



WomDomNom

23, 24, 25 & 26

November

2017

Wellington – Dubbo -

Narromine

Event Guide

Purpose of this document

This document is designed for the information of paddlers and support containing information on each day's activities. This document contains vital information, so please read it carefully and arrive prepared for a safe and enjoyable time on the river.

General principles for all participants

- **THIS IS NOT A RACE** - this is a social event. Take the time to get to know the other participants and enjoy the paddle down the river.
- The event is about having fun, getting some exercise in the great outdoors and learning to appreciate why healthy rivers support healthy communities.
- It is about appreciating the values of the river in a safe, friendly and relaxing environment. You will be able to find out things about the river from our paddling guides, be entertained at night, have your meals prepared for you along the way.
- This guide has been prepared to help you have an enjoyable and safe learning experience, so please read it and take note of the things we are suggesting you do to be well prepared.
- We will paddle 155km over 4 days. The Macquarie River is regulated by Burrendong Dam. The river flow is not known until a few days before the paddle, but is expected to be in excess of 800 Megalitres per day, which will make the paddle quite safe.
- The charity that the 2014 paddle will support is the Black Dog Institute, a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

ACCOMMODATION – WEDNESDAY 22 NOVEMBER 2017

There are many places to stay if you need to in Wellington on the Wednesday night. These include:

Wellington Riverside Caravan Park
1 Federal St, Wellington, NSW, 2820
(02) 6845 1370

Bridge Motel
5 Lee St, Wellington, NSW, 2820
(02) 6845 2555

Wellington Motor Inn
37 Maxwell St, Wellington, NSW, 2820
(02) 6845 1177

COB LOAF WORLD CHAMPIONSHIP, FESTIVAL AND TWILIGHT MARKETS – CAMERON PARK, WELLINGTON - WEDNESDAY 22 NOVEMBER 2017

Who will be crowned the COB Loaf World Champion for 2017? For those that arrive in Wellington before 9pm on Wednesday 22 November 2017 are encouraged to join us for the inaugural "COB Loaf" World Championship, Festival and Twilight Markets, which will be held at Cameron Park, Wellington between 5pm and 9pm.

You will be able to try award winning COB loafs, sample local produce and meet fellow paddlers.

If you want to venture for a bite to eat, there are plenty of places in Wellington to go.

THE START – WELLINGTON THURSDAY 23 NOVEMBER 2017

How to get to Oxley Park, low level river crossing in Wellington

If you're coming from Dubbo on the Mitchell Highway, turn right just after you cross the Macquarie River into Gobolion Street and follow it down to the launch site. If coming from the other direction, turn left into Gobolion Street just before you get to the bridge crossing the Macquarie.

Registration and safety check commences from 5.45am at Oxley Park

We will have a list of paddlers that have registered, so no need to bring any paperwork. Just present yourself to the **registration desk** and check in. If you are not a PaddleNSW member, you will have to fill out a "Single Event Insurance Form".

All paddlers must have the following compulsory equipment with them at **scrutineering**:

- A boat with **adequate buoyancy at either end** so it will float horizontally in the water and support the weight of its crew when full of water. It must not have any dangerous/poorly fitted equipment which could injure occupants / rescuers. Underslung rudders are NOT suitable trailing rudders are recommended.

- PFD's (one per occupant, type 2 or 3) in good condition, and which are a good fit.
- One paddle per occupant (checked for suitability / condition)
- The paddlers for the first stage, with official event id.

A scrutineering (kayak id) sticker will be attached to your craft, indicating you have produced the correct basic equipment for the journey.

Preparing to depart

Once through safety scrutineering set up your boat ready for departure, but on land.

check list what you will need on the water:

- Craft id/scrutineering sticker.
- Personal Floatation Devive (PFD)
- Water (at least 2 litres per paddler).
- Food (snacks for along the way).
- Hat for each paddler.
- 1 tube sunscreen per craft.
- Sunsafe clothing (if conditions require).
- Rain jacket (if conditions require).
- Hard soled paddle booties or runners (compulsory).
- Safety Whistle
- A cooler bag

Note – you should also see the attached checklist of items we suggest you consider having with you while on the water.

Transport of camping and other equipment

If you want your equipment such as camping gear and other provisions (extra food and drinks for example) transported to the overnight location, take these things to drop-off location. To save time please ensure that all gear is labelled and then load for transport. Please ensure your gear is in enclosed bags – not lots of loose items that may get lost in transit to the overnight location. No eskies will be transported – there will be ten 50L eskies for your use.

