deck - if you have not used one <b><u>tell the leader</u></b> before / when you register! Prior training / demonstration required. <input checked="" type="checkbox"/> Suitable Craft (maintained Whitewater boat) <input checked="" type="checkbox"/> Whitewater paddle <input checked="" type="checkbox"/> Whistle (Fox 40)		
<b>Communications</b>	<input checked="" type="checkbox"/> Mobile Phone <input checked="" type="checkbox"/> PLB /Spot	<input checked="" type="checkbox"/> Whistle	
<b>Safety Equipment</b>	<input checked="" type="checkbox"/> First Aid Kit <input checked="" type="checkbox"/> Pin Kit <input checked="" type="checkbox"/> Tow rope	<input checked="" type="checkbox"/> Group Shelter <input checked="" type="checkbox"/> Repair gear (Duct tape, etc)	<input checked="" type="checkbox"/> Throw ropes <input checked="" type="checkbox"/> Spare Paddle (4 piece)
<b>Additional or Emphasised Equipment</b>	Please make sure you bring water (3-4 litres), lunch, snacks, sun protection and foot wear.		
<b>Check Paddlers' Equipment</b> (prior to launch)	<input checked="" type="checkbox"/> Suitable Craft <input checked="" type="checkbox"/> Buoyancy bags <input checked="" type="checkbox"/> Spray Deck	<input checked="" type="checkbox"/> Life Jacket <input checked="" type="checkbox"/> Helmet <input checked="" type="checkbox"/> Footwear	<input checked="" type="checkbox"/> Sunsmart Gear <input checked="" type="checkbox"/> Water <input checked="" type="checkbox"/> Medication

## LOGISTICS

<b>Costs</b>	<ul style="list-style-type: none"> <li>• \$10 wear and tear contribution for club gear use</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 to 6 participants.

## EVENT REGISTRATION

<b>Register with</b>	Callum	Email	Callum
<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 to 6 participants . Trip Leader will decide.		
<b>Register by</b>	12/08/25	<b>Club Event ID</b>	250817W