

Activity Plan - North Coast NSW - Venturer, Rover and Leader - Moving-water Skills Development Workshop (Canoe) - 29Nov to)1 Dec 2024

Group or Formation	NC+NW Region (Involving trainers from multiple NSW Groups)
Concept	<p>Activity Aim: This paddling workshop is to provide Venturers, Rovers and Leaders with opportunity:</p> <ul style="list-style-type: none"> • To establish and maintain a safe, competent and networked Scouting paddling community capable of supporting, enabling and facilitating Youth paddling opportunities. • To develop the foundation skills, knowledge, attitudes and abilities/experience (Canoe) necessary to enable progress towards paddling competency and water activity supervision capacity required to plan and lead safe, fun, challenging and rewarding paddling activities on white-water rivers and inland waterway (Up to Grade 1 white-water), in less than moderate wind conditions and within 400 meters of shore. • In addition to face-to-face learning, provide opportunity to accumulate logged performance evidence to contribute towards currency and/or qualification in Scout and/or VET Flat, Moving water paddling Units of Competency (Safe Participant, Trained Participant, Assistant Guide and Guide). <p>Conduct: Two days of structured training activities covering moving water paddling and river rescue skills and knowledge development (as per the activity timing program attached).</p> <ul style="list-style-type: none"> • Participants: Up to 28 x Dependant / Novice Participants.
Date	Saturday 30 November and Sunday 01 December 2024
Location and Route	<p>Campsite: Barrington Recreation Reserve [56JLK 961 621]</p> <p>Sat 30th Nov: Barrington</p> <ul style="list-style-type: none"> • From: Rocky Crossing (56HLK 934 547) • To: Barrington Reserve [56JLK 961 621]. <p>Maps: 9234-2S BOWMAN, 9233-1N+GLOUCESTER Barrington_RockyCrossingToReserve_A4Portrait.jpg (attached)</p> <p>River Grading: This section is mainly flowing water interspersed with pools and some grade 1 rapids. Some tree hazards.</p> <p>Sun 1st Dec: Manning</p> <ul style="list-style-type: none"> • From: Cundle Flat Bridge (56JMK 090 767) • To: Tiri Bridge [56JMK 145 770]. <p>Maps: 9334-3N KNORRIT FLAT Manning_CundleFlatBridgeToTiriBridge_A4Landscape.jpg (attached)</p> <p>River Grading: Predominantly Grade 1 with one Grade 2 towards the end of the paddle. Beware there are two fences across the river, and</p>

Pl a n n i n g		overhanging tree strainers on river edges. Alternative location if conditions unsuitable: N/A
	Pre-activity Actions	<ul style="list-style-type: none"> • Advertise and promote via Facebook, e-mail and Scout Event • Assess and monitor weather and water conditions as safe for the conduct of the activity • Confirm participants (Scouts NSW Event Management System utilised for participant registration and activity payment). • Confirm Canoe / kayak numbers and associated equipment requirements for those registered. • Individual packing list distributed, and guidance provided to ensure safe and serviceable boats, equipment and personal kit/clothing. • E-Mail to all activity participants to inform preparations. • Notify emergency contacts of departure • Implement Risk Assessment (see enclosed). • Scouts NSW Event Management System utilised for participant registration and parental informed consent, with clothing/kit list • Clothing & kit check & Safety Brief prior to all activities • Review Risk management Plan prior to activity initiation • Group medical, health and allergy conditions disclosure checked before departure • Float Plan left with Emergency Contact leader
	Educational Purpose	<p>To provide participants with opportunities for skills and knowledge development aiming toward Trained participant qualification:</p> <ul style="list-style-type: none"> • Basic paddling techniques to control a kayak/canoe in whitewater • Skills and knowledge development for self-rescue / rescue of others in event of capsize / pin / entrapment. • Paddling Knowledge • Development of paddle activity supervision and safety management skills, knowledge and abilities/ experience. • accumulate logged performance evidence to contribute towards currency or qualification in Scout OAS, Scout Skills and/or VET paddling Units of Competency (Safe Participant, Trained Participant, Assistant Guide or Guide).
	Timings	<ul style="list-style-type: none"> • Duration of Activity: Up to 8 hours on water on any given day • Schedule: See timing and activities within the Workshop program. <ul style="list-style-type: none"> • Activity Start: Sat Nov 30 2024 - 8:00am at Barrington Reserve Campsite [56JLK 961 621] • Activity Finish: Sun 1 Dec 2024 – 14:00 at Tiri Bridge[56JMK 145 770] • Overdue party protocols (SAR Time): Initiated by the Emergency Home contact if communication is not achieved with the Activity Leader by 18:00 on Sun 1 Dec 2024.
Safety	Activity safety appointments:	

