



THE UNIVERSITY OF QUEENSLAND CANOE CLUB

G1: GREEN AND ST. HELENA ISLANDS

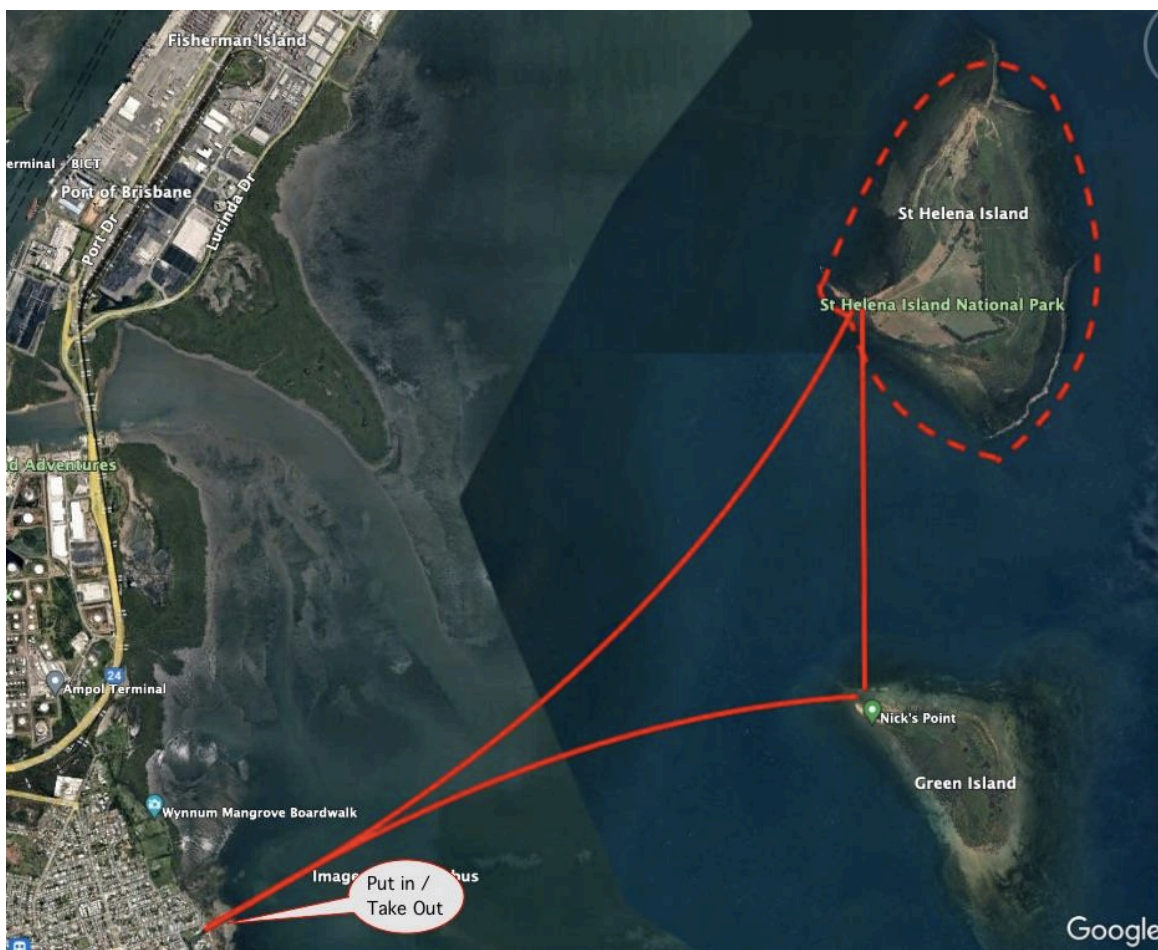
A great trip for those interested in kayaking in Moreton bay

Note this trip was originally planned for Sat 30th March, but was moved to Mon 1st April due to wind forecasts.

This is a great trip to getting introduced to kayaking in the bay. This trip is tide dependent, high tide is just before 2PM (neap tides). We will go paddle across to the North West point of Green island for morning tea. After this we will paddle across to St. Helena island and stop there. Stronger paddlers will have the option of extending the paddle by circumnavigating St. Helena (if time and conditions permit).



Discipline	Sea kayaking	Paddle Grade	1
Date(s)	1 st April 2024	Event ID	240330S
Distance	About 16km (24km if St. Helena Island circumnavigation)	Duration	~5.5 hrs
Leader	Martin Wynne	2IC	[TBD]



Route Map

Tides (Brisbane Bar)	L 8:24 (0.0.96m) H 13:51 (1.59m) L 07:49 (0.79m)	Moon	Half-moon following day (i.e. neap tides)
Sunrise/set	17:47 – 18:10	(Sunset)	

Trip Outline

- 07:00 AM Meet club shed to pack equipment
- 07.30 AM depart club shed
- 08:00 AM arrive Wynnnum
- 09:00 AM on the water, departing Wynnnum Creek Boat ramp
- 10:30 AM Stop on Green island
- 11:00 Depart for St. Helena
- 11:30 Arrive St. Helena
- 11:45 Free time on St. Helena or depart for Circumnavigation
- 13:00 Lunch at St. Helena Picnic area
- 14:00 Depart St. Helena
- 15:30 Arrive Wynnnum
- 16:00 Depart Wynnnum
- 16:45 Arrive at Shed
- 18:00 Depart Shed



Put in/ Take out Point at Wynnnum Creek Boat Ramp. .

Put in/ Take out Point	Wynnnum creek boat ramp on the North side of Wynnnum Creek (Glenora Rd & Wynnnum North Esplanade)
Alternate Route Variations	• Option to circumnavigate St Helena after Green Island (extra 8km) • Option to take out at Manly Harbour • Option to take out at Port of Brisbane Boat ramp (8km from St. Helena) • Option to go to Green Island only or St. Helena Island Only
Facilities	No facilities available at Green island, kayakers must bring sufficient food and water for the day. Toilets available on St Helena island and Wynnnum Creek

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 ☒ 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.
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	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 required by the paddle grade.
Emergency Contact Information	- Coast Guard Brisbane (QF2) Ph: (07) 3396 5911 Mobile: 0404 466 000 - VHF: 16, 73, 81 Sat & Sun 0600 – 1800 - Marine Radio Moreton Bay (VZ4RQ) Ph: 3396 8666 VHF: Emergency - 16 & 67, Calling 73, Repeaters Bay (Nth) 81, (Sth) and outside the islands 82 - Emergencies only – 000
Nearest Medical Help and Contacts	Hospital(s) - Princess Alexandra Hospital: 3176 2111 199 Ipswich Rd, Woolloongabba - Redland Hospital: 3488 3111 Weipin St, Cleveland QLD 4163 Medical Centre(s) - Wynnum Medical Centre: 3348 9000 (Sat:1-5PM;Sun:10AM-2PM) 7/1795Wynnum Rd, Tingalpa
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 (3-4 litres), lunch, snacks, sun protection and appropriate 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	☒ Suitable Craft ☒ Sunsmart Gear ☒ Water

LOGISTICS

Pre-Trip Meeting	N/A
Boat Loading Details	Sun Evening or Mon Morning before leaving (TBC). Meet at shed at 07:00 AM - Check emails for updates
Costs	\$15 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). 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.
Additional Comments/ Instructions	Please inform the leaders if you have not done a wet exit or assisted rescues in sea kayaks, or if you are not confident. We may arrange training at the UQ pool on a Monday night. 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

Register with	Martin	Email	Committee page
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	End of Sat 30 March 2024	Club Event ID	240330S