



## THE UNIVERSITY OF QUEENSLAND CANOE CLUB

### LAKE WIVENHOE

A social training trip to try out tippier flat-water boats in a clean environment and boost your skills! This is a day trip to Lake Wivenhoe to practice and develop the skills to paddle tippier boats such as TK1s and K1s.

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At this event we would take many kinds of TK and K flat-water boats to Lake Wivenhoe for the day. This is a great chance to try tippier boats and improve your paddle skills. The quickest way to improve is to push your limits, and Lake Wivenhoe is a good environment for doing so.

We are going to get some food on the way and do a small barbecue—otherwise bring your own food.

<b>Discipline</b>	Flat-water	<b>Paddle <a href="#">Grade</a></b>	n/a
<b>Date(s)</b>	Sun, 10 <sup>th</sup> March 2023	<b>Event ID</b>	240310F
<b>Distance</b>	n/a	<b>Duration</b>	10 h
<b>Leader</b>	Leandro	<b>2IC</b>	Martin

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## 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 9:00 am, and we will be setting up a position on the bank, hopefully under a shady tree. 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 BBQ facilities, sheltered picnic tables, toilets, and showers (hot and cold).

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

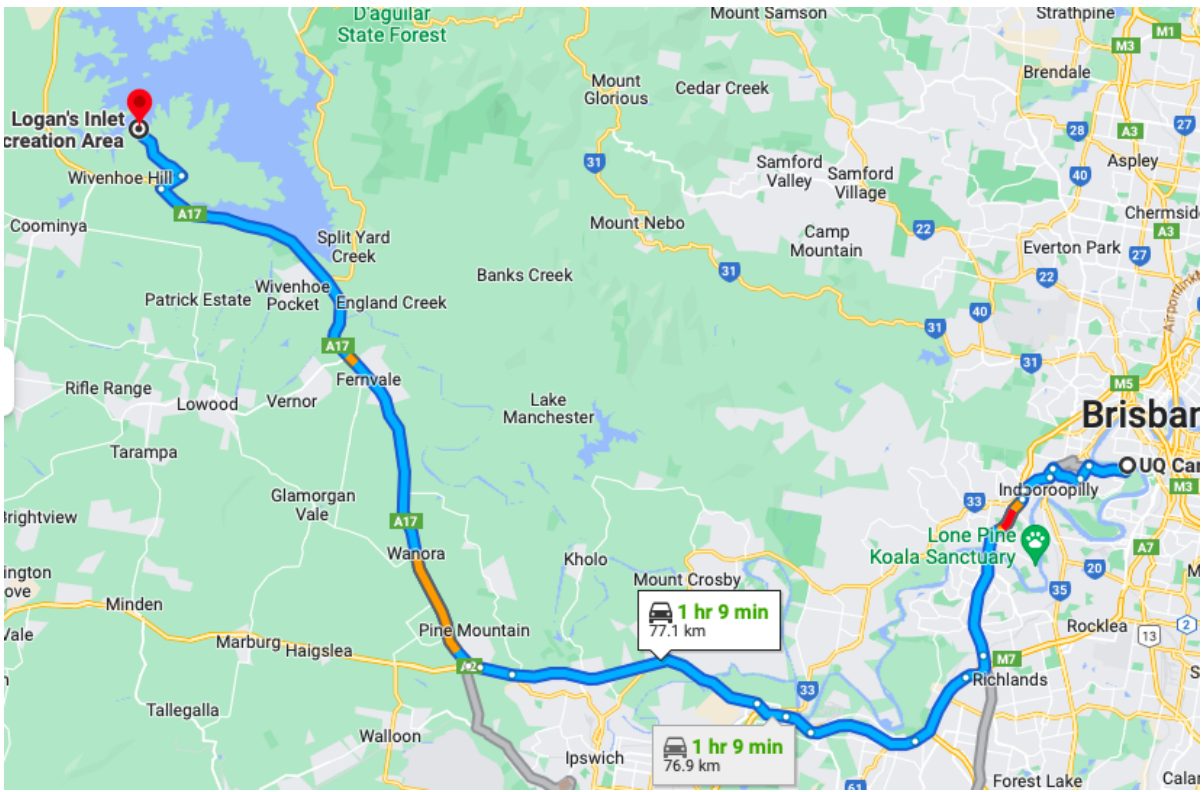
That part of Lake Wivenhoe is protected from wind and is a beautiful setting to practice and try a range of TK1s and a K1. It is a fresh water reservoir, and there are limited hazards in the water. It is a 'friendly environment' to fall out of kayaks!

