

	THE UNIVERSITY OF QUEENSLAND CANOE CLUB
	SKILLS DEVELOPMENT DAY
	<p>A social training day aimed at developing your skills for multiple disciplines. Intermediate skills include bracing, boat control, hip snaps and skills that build towards a rolling.</p>



Just finished a semester of hard work and want to let off some steam? Time for some FUN learning on the water instead. This is the day for you!

If you think there isn't much to this paddling thing - let us see if we can prove you wrong 😊 Doesn't matter whether you are interested in white-water, sea kayaking, or just paddling on the river. All skills are interchangeable and useful, and build towards more complex things later.

Progress along your personal path to becoming a better paddler – we will adjust to whatever stage you are at. Understand how the individual basic skills and strokes you learn can link together to build more complex abilities to improve your efficiency.

Potential Topics

- Where are you at?
- Better boat control
- Strokes
- Edging
- Bracing
- Introduction to Rolling
- Towing
- Rescues
- Fun Games
- Potpourri (your choice)

Note Bring your own lunch (or buy it on the way at the Fernvale Bakery?). We are NOT doing a barbecue.

Discipline	Multidiscipline	Paddle Grade	All
Date(s)	Sun 23 rd Nov 2025	Event ID	251123M
Distance	n/a	Duration	~6 hrs
Leader	Wendy Madgwick	2IC	Antoine Morancais

How to get there

The destination is approximately 50 min to 1 h drive from Brisbane or further if you are coming from the east or southern sides of Brisbane.

- Follow the Ipswich Motorway (signposted to Warwick/Ipswich/Toowoomba).
- Turn off this motorway to the Warrego Highway (this is the road to Toowoomba, NOT Ipswich or Warwick).
- After 15 km, turn right to Esk (the Brisbane Valley Highway).
- Proceed to Fernvale (15 km), then on cross Wivenhoe dam wall and spillway (9 km).
- After 6 km, turn right into Hay Rd (sign to Logan Inlet), then left into Logan Inlet Rd after 1 km.
- After 2.5 km, the road forks right to the Day use area (0.5 km) on the western shores of Lake Wivenhoe. We'll set up at or close to the picnic table on the left of the boat ramp.

We will be arriving at the day use area around 9:30 am, and we will be setting up a position on the bank, hopefully under a shady tree or gazebo. Below is a link to a brochure about Wivenhoe Dam, which includes a map on the last page. Go to **the Logan's Inlet day use area**—to the left of the boat ramp. This is well signposted and there is mobile phone coverage, although the latter can be patchy depending on your carrier. There are sheltered picnic tables and toilets.

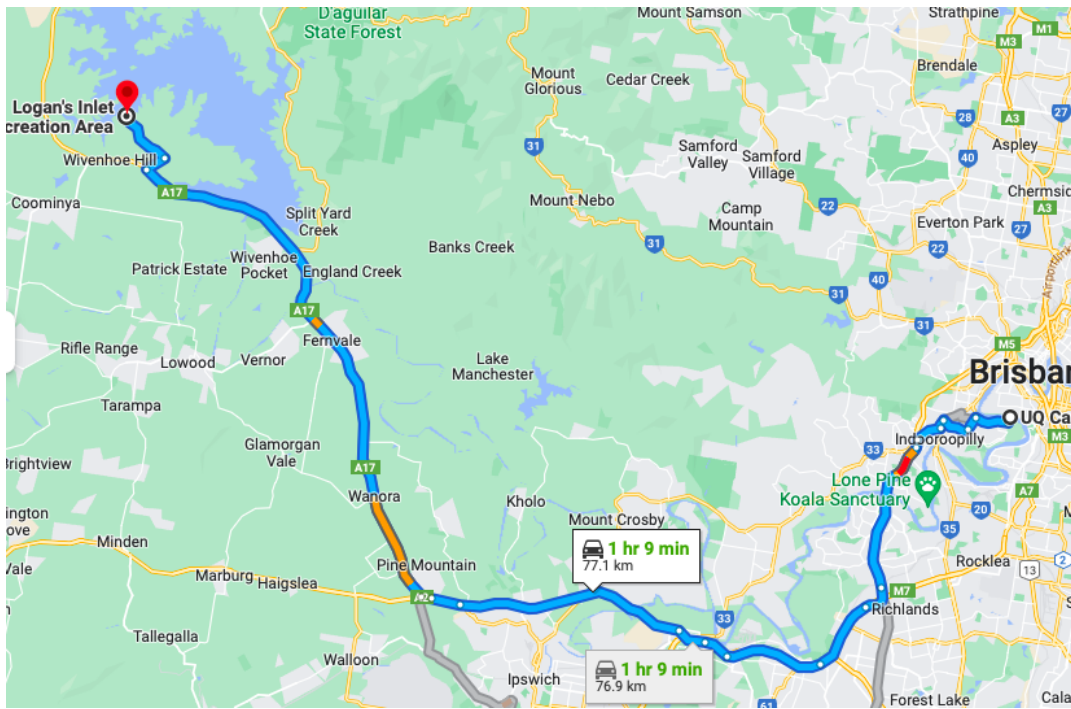
Other information is available on the [SEQWATER's website](#).