- **Paddling Activity Leader:** Mic Doyle
- **Assistant Activity Leaders / Safety Officers:**
 Phil Shepherd(Guide)
 Sam Aspin (Guide)
 Martin Weir (Guide)
 Milo Weir (Venturer – Boat safety / Vennie Patrol Mentor)
 Thomas Doyle (Venturer – Boat safety / Vennie Patrol Mentor)
 Steve.Phelps@nsw.scouts.com.au
- **Activity Safety Management:** This activity will adhere to the following key safety publications and documents:
 - o Scouts Australia (NSW)_PRO75-Adventurous Activities Core Conduct
 - o Outdoor Council of Australia Australian Adventure Activity Good Practice Guide-Inland Water Paddle-craft
- **Supervision:** This activity will involve Direct Supervision of participants.
- **Risk Assessment:** Attached Risk Assessment defined controls implemented and briefed to all participants as appropriate (Activity/Safety Briefs).
- **First Aid Qualified Trainers / Support Staff:**
 - o Mic Doyle (Wilderness First Aid)
 - o Phil Shepherd (Remote First Aid)
- Participants to bring own personal first-aid kit to be held by person in dry bag throughout activity. A remote first aid-kit will be carried by at least two activity guides.
- **Standard Group Control:**
 - o Safety gear carried and all to know where-abouts of safety equipment
 - o Buddy system of surveillance
 - o International River Signals explained and used
 - o Briefing on and off the water to keep participants informed
 - o Regular regrouping and head count
 - o Lead and tail-end system of security
 - o Explain action plan for small incidents e.g. capsized
 - o Incident Command System employed for major incidents. Roles identified before departure (Rescuer, Gofer, Rigger, Upstream Safety, Downstream Safety, etc)
 - o Land Scout all rapids, where whole rapid cannot be observed as safe from boat
 - o In boat and/or shore safety placed before negotiation of all

		<p>rapids.</p> <p>Emergency Plan</p> <p>Safe Participation. Participants will be denied participation in the event of COVID-19 or other illness or injury that impacts on safe participation.</p> <p>In event of emergency call: 000 or activate PLB/InReach</p> <p>Health threat. The health threat is assessed as LOW/MEDIUM. The major factors affecting health risk to the participating group include:</p> <ul style="list-style-type: none"> • Scrapes, cuts and/or bruises • Injuries or illness from environmental conditions • Drowning • Motor vehicle accidents <p>Emergency Support:</p> <ul style="list-style-type: none"> • Emergency Home Contact (support for unlikely event of a critical incident): Melinda Hine - 0409 922 096 • Closest Hospital: Gloucester Soldiers Memorial Hospital (24 hrs) (02) 6538 5000 166-182 Church Street GLOUCESTER • Closest Police: Gloucester Police Station (not 24 hrs) (02) 5594 8420 8 Church Street, Gloucester • Taree Police Station(24 hrs) (02) 5594 8299 83 Albert Street, Taree <p>Evacuation Point / Safe Haven at:</p> <ul style="list-style-type: none"> • Barrington Recreation Reserve – Toilet Block [56JLK 961 621] <p>Emergency Management: Incidents that could require emergency response beyond the capacity of the activity leadership to manage include:</p> <p>Actions on injury / illness or drowning of participant:</p> <ul style="list-style-type: none"> • Cease all activities immediately. • Conduct rescue as required. • Sustain life (First Aid) - The nearest participant is to administer first aid until WFA qualified guide or medical support arrives. • Casualty Evacuation: • Priority 1 or 2 / CAT A or B (Life/limb threatening) - Seek Emergency Services for emergency CASEVAC support (in accordance with the communication plan), if life is imminently
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threatened and activity leader is unable to evacuate safely to medical care in a timely manner.

