



## THE UNIVERSITY OF QUEENSLAND CANOE CLUB

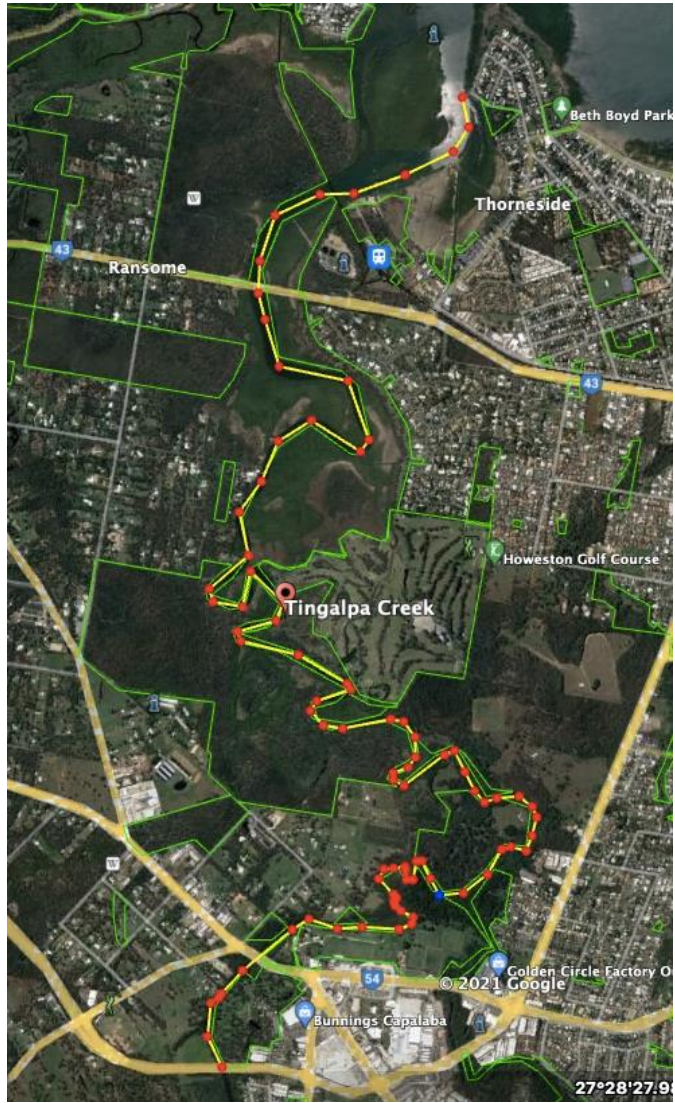
### G1: TINGALPA CREEK

Kayaking on Tingalpa creek



Paddle from Tingalpa creek boat ramp up the creek to Capalaba Regional Park for lunch stopping along the way for morning tea at a suitable stopping point (or on the water).

<b>Discipline</b>	Sea kayaking / Flatwater	<b>Paddle Grade</b>	1
<b>Date(s)</b>	Sunday 16 <sup>th</sup> of October 2022	<b>Event ID</b>	221016FS
<b>Distance</b>	23km (11.6 each way)	<b>Duration</b>	8hr on water
<b>Leader</b>	Siti Abdul Khalid	<b>2IC</b>	Darren Bennett



Route Map

<b>Tides</b>	8.24am (0.7m) 2.37 pm (2.6m) 9.15pm (0.9m)	<b>Moon</b>	Waxing Gibbous
<b>Sunrise:</b>	5.00-5.20AM	<b>Sunset:</b>	5.50-6.14PM

## 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 point
- 8:30 AM depart Put in point (boat ramp)
- 11:30 Lunch at Capalaba Regional Park
- 13:00 Depart Lunch
- 16:00 Arrive Takeout
- 16:30 Depart Takeout
- 17:30 Arrive Shed
- 18:30 Depart Shed



### Put in Point / Take Out in Point

Tingalpa Creek boat ramp, 96 Queens Esplanade, Thornside

<b>Put in Point</b>	Tingalpa Creek boat ramp 96 Queens Esplanade, Thornside	<b>Take-out Point</b>	Same as Put in
<b>Alternate Route Variations</b>	<ul style="list-style-type: none"> <li>• Turn around earlier. Lunch at John Frederick Park</li> </ul>		
<b>Information Links</b>	Capalaba Regional Park		
<b>Facilities</b>	Toilets & water at the lunch area		

# SAFETY

Sea kayaking on Tingalpa Creek 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)