Event Briefing

Immediately before the paddlers take to the river there will be a short welcome. You will then be given information on what to do in case of mishap, how to get the best from your paddling efforts, and most of all, how to have a great time on the water.

Departure

All paddlers must be wearing a PFD when leaving Oxley Park.

No pets please

Please note that this is strictly a no pets event.

Vehicle Transport to Narromine from Wellington

If you wish for your vehicle to be transported to Narromine, you will do the following:

- 1) Pre-register for this service when you register for the paddle.
- 2) Meet at Oxley Park, Wellington at 5.45am on Thursday 23 November 2017 and drop off your gear near the luggage trucks to be packed into.

- 3) Have your name marked off the car moving sheet (so we wait for you at Narromine). Also put in a coffee order if you would like one waiting for you at Narromine.
- 4) Drive your car to Narromine and park it at Cale Oval, Narromine. There will be signs showing you where to turn once you get into Narromine.
- 5) Get your name marked off as you get back on the returning coach at 7.15am
- 6) Arrive back at 8.30am for a bite to eat before paddling off at 9.00am

Cale Oval, Narromine will be locked once all the cars are inside from 9.00am Thursday until we arrive into Narromine on Sunday 26 November 2017.

Directions to Cale Oval Narromine

To find Cale Oval in Narromine take the first left you can once you go past the 60 sign. This will be "Manildra St". Then take your second right after you get over the railway line into "Terangion St". Follow this for 450m and turn right into "Temoin St". You will now have Cale Oval on your left. The entrance will be 190m on your left. You will then board a coach at 7.15am that will drop you back to Oxley Park, Wellington. The cost of this service will be \$15.

Breakfast

Make sure you have plenty to eat before we embark on our 4 day adventure. There will be cereal, bacon and egg rolls and juice available at the start.

Day 1: Thursday 23 November 2017

Wellington to Bril Bral – 36km

Departure Time: 9.00am

How will it work once you are on the water

You should note that the final say about what happens on the water comes from the on-river controllers. Their word is final in terms of when we depart, who can participate in each stage etc. Initially a group of "Yellow Shirts" will paddle off and identify any potential hazards on the river. They will nominate someone to stay at that potential hazard until all paddlers are through. It is crucial that paddlers do not paddle alone and paddle in groups of at least 3 paddlers. We need to ensure we can account for all paddlers at all times.

We will be using the three paddler buddy system throughout the event as a safety measure; the thinking being that if one of your group gets into trouble, another can help them and at least a third craft is there as backup if required. Please do not paddle off on your own!

In this stage there are some hazards not far downstream from where we start so take care at these places where we will have ground crew stationed to help if required. All paddlers must be wearing a PFD when leaving Oxley Park.

There is no turning back

Unless you become unwell or exhausted (when we will help you out), we expect paddlers to finish the stage they start. It is not possible to change crew during a stage.

Morning Tea will be 13km into the paddle, which should take 2 ½ hours to complete.

Lunch Stop will be at Ponto Falls which is approx 7.5Km from morning tea - this should take about 1 ½ hours

From Ponto to Bril Bral will be just a bit shorter 17.3km – approx 3 1/4 hours

What to do if an emergency situation arises

Before taking to the water you should familiarise yourself with the emergency procedures. Put simply, each paddler will have a safety whistle and if your buddy group gets into trouble you should use it to alert other nearby groups and the safety boats. If lightning strikes, stop, get off the river and take refuge, (but not under big trees). You must wait for 30 minutes after the last visible lightning before getting back on the water. See further advice re avoiding lightning hazard in the attached emergency procedures.

THURSDAY NIGHT AT BRIL BRAL

Once you get to Bril Bral

Upon arrival at Bril Bral we will check you off the roll, and then ask you to move your kayak out of the water to make way for others. Your camping gear will be available for collection and the area set aside for camping will be indicated. Remember - don't pitch your tent under big old trees!

There will be port-a-loos on-site and camping wash-up tubs to freshen up. Remember that weather can be highly unpredictable at this time of year so bring clothing for hot, cold or wet weather.

It's then time to relax, so you should remember to bring your own camping chairs.