- **Priority 3 / CAT C (within capacity of first aider to treat without immediate medical care)** – An assessment will be made as to suitability for continued involvement in the activity, with subsequent actions to move the casualty to marry up with admin team for welfare management and treatment if required (may involve consultation with nearest hospital for guidance. Casualty may need to be driven to the nearest health facility for treatment.
- If on the water, the leader in location is to make all necessary arrangements to move the affected group to the shoreline giving all due consideration to the ability for emergency services to marry up - Where appropriate/possible the party will move the casualty Emergency Safe Haven / Emergency Evacuation Point.
- Notify Emergency Home Leader.
- Debrief/review as required.

Search and Rescue. The activity leader is to detail actions on lost and separated to all participants as part of the safety brief. Giving due consideration to the environment at the time, in the event that separated persons cannot be located within 6 hours after conducting an immediate and deliberate search, the leader is to seek help from NSW Police using the communications plan.

Actions on Lost participant/s:

- Cease all activities and conduct 100% personnel check
- Send Guide to last observed location
- Participants briefed to remain where they are and signal for assistance (three whistle blasts).
- Define the search area / contain area / initial search of likely locations (eg. finish point, routes taken, diversion routes/points, safe havens, emergency RV, point of origin, etc)
- Notify Emergency Home Leader
- Notify emergency services and request SAR activation
- Controlled search
- Debrief/review as required.

Actions on Lost / overdue activity party:

- Emergency Home Leader attempt to contact activity party from activity finish time until emergency call time (Where possible check finish and diversion points and Safe Havens/Emergency Evacuations Points)
- Notify emergency services and request SAR activation

		<ul style="list-style-type: none"> • Debrief/review as required. <p>Actions on Severe weather or Bushfire:</p> <ul style="list-style-type: none"> • If during activity, cease all activities and conduct 100% personnel check, • Concentrate all personnel and move to a safe haven / seek closest and safest available shelter. • Initiate diversion/bump plan if able to move on diversion / escape routes (if safe to do so). • If required, notify emergency services and request support / SAR / Emergency Service support. • Activity Participants leave area when safe to do so, • Debrief/review as required. <p>• Actions on Hypothermia and Hyperthermia:</p> <ul style="list-style-type: none"> • In the event of Hypothermia: <ul style="list-style-type: none"> ○ Get to / establish shelter ○ Give warm water hot water, apply dry clothes, heat packs, hot filling hi energy meals/snacks, etc. • In the event of Hyperthermia: <ul style="list-style-type: none"> ○ Reduce layers, drink fluids, rapidly cool victim, etc ○ Get to / establish shelter <p>Participants opting out: If during activity, a participant opts out of activities the following process will be followed in the following order:</p> <ul style="list-style-type: none"> • Confidence build in location through skills and attitude focus • Move to Experienced Paddler’s Canoe • Facilitate activity removal and welfare support <p>Vehicle locations: It is planned that vehicles will be left at the put in and take out locations. The Activity Leaders vehicle is a white Toyota Hilux (NSW Rego: EHL42W).</p>
	Approvals	RCA SC&T / Scouts NSW SC AA Approval Required.
Participants	Participants	<ul style="list-style-type: none"> • Participants as per Scout Event Roll call (Scouts, Venturers, Rovers and Leaders)
	Medical	<ul style="list-style-type: none"> • As reflected in Scout Event profiles of participants. • Participant physical / intellectual, health, allergy and medicine conditions/needs/requirements will be confirmed by the Activity Leader prior to participation. • Individual medical needs to be defined prior to participation.
	COVID	<ul style="list-style-type: none"> • COVID Safe measures as per NSW State and Scout NSW policies and guidelines.