This part of Lake Wivenhoe is generally protected from wind and is a beautiful setting to practice and try a range of skills. It is a fresh water reservoir, and there are limited hazards in the water. It is a 'friendly environment' to fall out of kayaks!

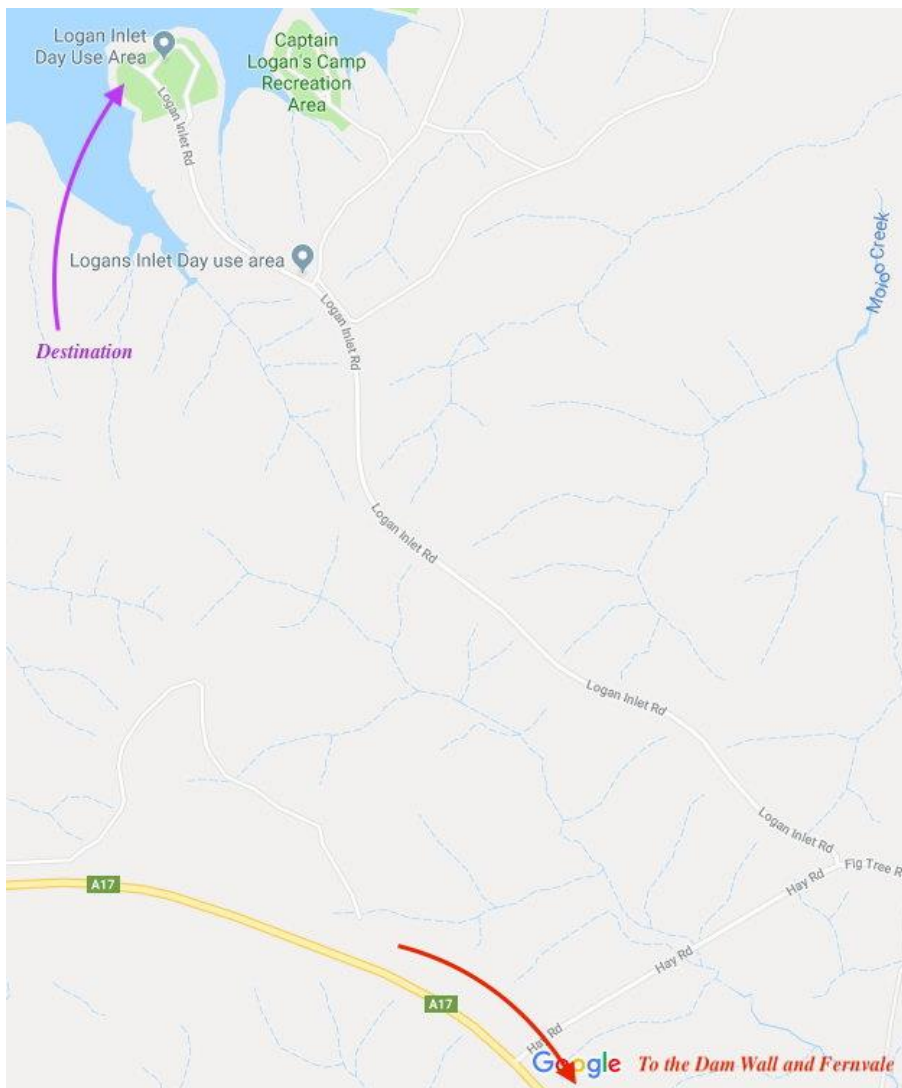
We intend to bring a range of kayaks, so that everybody can have a go. We will bring kayaks, PFDs, paddles, and required safety gear as appropriate for the activity. You will need to bring water (although drinking water is readily available at the camp site), lunch, snacks, sunscreen, hat, and sunsmart clothes. It is likely to be warm and a **change of clothes** is essential as you will be getting wet.

We can coordinate a lift for people who do not have a car as the time approaches. When you register for the trip, please advise your transport arrangements (i.e. whether you have a car or need a lift), how many people you can take and if you have roof rack/ cradles.

The usual 'wear & tear' fee applies and money should be transferred via the info in the shed/ PayID. This is done on the day. Bring some money for coffee/ snacks/ lunch. We may stop for coffee at Fernvale.