Chip in for night time drinks

While we will provide water and soft drink along the whole trip, other drinks you may want are available, if you chip in (at cost). We encourage responsible drinking so please note our advice in the Code of Conduct attached about alcohol consumption. We will put the drinks on ice for you, so they are cold when you finish at the end of the day.

How you get your meals and what you need to bring

Meal will be provided. All plates, cutlery, mugs etc are provided – we have a washing up procedure that everyone is encouraged to help out with.

If you're not camping out

For those who will not be camping out please let us know, and note that you're responsible for arranging your own transport to and from reserves.

Driving to Bril Bral

From Geurie turn left onto Chalmers St (0.17km), Right into Wellington St (0.45km), Left into Geurie St (0.26km), Right towards Old Dubbo Rd (0.25km), Left towards Old Dubbo Rd (0.40km), Slight right onto Old Dubbo Rd (1.70km), Turn right onto Back Dubbo Rd (2.50km) then turn left to stay on Back Dubbo Rd (6.80km). You will see a Green Sign on your left "BRIL BRAL RESERVE". Go through the gate and drive for about 1.0km and you will find the reserve.

From Dubbo. At the intersection of Macquarie St and Darling St turn left into Macquarie St and travel 1.50km, at which point it will turn into Old Dubbo Rd. Follow Old Dubbo Rd for 18.40km You will see a Green Sign on your right "BRIL BRAL RESERVE". Go through the gate and drive for about 1.0km and you will find the reserve.

Day 2: Friday 24 November 2017

Bril Bral to Lazy River Estate – 34km

During day 1 we will gather who the slower paddlers of the group are. It is up to everyone to ensure these slower paddlers enjoy the paddle as they may be getting tired etc. These paddlers will get on the water first up and leave the tasks of packing up the camp site to the faster paddlers. First light is at 5.24am and sunrise at 5.51am. We will aim to have the first group of paddlers away by 7.00am. Breakfasts will start from about 6.30 am. All paddlers must be wearing a PFD when leaving Bril Bral.

Before you start the paddle you'll have to pack up your camping gear and provisions and deliver these to the transport vehicle. Please also clean up your space. There will be recycling and rubbish bins on-site.

Safety checks for Friday starters

For those starting the event on Friday morning you will undergo the same registration and safety check process as those who started in Wellington. You need to be on-site to undergo this process, preferably at around 6.00am but no later than 6.30 am.

Before departing you'll again be asked to review your preparations...lots of water and sunscreen especially!

There will be a lunch stop along the way where you can rest a while and restock with food and water.

We will finish at Lazy River Estate.

Overnight at Lazy River Estate, Dubbo

Friday evening Dinner will be at Lazy River Estate, Dubbo

Camping will be at Lazy River Estate Dubbo.

Day 3: Saturday 25 November 2017

Lazy River Estate to Dickygundi – 44km

Today is a big day! Breakfast will be served from 6.15am, with an expected departure time of the first group at 7.00am.

About 5.7km from the winery there is a weir to portage around in the stage. The weir is marked by yellow buoys strung across the river. At the weir the front safety boat will be stationed to warn you not to get too close. Each buddy group will be required to queue up until asked to land on the left side of the river about 50 or so metres above the weir. You will then be assisted to get out of the water. Move your kayak to below the weir and then re-board and move off, again in your buddy groups.

We will have morning tea at Sandy Beach, which is in Dubbo.

At the 9.0km mark, you will arrive in Dubbo. There is a shallow weir just beyond the town limits at the 11km mark. Depending on the level of the river as to whether or not you will need to portage around it or if you can simply paddle over it. There will be guides to instruct you.

Your group will be marked off again at Troy Bridge (15km) and again at Terramungamine (21km). Lunch will be served at Bunglebumbie Reserve (28km), paddles checked at North Burrabadine Reserve (34km), before we finish for the day at Dickygundi (44km).

Upon arrival at Dickygundi we will check you off the roll, and then ask you to move your kayak out of the water to make way for others. Your camping gear will be available for collection and the area set aside for camping will be indicated. Again - don't pitch your tent under big old trees!

There will be port-a-loos on-site and camping wash-up tubs to freshen up.

Day 4: Sunday 26 November 2017 **Dickygundi to Narromine – 36km**

Sunday morning we will again get an early start. We will need the first group to be on the river by 6.30am so we can be finished by early afternoon.

Today we have 35.5km to go which should take approx 6.5 – 7 hours paddling time.