<ul style="list-style-type: none"> <li>Drowning</li> <li>Sunburn</li> <li>Medical Conditions</li> <li>Cuts Strains and Sprains</li> <li>Dehydration</li> <li>Ineffective Rudder</li> <li>Entire Group Capsizing</li> <li>Hypothermia</li> <li>Heat Exhaustion / Hyperthermia</li> <li>Tripping While Walking</li> <li>Group Getting Lost</li> <li>Getting Separated from Group</li> <li>Animals and Plants (minor injury)</li> <li>Animals and Plants (major injury)</li> <li>Bad Weather / Weather Change</li> <li>Sea Sickness</li> <li>Capsize</li> <li>Rough Seas</li> <li>Surf</li> <li>Sinking Boat</li> </ul>	<ul style="list-style-type: none"> <li>Fitness / Fatigue</li> <li>Equipment Failure</li> <li>Enter / Exit Boat</li> <li>Carrying Boats</li> <li>Algae / Contamination</li> <li>Boat Traffic / Shipping</li> <li>Separation from Boat</li> <li>Missing / Broken Paddle</li> <li>Paddle Related Injuries / Tendonitis / Blisters</li> <li>Hit by Paddle</li> <li>Strainers (Overhanging Trees / Mangroves / Fishing lines / Structures</li> <li>Panic / Fear</li> <li>Rocks and Submerged Objects</li> <li>Darkness / Stranded at Night</li> <li>Paddling in the Dark / Night Paddling</li> <li>Covid</li> </ul>
--	--

### Club Travel Risk Assessment (Detailed Risk Assessments on request)

<ul style="list-style-type: none"> <li>Drowsiness while Driving</li> <li>Loads Falling from Vehicle or Trailer, or Hitting Occupants in Accident</li> <li>Injury from Loading / Unloading Equipment from Vehicle</li> <li>Unleaded Petrol</li> </ul>	<ul style="list-style-type: none"> <li>Incident/Accident while Driving</li> <li>Becoming Lost</li> <li>Breakdown or Breakdown in Remote Areas</li> <li>Towing Trailer</li> <li>Covid</li> </ul>
--	---

## General Risk Management

<b>Paddler Requirements</b>	Conditions can be calm but can change dramatically with winds and tides contributing significantly to this.
-----------------------------	---

	<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 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".</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>• Marine Radio Moreton Bay (VZ4RQ) Royal Queensland Yacht Squadron Manly Boat Harbour 578 Royal Esplanade Manly, QLD, 4179 Ph: (07) 3396 8666</li> <li>• Coast Guard Brisbane (QF2) 40 Trafalgar Street Manly (Harbour) Sat &amp; Sun 0600 – 1800 Ph: (07) 3396 5911 Mobile: 0404 466 000 VHF (VMR402) 16, 63, 67, 73, 21, 81</li> <li>• Emergencies only – 000</li> </ul>
<b>Nearest Medical Help and Contacts</b>	<p>Hospital(s)</p> <ul style="list-style-type: none"> <li>• Redland Hospital: 3488 3111 Weippin St, Cleveland QLD 4163</li> </ul> <p>Medical Centre(s)</p> <ul style="list-style-type: none"> <li>• Wynnum Medical Centre: 3348 9000 (Sat: 1-5PM; Sun: 10AM-2PM) 7/1795 Wynnum Rd, Tingalpa</li> </ul>
<b>Safety and Personal Equipment</b>	
<b>Personal Equipment</b>  (Full list)	<p>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</p>

	for on land. <b>No thongs/flip flops or bare feet</b> (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)		
<b>Kayak Equipment</b>  (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 <b>tell the leader</b> before or when you register! Pre-trip training may be needed. Suitable Craft [(sea kayak)] Whistle		
<b>Communications</b>	Flares Mobile Phone PLB/EPIRB	Signal Mirror V-Sheet	VHF Radio Whistle
<b>Safety Equipment</b>	First Aid Kit Hand Pump	Paddle Floats Repair Kit	Rescue Stirrup 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)	Bailer/Pump Footwear Medication	Life Jacket Paddle Leash Spray Deck	Suitable Craft Sunsmart Gear Water

## LOGISTICS

<b>Pre-Trip Meeting</b>	Communications via emails
<b>Boat Loading Details</b>	Sunday 16 <sup>th</sup> of October at 6 AM
<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>

	Please bring cash as we like to complete reimbursing everything at the end of the trip. Please bring a range of notes so you can reimburse directly and immediately as needed to the club, your driver, organiser for costs they may have incurred on your behalf, etc.
<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>	Siti	<b>Email</b>	Committee Contacts
<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>	Friday 14 <sup>th</sup> of October 2022	<b>Club Event ID</b>	221016