We intend to bring a range of TKs and K1s, so that everybody can have a go. Hopefully, we will be able to go for a short paddle once we have acquired some skills. 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 **spare change of clothes** is essential as you will be getting wet.

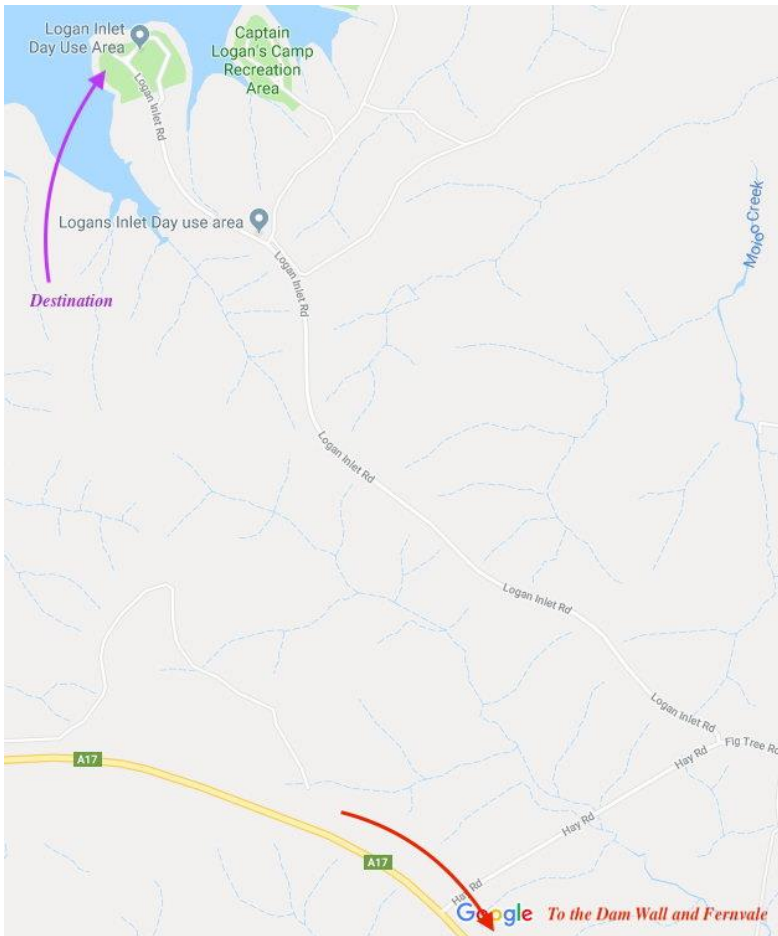
**Lunch option.** For those who are interested, we will have a small barbecue available and will purchase items for a very basic lunch. Please indicate your interest in joining in and indicate any food requirements/allergies in the comment section when you register. It usually costs around 5 AUD per person.

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

The usual 'wear & tear' fee applies and money should be sent to club accounts via the info in the shed/PayID. This is done on the day. Bring some money for coffee/snacks/lunch as we will probably stop for coffee at Fernvale, and the lunch option.