	Minimum Environmental Impact	<p>Develop environmental impact awareness and Comply with Leave no Trace Principles:</p> <p>https://www.lnt.org.au/programs/7-principles/#6</p> <ol style="list-style-type: none">1. Plan ahead and prepare2. Travelling and camping on firm ground3. Dispose of waste correctly (Take waste with us to dispose at end of activity)4. Leave what you find5. Minimise the impact of the campfire6. Respect wildlife7. Be considerate of hosts and other visitors <ul style="list-style-type: none">• Minimise erosion and fall risk on riverbank / water edge. Utilise Jetty facilities where safe and appropriate.• Pick up any rubbish easily accessible and able to be carried on the journey• Walk on established paths where possible• Be respectful of wildlife – fish, turtles, kangaroos, birdlife
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	Weather	<p>BOM Forecast</p> <p>Forecast:</p> <ul style="list-style-type: none"> • Temperatures: TODO - Range XX° to XX° • Precipitation: TODO - XX% chance of Xmm of rain • Wind: Winds are expected to be variable XXkm/h – Prevailing XX • Cloud Cover: XX% chance • Sunrise: ~ XX:XX • Sunset: ~ XX:XX <p>River Conditions: River Levels and water quality are expected to be at safe levels for the activity to be conducted. .</p> <p>Upstream / Catchment area forecast:</p> <p>Barrington water level gauge: Barrington R at Forbesdale http://www.bom.gov.au/fwo/IDN60232/IDN60232.560001.plt.shtml Prefer: 0.45 to 0.8m. Too high: > 0.9m</p> <p>Barrington river Levels: Barrington River rises and falls quickly as a result of rainfall within the catchment area</p> <p>Manning water level gauge: Manning R at Mt George http://www.bom.gov.au/fwo/IDN60232/IDN60232.060117.plt.shtml Prefer: 0.3m. Too high: NO DATA AVAILABLE</p> <p>Weather/River Checks: Weather and river levels will be checked daily during the activity. Water levels will be monitored during the activity through monitoring of flow and known river features. A Rock/Stick gauge will be placed in the water on arrival for monitoring purposes.</p>
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Envir	Triggers	<ul style="list-style-type: none"> • Conditions for Cancellation / Activity Amendment: Go-no-Go or cancellation “Triggers” (Action, include activity Adjustments / alternate areas & routes): <ul style="list-style-type: none"> o Severe weather forecast / warning [winds over 20 km/h or lighting storm or extreme cold weather < 2 Degrees daytime temperature] - (Shelter / Adjust activities / Leave area) o Catastrophic bushfire danger (Shelter / Adjust activities / Leave area) o Activity impacting illness (COVID-19 restrictions / isolation as appropriate) o Activity area closure (Cancel Activity or find alternate safe river) o Unsafe water levels [Flooding] - (Cancel Activity or find alternate safe river) o Unsafe water quality (Cancel Activity or find alternate safe river) o Supervision ratio above 1:6 (Modify or cancel Activity) o Insufficient, unserviceable, or inadequate personal equipment or Kayak / Canoe (Modification or denial from participation) o Insufficient, unserviceable, or inadequate Group equipment (Cancel or modify activity). 																																							
