THE UNIVERSITY OF QUEENSLAND CANOE CLUB

G1: Introduction to Surfing

An introduction to handling a Sea Kayak in the surf.
This event will cover basic theory and practice on Cotton Tree Bar on how to control a kayak in the surf. A helmet is mandatory for this session.

This will be a small group trip that will introduce participants to handling a sea kayak in the surf. This session will be the first in a series introducing how to stay up-right in the surf, what to do when broaching (turning side on), how and where you can be rescued in the surfing.

Discipline	Sea Kayaking	**Paddle Grade**	G1
Date(s)	**Start:** Sat 20/06/2026 **End:** Sat 20/06/2026	**Event ID**	260606S
Distance	6 km	**Duration**	8.5 hours
Leader	Pete McLeod	**2IC**	Martin Wynne

Tides	**SAT** 20 Jun	07:28 0.46m	13:12 1.44m	19:42 0.53m				
Sun	**SAT** 20 Jun	First Light 06:10	Sunrise 06:35	Sunset 05:01	Last Light 05:27			
Moon	**SAT** 20 Jun	Waxing Crescent 69% Visible	Set 10:34	Rise 10:43				

Trip Outline

Saturday

- 07:30 am Meet club shed to load cars
- 08:00 am depart club shed
- 10:00 am Meet at Bribie Surf (refer map)
- 10:30 am Briefing
- 10:45 am On water
- 12:00 am Lunch/ snack break on Island / beach
- 13:30 pm Depart back to UQ
- 15:00 pm Arrive club shed / clean kayaks
- 16:00 pm Head Home – tell family about surfing fun

Put in and Take Out Point

Put in Point	Benalong Street, Bribie Island	**Take-out Point**	Benalong Street, Bribie Island
Alternate Route Variations	▪ If inclement weather, then paddling within the Bribie Passage.		
Facilities	Public Toilets are located at the put in point.		

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, 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

✓ Bad weather / weather change	✓ Animals and plants (minor injury)
✓ Rough seas	✓ Animals and plants (major injury)
✓ Sea sickness	✓ Surf
✓ Capsize	✓ Fitness / fatigue
✓ Entire Group Capsizing	✓ Equipment failure
✓ Separation from boat	✓ Enter / exit boat
✓ Drowning	✓ Carrying boats
✓ Sunburn	✓ Algae / contamination
✓ Medical Conditions	✓ Boat traffic / shipping
✓ Cuts Strains and Sprains	✓ Missing / broken paddle
✓ Dehydration	✓ Paddle injuries – tendonitis, blisters
✓ Ineffective Rudder	✓ Hit by paddle
✓ Getting separated from group	✓ Strainers (overhanging trees, fishing lines, structures)
✓ Hypothermia	
✓ Heat Exhaustion / Hyperthermia	✓ Panic / fear
✓ Tripping while walking	✓ Group getting lost

Club Travel Risk Assessment (reviewed 17/11/24) Detailed Assessments available

✓ Loads falling from vehicle or trailer, hitting occupants in an accident	✓ Drowsiness while driving
✓ Injury from loading / unloading equipment from vehicle	✓ Incident/accident while driving
	✓ Becoming lost
	✓ Unleaded petrol

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. 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. Participants need the skills for the grade of the trip, unless modified below "Additional Comments". 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 require by the paddle grade.
Emergency Contact Information	▪ **Marine Rescue Bribie Island** (QF4) Ph: (07) 34 087 596 (24hr Emergency) VHF 73, 81, 21 (16 Emergencies) Email: contact@mrbribie.asn.au ▪ **Emergencies only** - 000
Nearest Medical Help and Contacts	**Hospital(s)** Caboolture Hospital 87-129 McKean Street Caboolture QLD 4510 (07) 54 338-888 **Health Hub Doctors Woorim(s)** 6 North St Woorim QLD 4507 (07) 53 224-933 Mon to Sat: 0800 – 1700

Safety and Personal Equipment			
Personal Equipment (Full list)	✓ Clothing you can get wet (on the water) ✓ Dry clothing (to keep warm) ✓ Equipment requirements for Grade ✓ Food adequate for trip duration (2 days) ✓ Footwear suitable for paddling, swimming. Extra for on land No thongs/flip flops or bare feet (oysters and spiky/venomous animals can get you!) ✓ Paddle clothes to protect from cold/wind (eg thermal/spray jacket or cag) ✓ Water and snacks accessible while paddling ✓ Sun protection (hat, sunglasses, long sleeved paddle clothes, sunscreen, etc) ✓ Water – 2l per day		
Kayak Equipment (Required sea kayaking equipment for grade)	✓ Dry Bag ✓ Life Jacket (type II) and Paddle ✓ Paddle Tie ✓ Pump/Bailer and Sponge ✓ Paddle Float ✓ Spray Deck – if you have not used one **tell the leader** before or when you register! Pre-trip training may be needed. ✓ Suitable Sea Kayak ✓ Whistle ✓ Helmet		
Communications	✓ Flares ✓ Mobile Phone ✓ PLB/EPIRB	✓ Signal Mirror ✓ V-Sheet	✓ VHF Radio ✓ Whistle
Safety Equipment	✓ First Aid Kit ✓ Hand Pump	✓ Paddle Floats ✓ Repair Kit	✓ Spare Paddle ✓ Rescue Stirrup
Additional or Emphasised Equipment	Please make sure you bring water 2l, snacks, sun protection and footwear. Water and snacks need to be accessible whilst you paddle.		
Check Paddlers' Equipment (prior to launch)	✓ Bailer/Pump ✓ Footwear ✓ Medication	✓ Life Jacket ✓ Paddle Leash ✓ Spray Deck	✓ Sea Kayak ✓ Sun Smart Gear ✓ Water ✓ Helmet

LOGISTICS

Costs	$20 wear and tear contribution for club gear use
	$ for coffee or lunch if you do not pack your own
	$ for petrol for your drive / trailer tower
	
	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

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. Please contact trip leader if you have food allergies / dietary requirements to see if they can be catered for before registering for the trip.

EVENT REGISTRATION

Register with	Pete McLeod	Email (via link)	Pete (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 numbers will be limited. Trip Leader will decide on who participates.		
Register by	15/06/2026	Club Event ID	260606S