

# Workshop Program

## (Moving Water Canoe Workshop - Barrington / Manning)

Time	Session	Content
<b>Friday 29<sup>th</sup> November 2024</b>		
Overnight Camping at Barrington Recreation Reserve		
<b>Saturday 30<sup>th</sup> November 2024</b>		
Rocky Creek to Barrinton Recreation Reserve – 10km by river, 9km by road. Gauge - Barrington R at Forbesdale - Prefer: 0.45 to 0.8m, Too high: > 0.9m		
08:00 -08:30	Workshop Welcomes and Introduction, at Barrinton Recreation Reserve	<ul style="list-style-type: none"> <li>- Patrol confirmations</li> <li>- Ensure all participants have correct gear</li> <li>- Ensure all group gear is present</li> <li>- Prepare for car shuttle</li> </ul>
08:30-09:00	Car shuttle to Rocky Crossing	Cars can be left at Rocky Crossing
09:00 -09:30	Prep to get on Water	<ul style="list-style-type: none"> <li>- Safety Brief &amp; Activity Controls (including activity plan [start, finish, distance, etc], control measures [include order of paddle/spacing], Safety gear, signals, whistle signals &amp; Action on (Capsize, etc))</li> </ul>
09:30 - 12:00	Session One - Patrol Paddle - Paddle Stroke and Boat Control Skills Refresher and intro to white water negotiation (first few Km of river)	<ul style="list-style-type: none"> <li>- Revision of basic paddle strokes (Forward, Back, Stern Draw &amp; Pry, J-Stroke, Forward &amp; Reverse Sweep &amp; Draw),</li> <li>- Intro to bracing</li> <li>- Revision of paddlers box &amp; body position / whole of body paddling</li> <li>- Introduction/Integrate of P-MYTH / P-ASE, Emergency Stop, S-Turns &amp; Bow Draw / Cut &amp; Holding edges/tilt, Ferry Gliding and Break-in &amp; Break-Out of flow.</li> <li>- Boat control</li> <li>'- Capsize drills and Boat recovery techniques - X, T, capistrano and Curl Rescues</li> </ul>
12:00 - 12:30	Lunch Break	At a shady location on the river bank
12:30 - 13:30	Session Two - Rescue Skills	River Swimming/entry technique, Throw bag throw / rope catch & retrieval, throw bag re-pack, Hierarchy of rescue & injured/unconscious paddler rescue techniques
13:30 - 16:00	Session Three - Group Paddle Exit at Barrington Recreation Reserve	
16:00 - 16:30	Car shuttle and canoe loading	<ul style="list-style-type: none"> <li>- Retrieve cars from Rocky Crossing</li> <li>- Load canoes on trailers for Sunday</li> </ul>
18:00	Communal Dinner Discussion	Discussion Topics: <ul style="list-style-type: none"> <li>* On-water safety / activity supervision</li> <li>* Future Workshops and Water Activities</li> <li>* Kit show and discuss</li> <li>* Plan for Sunday</li> </ul>
Overnight Camping at Barrington Recreation Reserve		

# Workshop Program

## (Moving Water Canoe Workshop - Barrington / Manning)

Time	Session	Content
<b>Sunday 1<sup>st</sup> December 2024</b>		
Barrington Recreation Reserve to Cundle Flat Bridge – 48Km, 1 hour.		
Manning River (Cundle Flat Bridge to Tiri Bridge) – 10km by river, 7km by road.		
Gauge: Manning R at Mt George - Prefer: 0.3m, Too high: NO DATA		
07:30 -08:00	Prepare to depart camp for Cundle Flat Bridge	<ul style="list-style-type: none"> <li>- Patrol confirmations</li> <li>- Ensure all participants have correct gear</li> <li>- Ensure all group gear is present</li> <li>- Prepare for car shuttle</li> </ul>
08:00-09:00	Drive to Cundle Flat Bridge	<ul style="list-style-type: none"> <li>- Leave sufficient cars at Tiri Bridge for car shuttle after event.</li> <li>- Cars can be left at both Cundle Flat Bridge and Tiri Bridge</li> </ul>
09:00 -09:30	Prep to get on Water	<ul style="list-style-type: none"> <li>- Safety Brief &amp; Activity Controls.</li> <li>- Revise signals, hazards, and white-water swimming</li> </ul>
09:30 - 11:30	Session One – Revise skills as discussed on Saturday night	
11:30 - 12:00	Lunch Break	At a shady location on the river bank
12:30 - 14:00	Session Two - Revise skills as discussed on Saturday night	
14:00 - 14:30	Car shuttle and canoe loading	Many people have a long drive (> 6 hours) so post event discussions and paper work will be achieved via e-mail / teams.