	Group Equipment	<ul style="list-style-type: none"> • Craft Type: River Runner / Creeker Kayaks or Whitewater appropriate canoes of appropriate, serviceable & safe nature. • Participant provided equipment or loan gear as arranged by participants through the activity leader. • Loaned from ??? (Canoes, PFDs, Paddles, Remote first aid kit, UHF Radios and water jerries). • ??? Canoe Trailer. <table border="1" data-bbox="475 1301 1410 2033"> <thead> <tr> <th>Equipment</th> <th>Who Carried</th> <th>Where Carried</th> </tr> </thead> <tbody> <tr> <td>Communications (IAW PACE – Comms plan)</td> <td>Each Guide</td> <td>On Person</td> </tr> <tr> <td>Rescue Kit (incl. throwbag/rope, tow line, Pin Kit (pulley, carabiners, tape slings, 50cm of 25mm breathing tube (Snorkel), paddle clamp, Flip line, prussic loops), lighter/matches/flint, Boat Repairs Kit).</td> <td>1 per 2 Guides</td> <td>In Boat</td> </tr> <tr> <td>Folding saw</td> <td>1 per 2 Guides</td> <td>In Boat</td> </tr> <tr> <td>Wire cutters / multitool</td> <td>optional</td> <td>In boat</td> </tr> <tr> <td>Small gas stove, Fire lighting gear</td> <td>3 per Group</td> <td>In Boat</td> </tr> <tr> <td>Remote First Aid Kit & Emergency Bivvy/Blankey</td> <td>3 per Group</td> <td>In Boat</td> </tr> <tr> <td>Hot-water thermos and Spare High Energy Snack</td> <td>Activity Leader</td> <td>In Boat</td> </tr> <tr> <td>Spare food, drink, clothing</td> <td>Activity Leader</td> <td>In Boat</td> </tr> <tr> <td>Spare breakdown paddle</td> <td>1 per 2 Guides</td> <td>In Boat</td> </tr> <tr> <td>Maps and compass</td> <td>Each Guide</td> <td>In Boat</td> </tr> <tr> <td>Torch, Signal Mirror & V Sheet</td> <td>Each Guide</td> <td>In Boat</td> </tr> <tr> <td>Emergency communications (PLB / InReach, etc)</td> <td>3 per Group</td> <td>On Person</td> </tr> </tbody> </table>	Equipment	Who Carried	Where Carried	Communications (IAW PACE – Comms plan)	Each Guide	On Person	Rescue Kit (incl. throwbag/rope, tow line, Pin Kit (pulley, carabiners, tape slings, 50cm of 25mm breathing tube (Snorkel), paddle clamp, Flip line, prussic loops), lighter/matches/flint, Boat Repairs Kit).	1 per 2 Guides	In Boat	Folding saw	1 per 2 Guides	In Boat	Wire cutters / multitool	optional	In boat	Small gas stove, Fire lighting gear	3 per Group	In Boat	Remote First Aid Kit & Emergency Bivvy/Blankey	3 per Group	In Boat	Hot-water thermos and Spare High Energy Snack	Activity Leader	In Boat	Spare food, drink, clothing	Activity Leader	In Boat	Spare breakdown paddle	1 per 2 Guides	In Boat	Maps and compass	Each Guide	In Boat	Torch, Signal Mirror & V Sheet	Each Guide	In Boat	Emergency communications (PLB / InReach, etc)	3 per Group	On Person
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	Participant	<ul style="list-style-type: none"> • Advice on clothing and kit on Scout Event and Pre-Departure emails. 																																							