Route to Logan's Inlet



Logan's Inlet route – Final part

Tides	n/a	Moon	n/a
Sunrise/set	n/a		
Trip Outline			
<ul style="list-style-type: none"> • 7:00 – Meet at the club shed to pack trailer (7:30 AM if already packed or no trailer) • 8:00 – Depart • 9:00 – Optional stop at Fernvale Bakery/Café • 9:15 – Resume trip to Logan’s Inlet • 9:30 – Set up at Logan’s Inlet • 9:45– Briefing for the day • 10:00 – Session 1 • 11:00 Session 2 • 12:00 – Lunch • 13:00 - Session 3 • 14:00 - Session 4 • 15:00 - Pack up • 15:30 - Depart to Brisbane • 16:30 - Arrive at club / Unpack & wash gear • 17:30 – Depart club (tired but confident, competent, and content) 			

Put in Point	Logan’s Inlet Recreation Area	Take-out Point	Same
Alternate Route Variations	n/a		
Information Links	Download this brochure about Wivenhoe (includes maps)		
Facilities	Toilets and tap water		

SAFETY

Kayaking 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 Flatwater Risk Assessment (reviewed 17/11/24) Detailed Assessments available

<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"/> 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
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<ul style="list-style-type: none"> <input type="checkbox"/> Ineffective Rudder <input 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 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"/> Capsize <input checked="" type="checkbox"/> Fitness / Fatigue <input checked="" type="checkbox"/> Equipment Failure 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Missing / Broken Paddle <input checked="" type="checkbox"/> Paddle Related Injuries / Tendonitis / Blisters <input checked="" type="checkbox"/> Hit by Paddle <input checked="" type="checkbox"/> Strainers (Overhanging Trees / Mangroves / Fishing lines / Structures) <input checked="" type="checkbox"/> Sinking Boat <input checked="" type="checkbox"/> Panic / Fear <input type="checkbox"/> Rocks and Submerged Objects <input type="checkbox"/> Darkness / Stranded at Night <input type="checkbox"/> Paddling in the Dark / Night Paddling <input type="checkbox"/> Gravel runs and grade 1 rapids <input checked="" type="checkbox"/> Covid
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Club Travel Risk Assessment (reviewed 17/11/24) Detailed Assessments available

<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 or Breakdown in Remote Areas <input checked="" type="checkbox"/> <input type="checkbox"/> Towing Trailer <input checked="" type="checkbox"/> Covid
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Additional Risks

Risk	Initial Risk	Risk's Management	Residual Risk
<p>Shoulder injury Associated with learning high brace / Rolling</p>	Med	Teach awareness and safe techniques.	Low
<p>Hit by Paddle When teaching rolling the teacher is in proximity of the student and their paddle as they practice rolling techniques.</p>	Med	Teacher to wear a polo helmet (ie with a faceguard) when teaching rolling	Low

General Risk Management

<p>Paddler Requirements</p>	<p>Conditions can be calm, but can change dramatically with winds contributing significantly to this.</p> <p>Paddlers must advise leaders if they have health issues or injuries that may affect participation. Ensure medication is</p>
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	<p>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 level of event. 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 should have an appropriate level of fitness and must have successfully completed the UQ Sport 400 m swim test.</p> <p>This is not a long paddle trip. You will be in and out of kayaks for limited periods during the day, so it is not going to be a strenuous activity other than the potential for swimming.</p>
Emergency Contact Information	<ul style="list-style-type: none"> • Emergencies only – 000
Nearest Medical Help and Contacts	<p>Hospital(s)</p> <ul style="list-style-type: none"> • Ipswich Hospital Emergency Dept, Ipswich Hospital, Chelmsford Ave, Ipswich QLD 4305 Ph: 07 3810 1111 • Esk Hospital, 30 Highland St, Esk QLD 4312 Ph: 07 5424 4600 • Lowood Police: 5426 1108 • Seqwater Duty Officer – Catchment Services : 3035 5776
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 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. <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
Kayak Equipment	<ul style="list-style-type: none"> <input 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 tell the leader before or when you register! Pre-trip training may be needed. <input checked="" type="checkbox"/> Suitable Craft <input checked="" type="checkbox"/> Whistle		
Communications	<input type="checkbox"/> Flares <input checked="" type="checkbox"/> Mobile Phone <input checked="" type="checkbox"/> PLB/EPIRB	<input type="checkbox"/> Signal Mirror <input type="checkbox"/> V-Sheet	<input 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, lunch, snacks, and footwear. Dress for the outdoors. Bring dry warm clothes and Sunsmart clothing (hat, sunglasses, long-sleeved shirt, water, sunscreen). You will get wet, so bring your swimming gear. Advise trip leader of any medical conditions.		
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

Costs	<ul style="list-style-type: none"> • \$10 wear and tear contribution for club gear use (per day) • \$ for petrol for your driver / trailer tower • A few extra dollars for a coffee etc afterwards (if time). <p>If you can't use payID, please bring cash as we like to complete reimbursing everything at the end of the trip.</p>
Additional Comments/ Instructions	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 numbers will be limited.

EVENT REGISTRATION

Register with	Wendy	Email	Members Contacts
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 and number will be limited. Trip Leader will decide.		
Register by	Fri 21 st Nov	Club Event ID	251123M