Route to Logan's Inlet



Logan's Inlet route – Final part

<b>Tides</b>	n/a	<b>Moon</b>	n/a
<b>Sunrise/set</b>	n/a		

### Trip Outline

- 7:00 AM – Meet at the club shed to pack trailer (6:30 AM if already packed or no trailer)
- 8.00 AM – Depart club’s shed
- 9:00 AM – Meet at Fernvale Bakery/Café
- 9:30 AM – Depart for Logan’s Inlet
- 9:45 AM – Set up at Logan’s Inlet
- 10:00 AM – Commence activities
- 12:30 PM – Lunch
- 15:00 PM – Depart to Brisbane
- 16:00 PM – Arrive shed
- 17:00 PM – Depart shed

<b>Put-in Point</b>	Logan’s Inlet Recreation Area	<b>Takeout Point</b>	Same as put-in
<b>Alternate Route Variations</b>	<ul style="list-style-type: none"> <li>• Adjacent to bank takeout points</li> </ul>		
<b>Information Links</b>	Download <a href="#">this brochure</a> about Wivenhoe (includes maps)		
<b>Facilities</b>	Toilets and tap water		

## SAFETY

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 (e.g., asthma, diabetes, heart conditions, allergies, epilepsy, etc), and take any required medication.

### Risks and Management

#### Club Flatwater Kayaking Risk Assessment (Detailed Risk Assessments on Request)

<input checked="" type="checkbox"/> Drowning	<input type="checkbox"/> Fitness/Fatigue
<input checked="" type="checkbox"/> Sunburn	<input checked="" type="checkbox"/> Equipment Failure
<input checked="" type="checkbox"/> Medical Conditions	<input checked="" type="checkbox"/> Enter/Exit Boat
<input checked="" type="checkbox"/> Cuts Strains and Sprains	<input checked="" type="checkbox"/> Carrying Boats
<input checked="" type="checkbox"/> Dehydration	<input type="checkbox"/> Algae/Contamination
<input type="checkbox"/> Ineffective Rudder	<input type="checkbox"/> Boat Traffic/Shipping
<input type="checkbox"/> Entire Group Capsizing	<input checked="" type="checkbox"/> Separation from Boat

<input 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 type="checkbox"/> Rough Seas <input type="checkbox"/> Surf <input checked="" type="checkbox"/> Sinking Boat <input type="checkbox"/> Gravel runs and Grade 1 rapids	<input checked="" type="checkbox"/> Missing/Broken Paddle <input checked="" type="checkbox"/> Paddle-Related Injuries like Tendonitis and Blisters <input checked="" type="checkbox"/> Hit by Paddle <input type="checkbox"/> Strainers (Overhanging Trees/ Mangroves/ Fishing Lines/ Structures) <input 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 checked="" type="checkbox"/> Cooking. <input type="checkbox"/> Camping. <input checked="" type="checkbox"/> COVID-19
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**Club Travel Risk Assessment** (Detailed Risk Assessments on Request)

<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	<input checked="" type="checkbox"/> Incident/Accident while Driving <input type="checkbox"/> Becoming Lost <input checked="" type="checkbox"/> Breakdown or Breakdown in Remote Areas <input checked="" type="checkbox"/> Towing Trailer <input checked="" type="checkbox"/> COVID-19
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**General Risk Management**

<b>Paddler Requirements</b>	<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. 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>
<b>Emergency Contact Information</b>	000 – Only for Emergencies
<b>Nearest Medical Help and Contacts</b>	<p>Hospital(s)</p> <ul style="list-style-type: none"> <li>Ipswich Hospital Emergency Dept, Ipswich Hospital, Chelmsford Ave, Ipswich QLD 4305</li> </ul>

	Ph: <a href="tel:0738101111">07 3810 1111</a> <ul style="list-style-type: none"> <li>Esk Hospital, 30 Highland St, Esk QLD 4312 Ph: <a href="tel:0754244600">07 5424 4600</a></li> <li>Lowood Police: 5426 1108</li> <li>Seqwater Duty Officer – Catchment Services : 3035 5776</li> </ul>
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## Safety and Personal Equipment

