



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 we will 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.

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.

Please bring along enough water (2-3 ltrs) 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.

Discipline	Sea Kayaking	Paddle Grade	1
Date(s)	Sunday 14 th August 2022	Event ID	220814S
Distance	10-12 km	Duration	5 Hrs paddling and rescue practice. 1hr lunch.
Leader	Martin Wynne	2IC	Ben Liang



Route Map

Tides	Brisbane Bar H:11:12am (2.0m) L: :14pm (0.30m) Add 30 min for Victoria Point	Moon	Full – Fri 12th
Sunrise/set	Sunset: 5:26-5:50PM		

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 Phase 1 (prior to on water activity)**
Standard Trip and activity briefing
Seat adjustment/ posture
Paddle strokes – forward/ reverse/ stop Bracing – low brace, high brace.
Turning/ keeping straight/ 'edging' to turn Basic tide/ current knowledge – how this impacts on our trip planning/ferry gliding Rules of the pod/ paddle signals
- What to take (for a day trip) and where to store it (basic intro)
How to identify hazards/ dangers (basic intro)
- **10:00 Phase 2 (on water on route)**
approx. 4-5 km paddling in morning Demonstration and assistance with execution of paddle strokes, turning/ keeping straight/ ferry gliding/ edging. Reinforcement of knowledge conveyed at briefing prior to getting on water.
- **~11:00 Phase 3 (arrival at IN WATER skill training session)**
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 oar rescue, cowboy rescue
- **~12:30 Lunch** (at same beach as 'in water' training session). You will need to bring lunch as there is no shop nearby. \
- **~13:30 Phase 4 (trip home)**
approx. 5-6 km to paddle back to Victoria Point
Towing and continued execution of learned skills
- **~15:00 Phase 5**
Pack trailer for return trip and clean boats at shed.
Day should be finished by 5:30 pm but be prepared for potential delays.
- **15:30 Depart Takeout**
- **16:30 Arrive Shed - clean and pack gear**
- **17:30 Depart Shed**



Put in Point

Put-in and Take-out Point	Victoria Point boat ramp (on the northern point of the reserve). Access via the end of Colburn Street, Victoria Point.
Alternate Route Variations	• Go anti-clockwise around the island if conditions dictate • Return from for side of island the same way (no circumnavigation) depending on conditions • Do activities on Western beach instead of northern beach if conditions and tides dictate.
Facilities	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 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 (Detailed Risk Assessments on request)

☒ Drowning ☒ Sunburn ☒ Medical Conditions ☒ Cuts Strains and Sprains ☒ Dehydration ☒ Ineffective Rudder ☒ Entire Group Capsizing ☒ Hypothermia ☒ Heat Exhaustion / Hyperthermia ☒ Tripping While Walking ☐ Group Getting Lost ☒ Getting Separated from Group ☒ Animals and Plants (minor injury) ☒ Animals and Plants (major injury) ☒ Bad Weather / Weather Change ☒ Sea Sickness ☒ Capsize ☒ Rough Seas ☐ Surf ☒ Sinking Boat	☒ Fitness / Fatigue ☒ Equipment Failure ☒ Enter / Exit Boat ☒ Carrying Boats ☐ Algae / Contamination ☒ Boat Traffic / Shipping ☒ Separation from Boat ☒ Missing / Broken Paddle ☒ Paddle Related Injuries/ Tendonitis/ Blisters ☐ Hit by Paddle ☒ Strainers (Overhanging Trees / Mangroves / Fishing lines / Structures ☒ Panic / Fear ☒ Rocks and Submerged Objects ☐ Darkness / Stranded at Night ☐ Paddling in the Dark / Night Paddling ☒ Cooking ☐ Camping ☒ Covid
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Club Travel Risk Assessment (Detailed Risk Assessments on request)

☒ Drowsiness while Driving ☒ Loads Falling from Vehicle or Trailer, or Hitting Occupants in Accident ☒ Injury from Loading / Unloading Equipment from Vehicle ☒ Unleaded Petrol	☒ Incident/Accident while Driving ☒ Becoming Lost ☐ Breakdown or Breakdown in Remote Areas ☒ Towing Trailer ☒ Covid
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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. 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".
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	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.		
Emergency Contact Information	• Emergencies only – 000 • VMR Victoria Point 07 3207 8717 • Coast Guard Redland Bay 07 3206 7777 VMR 441 VHF 16, 67, 73, 82, 81 • Marine Radio Moreton Bay (VMR402) Manly Harbour		
Nearest Medical Help and Contacts	Hospital(s) • Princess Alexandria Hospital: 3176 2111 199 Ipswich Rd, Woolloongabba • Redland Hospital: 3488 3111 Weippin St, Cleveland QLD 4163		
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 ☒ 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 (e.g. thermal/spray jacked or cag) ☒ Water and snacks accessible while paddling ☒ Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc) ☒ Water – 3L per day (4L if camping)		
Kayak Equipment (Required sea kayaking equipment for grade)	☒ Dry Bag ☒ Life Jacket (type II) and Paddle ☒ Paddle Tie ☒ Pump, Sponge, and Bailer ☒ 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 Craft [(sea kayak)] ☒ Whistle		
Communications	☒ Flares ☒ Mobile Phone ☒ PLB/EPIRB	☒ Signal Mirror ☒ V-Sheet	☒ VHF Radio ☒ Whistle
Safety Equipment	☒ First Aid Kit ☒ Hand Pump	☒ Paddle Floats ☒ Repair Kit	☐ Rescue Stirrup ☒ Spare Paddle

Additional or Emphasised Equipment	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		
Check Paddlers' Equipment (prior to launch)	☒ Bailer/Pump ☒ Footwear ☒ Medication	☒ Life Jacket ☒ Paddle Leash ☒ Spray Deck	☒ Suitable Craft ☒ SunSmart Gear ☒ Water

LOGISTICS

Pre-Trip Meeting	Not needed – Email leader with questions
Boat Loading Details	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.
Costs	• \$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).
Additional Comments/ Instructions	It is not essential to have demonstrated a sea kayak T-rescue. 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. Please inform the leaders if you have not done a wet exit, or if you aren't sure or aren't confident.

EVENT REGISTRATION

Register with	Martin	Email	Webadmin (at) uq canoe club (dot) net
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. The Trip Leader will decide.		
Register by	End of Friday 12 th Aug 2022	Club Event ID	220814S