Equipment

<p>Equipment</p>	<ul style="list-style-type: none"> Participants to conduct kit checks prior to ensure all equipment is in good condition and inform their leader if repairs / loan is required prior to activity. Equipment, clothing and kit as specified in controls of enclosed Risk Assessment (paddlers responsibility to load) – as per gear list (Attached) <table border="1" data-bbox="472 459 1406 1055"> <thead> <tr> <th data-bbox="472 459 1038 526">Equipment</th> <th data-bbox="1038 459 1171 526">Who Carried</th> <th data-bbox="1171 459 1406 526">Comments / Where Carried</th> </tr> </thead> <tbody> <tr> <td data-bbox="472 526 1038 622">Serviceable activity appropriate paddle, spray skirt and kayak (fitted with floatation and secure hand loops),</td> <td data-bbox="1038 526 1171 622">All</td> <td data-bbox="1171 526 1406 622">Any loan requirements to be pre-arranged</td> </tr> <tr> <td data-bbox="472 622 1038 658">Wet suite / Dry Suit</td> <td data-bbox="1038 622 1171 658">All</td> <td data-bbox="1171 622 1406 658">On person</td> </tr> <tr> <td data-bbox="472 658 1038 754">Waterproof day bag for food, medicines, Insect Repellent, sunscreen cream, Personal First Aid Kit.</td> <td data-bbox="1038 658 1171 754">All</td> <td data-bbox="1171 658 1406 754">On person</td> </tr> <tr> <td data-bbox="472 754 1038 790">Drink / water bottle 2L</td> <td data-bbox="1038 754 1171 790">All</td> <td data-bbox="1171 754 1406 790">On person</td> </tr> <tr> <td data-bbox="472 790 1038 826">CAG / Weatherproof Top</td> <td data-bbox="1038 790 1171 826">All</td> <td data-bbox="1171 790 1406 826">On person</td> </tr> <tr> <td data-bbox="472 826 1038 891">Helmet, PFD (serviceable and white water appropriate / at least type 50), River Shoes, etc</td> <td data-bbox="1038 826 1171 891">All</td> <td data-bbox="1171 826 1406 891">On person</td> </tr> <tr> <td data-bbox="472 891 1038 987">Pea-less whistle & optional safety knife (sunglasses, ear plugs, nose plug all optional but recommended)</td> <td data-bbox="1038 891 1171 987">All</td> <td data-bbox="1171 891 1406 987">On Person</td> </tr> <tr> <td data-bbox="472 987 1038 1055">Spare dry clothing in bag</td> <td data-bbox="1038 987 1171 1055">All</td> <td data-bbox="1171 987 1406 1055">In vehicle at take out</td> </tr> </tbody> </table>	Equipment	Who Carried	Comments / Where Carried	Serviceable activity appropriate paddle, spray skirt and kayak (fitted with floatation and secure hand loops),	All	Any loan requirements to be pre-arranged	Wet suite / Dry Suit	All	On person	Waterproof day bag for food, medicines, Insect Repellent, sunscreen cream, Personal First Aid Kit.	All	On person	Drink / water bottle 2L	All	On person	CAG / Weatherproof Top	All	On person	Helmet, PFD (serviceable and white water appropriate / at least type 50), River Shoes, etc	All	On person	Pea-less whistle & optional safety knife (sunglasses, ear plugs, nose plug all optional but recommended)	All	On Person	Spare dry clothing in bag	All	In vehicle at take out
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<p>Menu Plan</p>	<ul style="list-style-type: none"> Self-catered At least 3 LT of water per person per day (noting water can be collected from the river - Recommend purifying or boiling & filtering) 																											
<p>Transport</p>	<ul style="list-style-type: none"> Participant self-drive / parental transport Canoe Trailer transported to/from Activity as coordinated by Activity Leader 																											
<p>Comms</p>	<ul style="list-style-type: none"> Communications: <ul style="list-style-type: none"> Primary: Mobile Phone & Visual/Audible/UHF between activity leaders Alternate: InReach text to emergency contact where no Mobile reception. Contingency: PLB / InReach for emergency Comms (AKA PLB Trigger if Primary and Alternate have failed) inReach SOS function/PLB Emergency: Vehicle movement to Barry Way Farmhouse closest to incident site for emergency phone use. Activity leader – Phil Shepherd’s mobile: 0424 301 221 Group UHF hand-held radios – Channel 32 																											

Leadership	Leaders	<ul style="list-style-type: none"> • Guide / Experienced Paddler to Dependant Participant Ratio: Desired 1:3 (Minimum 1:6) • As per Scout Event roll call of event Trainer and Supported registrations
	Qualifications	<ul style="list-style-type: none"> • Supervision of youth activities by Guide / Trained Participant Leaders and competent paddler developing evidence for Guide / Trained Participant qualifications.
	Roles	As above

Prepared by: Phil Shepherd **Qualification:** Guide

Date: 08 Nov 2024

Enclosures:

1. Risk Assessment
2. Departure Briefing / Guide Bank Brief / Safety Brief Considerations
3. Timings and activities sheet

Moving / White Water Departure / Bank / Safety Brief & Guide Resource (V4.1)

