QUEENSLAND SEA KAYAK CLUB Inc

Trip Plan

Cotton Tree to Coolum

Nov 14 2014

Via old Woman Island

Trip Leader:	Mark Hessling
Trip Leader Qualification:	☐ Grade 1 ☒ Grade 2 ☐ Sea Guide ☐ Sea Instructor
Phone:	0417 706 345
Email:	kayak@rexx.org
Contact Requirements:	Participants may register their interest prior to the event or on the morning of the paddle.
Register by:	Nov 14 2014
Date of trip:	Nov 14 2014
Grade of Trip:	☐ 1 ☒ 2 ☐ 3
Event Environment:	☐ Dam ☐ Lake ☐ Creek ☐ River ☐ Estuary ☐ Bay ☒ Ocean ☐ Surf
Brief Description of Activities:	**QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.** We will leave the QSKC camp site at Cotton Tree and head out the Cotton Tree Bar and head north along the beaches until we are opposite Coolum. We will then head south to the outside of Old Woman Island and depending on conditions may play in the rocks. We will stop in the lee of the island for some refreshments and then head back to the launch site for a well earned lunch. Depending on the bar conditions we may launch/land on the beach outside the bar. We also may cut the trip short of Coolum. **Helmets will be compulsory**.
Meeting Time:	07:30
Meeting Place:	Cotton Tree camping ground. Site of QSKC Christmas Party
Departure Time:	08:00
Duration:	Approx 5 hours
Distance:	Approx 23 km
Tide Information:	Tides shown are for Mooloolaba.

Friday 14	
Time	**Height**
0057	1.06
0640	0.60
1321	1.45
2020	0.56

Suggested Equipment:

Required equipment

- Australian or NZ standards approved PFD
- Covered Shoes, Helmet

Recommended equipment

- Minimum 2 litres
- Sun protective clothing & Sunscreen
- Food / Nourishment for the duration of the trip

Paddlers Requirements

Paddlers should have an appropriate level of fitness. Individuals must self assess their, and their equipment's, ability to participate in this level club event and should consult the trip leader if any aspect of their suitability requires clarification.

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Alternate course and take out points:	Surf beaches all along route.			
Identified hazards:	☒ drowning	☐ hypothermia	☒ dehydration/ hyperthermia	☒ surf
	☒ equipment failure	☒ weather change	☐ stingers & bites	☒ capsize at sea
	☐ exhaustion & fear	☒ group spread	☒ sea sickness	☒ separation at sea
	☐ crocodiles	☐ shipping lanes	☒ rocks & gauntlets	☒ boat traffic
	☐ fatigue	☐ sea caves	☐ land fauna	☒ rough seas
	☐ marine life	☐ medical conditions	☒ sunburn	☒ paddle related injuries
	☐ …….	☐ ……	☐ ……	☐ ……
QSKC Risk Management Policy	I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: ☒ (Tick box)			
Emergency Rescue Contact:	VMR Mooloolaba, Phone: (07) 5444 3222, VMR406, Frequencies monitored VHF 16, 80, and 81			
Communication:	☒ Mobile	☒ VHF Radio	☒ whistle	
Safety equipment:	☒ EPIRB/PLB	☒ signal mirror	☒ flares	☐ torch/glow stick
	☒ spare paddle	☒ tow line	☐ repair kit	☒ first aid kit
Check of other paddlers equipment:	☒ suitability of craft	☒ spray skirt	☒ PFD	☒ paddle leash
	☒ bailing device	☒ medication	☒ water	☒ footwear
Map:				