<b>Personal Equipment</b>  (Full list)	<input checked="" type="checkbox"/> Clothing you can get wet (on the water) <input checked="" type="checkbox"/> Dry clothing (to keep warm) <input checked="" type="checkbox"/> Equipment Requirements for <a href="#">Grade</a> <input checked="" type="checkbox"/> Food adequate for trip duration <input checked="" type="checkbox"/> Footwear suitable for paddling, swimming. Extra for on land. <b>No thongs/flip flops or bare feet</b> (oysters and spiky/venomous animals can get you!) <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 <input checked="" type="checkbox"/> Sun protection (hat, sunglasses, long-sleeved paddle clothes, sunscreen, etc)		
<b>Kayak Equipment</b>  <a href="#">(Required sea kayaking equipment for grade)</a>	<input checked="" type="checkbox"/> Dry Bag <input checked="" type="checkbox"/> Life Jacket (Type II) and Paddle <input type="checkbox"/> Paddle Tie <input type="checkbox"/> Pump, Sponge, and Bailer <input type="checkbox"/> Paddle Float <input type="checkbox"/> Spray Deck – If you have not used one, <b>tell the leader</b> before or when you register! Pre-trip training may be needed. <input checked="" type="checkbox"/> Suitable Craft (Flat-water kayak) <input checked="" type="checkbox"/> Whistle		
<b>Communications</b>	<input type="checkbox"/> Flares <input checked="" type="checkbox"/> Mobile Phone <input type="checkbox"/> PLB/EPIRB	<input type="checkbox"/> Signal Mirror <input type="checkbox"/> V-Sheet	<input type="checkbox"/> VHF Radio <input checked="" type="checkbox"/> Whistle
<b>Safety Equipment</b>	<input checked="" type="checkbox"/> First Aid Kit <input type="checkbox"/> Hand Pump	<input type="checkbox"/> Paddle Floats <input checked="" type="checkbox"/> Repair Kit	<input type="checkbox"/> Rescue Stirrup <input checked="" type="checkbox"/> Spare Paddle
<b>Additional or Emphasised Equipment</b>	Please make sure you bring water, lunch if not joining the barbecue, snacks, and foot wear. Dress for the outdoors. Bring dry warm clothes and SunSmart clothing (hat, sunglasses, long-sleeved shirt, water, sunscreen). You may get wet, so bring your swimming gear. Advise trip leader of any medical conditions.		

<b>Check Paddlers' Equipment</b> (prior to launch)	<input type="checkbox"/> Bailer/Pump	<input checked="" type="checkbox"/> Life Jacket	<input checked="" type="checkbox"/> Suitable Craft
	<input checked="" type="checkbox"/> Footwear	<input type="checkbox"/> Paddle	<input checked="" type="checkbox"/> SunSmart Gear
	<input checked="" type="checkbox"/> Medication	Leash	<input checked="" type="checkbox"/> Water
		<input type="checkbox"/> Spray Deck	

## LOGISTICS

<b>Pre-Trip Meeting</b>	N/A
<b>Boat Loading Details</b>	At Club Shed, 7:00 AM on Sunday 10 March 2024
<b>Costs</b>	<ul style="list-style-type: none"> <li>• 10 AUD wear and tear contribution for club gear use.</li> <li>• Money for petrol for your driver/trailer tower.</li> <li>• A few extra dollars for a coffee, etc (if time).</li> <li>• Money for barbecue.</li> </ul> <p>Please bring cash if you don't have pay ID. We like to complete reimbursing everything at the end of the trip.</p>
<b>Additional Comments/ Instructions</b>	Numbers may be limited by transport. Within these constraints, it will be first come, first served, and number will be limited.

## EVENT REGISTRATION

<b>Register with</b>	Leandro	Email	<a href="#">Committee Contacts</a>
<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>	9 March 2024	<b>Club Event ID</b>	230310F