<p style="text-align: center;">BANK BRIEF / SAFETY BRIEF CONSIDERATIONS</p> <ul style="list-style-type: none"> • Intros (Roles and responsibilities - Who & What) • PFD and gear fitting • Aim / Purpose of activity (Why doing) • Activity Concept (What doing) • Where: <ul style="list-style-type: none"> ○ Put-in / take-out / Route / Boundaries / Waterway area description) ○ Emergency Safe Havens / Emergence Services RV locations / Escape Routes • Transport arrangements, vehicle support/safety vehicle placement, vehicle/walking access on route and key location • Timings and durations / Emergency call time • Expected weather (temp, weather, etc) / water levels / waterway conditions and difficulty • Participant experience and abilities / Buddy Pairing / Anxiety or confidence issue / Expectations of Participant • Paddle / Boat / Sled Description • Getting in / Out of Boat / Position on Sled • Getting back into a Boat / Onto Sled • Paddle Hold & Stroke Technique (Fwd, Back / Stop, Sweep/Budder, Draw & Low Brace) 	<p style="text-align: center;">Page 2</p> <ul style="list-style-type: none"> • Contact with Boat / Lean & Edge / Position & Posture (Upright and Fwd) / Paddles Box (Shoulder Safe) / Active Blade (Keep paddling) • Participant Responsibilities – Roles / Navigation / Communications / crew (side paddling, etc) • What to do: <ul style="list-style-type: none"> ○ Rapids - Eddie brief [WORMS] / keep straight ○ Eddie (Get across Eddie line & posn boat) / Raft - Hook Hands, direction & hang on ○ Rocks / Strainers / Bank impact- Head fwd, Lean downstream and if hung up push-along / push-away into clear water ○ Capsize / Separated from craft <ul style="list-style-type: none"> - Tuck, Head Fwd & Paddle control - Wet Exit / T-Rescue / Self Recovery / Assistance of others - WW Swimming technique (Def/Agg) - Entrapment / Feet Up - Rope Throw (Rope, Catch, Hold on Chest) - Red / Blue or Downstream of Boat (Kick away & get upstream)
<p style="text-align: center;">Page 3</p> <ul style="list-style-type: none"> • On water signals / whistles (No answering whistle calls, but answer hand/paddle signals) <ul style="list-style-type: none"> ○ Look at me ○ “All Clear” / “Go” ○ Stop ○ Are you OK? / I’m Ok ○ Help / Emergency Eddies or Raft Up ○ Go Left / Go Right / Quickly / Come to me ○ Eddie out & where ○ Feet Up ○ Danger (Point positive - safe route / location) ○ Scout Ahead ○ Portage • Equipment, food, water, sunscreen, medication, admin prep required and toilet/facilities access. • Questions / Test of Understanding <p style="text-align: center;">PRE-ACTIVITY CHECKS</p> <ul style="list-style-type: none"> • Canoe/kayak/sled and Paddle checks (floatation, appropriateness/serviceability and stowage. <ul style="list-style-type: none"> ○ Head to Toe Check (“No have-no paddle!”, appropriate for activity / serviceable / fitted and done up correctly / Secured to avoid loss). 	<p style="text-align: center;">Page 4</p> <p style="text-align: center;">GUIDE / LEADER / STAFF POINTS</p> <ul style="list-style-type: none"> • Environmental issues and conditions (river levels, water quality, weather conditions) • Go/no Go criteria and Abort Criteria applicable to this activity (weather, level, etc) • On water group management, controls, safety and support, including order of movement / formations, spacing, capsize/rescue responsibilities and scouting/portage likelihood. • Boat outfitting, stowage and set-up required • Communication plan, equipment (where carried and by who), • Actions on sickness, injury or emergency, including rescue & first-aid responsibilities, including spinal and shoulder injury • Safety Equipment whereabouts and familiarity • Medical conditions / physical impairments and medicine carriage • Who holds the float plans / Emergency Contact? • Foreseeable risks / management requirements • Pre-activity Risk Assessment and Safety Plan review and agreement

PRE-ACTIVITY CHECKS

- **Boat Checks** (Serviceability / condition, type and appropriateness for the activity and paddler - fitted with floatation and secure hand loops)
- **Head to Toe Paddler Check** (“No have no paddle!”, appropriate for the activity & fitted correctly):
 - White-water helmet and head cosy / hat
 - PFD and pea-less whistle (fitted, serviceable & done up - WW appropriate / > type 50),
 - Weather appropriate clothing, including thermals, Cag (waterproof/wind proof top) and/or wetsuit/dry suit
 - Spray deck (Kayak)
 - Water shoes (Secured to avoid loss in flow)
 - White-water canoe/kayak Paddle



PRE-ACTIVITY CHECKS CONT/N

- **Personal Gear (Based on need):**
 - Rescue Gear (If trained to use):
 - Throw Bag
 - Flip line
 - Cow Tail
 - Z-drag / Python Rig
 - Rescue knife / Safety Knife (Optional)
 - Personal first aid-kit with emergency blanket
 - Camera / Go-Pro (Optional)
 - Water / hydration
 - Sunglasses and ear / nose plug (Optional)
 - Torch
 - Meals & Snacks / cooking gear and fire lighting kit,
 - Take-out and/or overnight personal gear (warm/dry change of pers clothing/shoes, towel, etc secured in a dry bag)
 - Emergency Shelter or Sleep system for o/night activities (tent/hammock, hutchie, sleeping gear, mat, etc)
 - Waterproof stowable dry bag with medicines, Insect Repellent & sunscreen

- **Boat kit Check:**
 - Water pump, Bailor and/or sponge
 - Throw bag/s & Bow line (as applicable),
 - Spray deck fitted (Canoe)
 - Improvised sail (As applicable)
 - Personal items / cold & wet weather gear.
 - Straps and stowage bags
- **Boat Outfitting**
 - Boats setup and flotation fitted, inflated & secured
 - All kit fitted, waterproofed, stowed and secured (Where possible below gunnel line)
 - Boat Trimmed and balanced
- **Group Equipment Check:**
 - Emergency Communications (V Sheet, Mirror, Radio/s, Phone and/or PLB)
 - Rescue / Pin-kit
 - Group first aid-kit
 - Repair kit (Tape, Epoxy / Tar tape, plastic (Plugs & patches), knife, lighter, zip ties, etc)
 - Spares (Bung plug, paddle/s - At least one for paddle party)

PHYSICAL AND MENTAL WARM UP FOR WHITE-WATER PADDLING

- Dynamic movement of arms, shoulders and torso:
 - Torso rotation, J-lean and pelvic tilt
 - Edge Transitions
 - Low Brace / Hip Flick recoveries
 - Back Deck Draw / Sculling
 - Sweeps/C-stroke/Hanging Draw
- Roll practiced / T-Rescue & wet exit refresher &/or practice
- White-water swimming and throw bagging refresher / reminder
- Picture the paddle and make mental markers for skills focus / personal goals for the paddle
- Regulate breathing and heart rate (Box Breathing)
- Power of positive thinking / Mind over matter / Get control of your lizard brain - Splash of water in your face to “Bring yourself into the now”, “transform into beast mode” and “Get control any fear or nerves”

<p style="text-align: center;">RAPID READING / NEGOTIATION CONSIDERATIONS</p> <ul style="list-style-type: none"> • W hat the water is doing • O bstacles identified • R oute to be paddled • M ust make moves / M arkers • S afety required <p style="text-align: center;">RAPID BRIEF</p> <ul style="list-style-type: none"> • Rapid roles • Rapid Management / Group Approach • Rapid description (Eddie From/To description, rapid difficulty/grade and rapid distance) • RAPID BETA and risks (using W O R M S), including Consequence in and below rapid • Suggested strokes / paddle placement / boat direction / edge change required • Scouting Required / Safety Placement & Type • Actions on Swimmer / Entrapment / Wrap / Wrong Route • Communications in the Rapid (Signal relay / Conditions for each step) • Portage or abort or diversion options 	<p style="text-align: center;">PADDLER INDIVIDUAL SAFETY RESPONSIBILITIES</p> <ul style="list-style-type: none"> • Don't become part of the rescue • Maintain the paddlers box / Avoid high bracing & extended arm strokes • Respect the force of the water / "Do not stand up in Rapids" / avoid entrapment. • If in doubt get out and scout (Take paddle and throw bag with you to scout) • The 3 m Rule – a helmet and PFD must be worn at all times when on or within 3 m of white-water • Upstream has right of way • Personal safety comes first and then Group Safety and then Boat safety • Never dive into water – Use shallow surface skim technique • Timeliness <p style="text-align: center;">POST PADDLE DEBRIEF / REVIEW</p> <ul style="list-style-type: none"> • Were the water & weather conditions safe the participant skill / experience? Why or why not? • Was the Float Plan, Bank Brief and Rapid Brief/BETA adequate? Why or why not? • What parts of the activity was useful / beneficial / most enjoyable? What should kept for next time? • What could be done better or differently next
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