Don't forget to pack up your camping gear and provisions and deliver these to the transport vehicle. Please also clean up your space.

On arrival at the finish we will be joined by a group of local Narromine people. We will have lunch and celebrate with a cold drink while having a quick debrief, sort out gear, pack up and take our tired bodies home.

Preparations for paddling checklist

What you should have with you:

- Paddle clothes (synthetic materials dry fast). Long-sleeved tops and long shorts or pants (if you have an open-topped craft) are recommended to avoid sunburn. Sunburnt ankles and thighs are very uncomfortable !
- Wide brimmed hats are recommended, with chin strap to avoid losing them in the wind. This is not a time or place for baseball caps or other fashion statements !
- Participants are encouraged to wear footwear at all times during the event. This is a bush setting and it will be snake season!
- Fly/mozzie net for your hat.
- Water bottles and lots and lots of water or energy drinks.
- Sunscreen and insect repellent.
- Gloves (to protect you from blisters) if you wish.
- Treatments for if you get blisters – bandaging for example.
- Lots of energy food to 'graze' on as you paddle. Fruit, nuts, etc to help you sustain your energy levels. We will provide some, but if you have favourites best to bring them along.
- First aid kit. Note some will be on-site but we recommend you bring your own, for minor injuries, wear and tear !
- Wide, crepe bandage is a good idea to have with you in case of snake bite
- Safety whistle
- Dry sack (for valuables and personal belongings stored in your canoe).
- Small esky or cooler bag.

What you need to bring for overnighting

- Camping gear (tent, bedding and torch).
- Toiletries.
- Camping chairs.
- If you have special dietary needs please assist us by self-catering where you can.
- Clothes for all sorts of weather – hot, cold or wet. And changes of clothes if we get rained on.
- Suitable footwear – for both paddling and on dry land. It's snake season!
- See also the advice under what to bring for when you're on the river.

Please note – if you expect us to transport these items for you please ensure they are in a closed bag or bags...no loose items please.

What to do in an emergency

Precautions

We will require you to register in and out of each stage and along the way at checkpoints so we know everyone is accounted for.

While paddling we will be using the buddy system throughout the event as a safety measure; the thinking being that if one of your group gets into trouble, another can help them and the third craft is there as backup, if required.

Use of your safety whistle

Each paddler will be issued with a whistle to use in the event of trouble. Please do not use it for anything else as this will cause a false alarm situation.

If someone in your group gets into trouble and needs help. Use a series of single bursts on the whistle to attract the attention of nearby paddlers, one of the safety craft or a nearby checkpoint.

If you're a nearby buddy group approaching such a situation from upstream take extreme care, as you may end up in the same trouble or make it worse.

Once contact is made with a safety boat, they will contact the safety controller and additional help will be mobilised, if required.

In the event of a serious mishap (boat capsize, snake bite etc), make two loud bursts on your whistle, and then repeat this continually until contact is made with a safety craft or checkpoint.

Again, if you're a nearby buddy group approaching such a situation from upstream take extreme care, as you may end up in the same trouble, or make it worse.

Here also, once contact is made with a safety boat, they will contact the safety controller and additional help will be mobilised urgently.

If necessary the On-water Controllers and Safety Coordinator will make their way to the site ASAP, or ask that the safety craft bring the injured person to the nearest extraction point.

In the event of snake bite – see the advice below on how to treat it until a trained person arrives. If you don't have it in your canoe, each checkpoint and safety boat has available wide crepe bandaging for this purpose.

Use of airhorns

Each safety boat carries an emergency airhorn. If needed these will be used as follows:

1. If there has been a serious mishap and we need all boats to stop paddling so as not to congest the area of the problem.

2. If we receive early warning of severe thunderstorm with lightning, or such a storm strikes the stage. In such a case you have to stay off the water until at least 30 minutes after the last visible lightning strike (see below).
3. We consider the course has become too hazardous due to high winds, or torrential rainfall, for example.

Under each of these scenarios you will hear one long blast of the air horns, repeated three times.

This means your buddy group should immediately make their way to the closest safe place (preferably on the right hand side as you face downstream) to get off the river until we advise you to resume. This will be signalled with two short blasts of the air horns repeated three times.

Some lightning safety tips

- Avoid high ground, water, solitary trees, open spaces, and metallic objects.
- Search for low ground, but avoid ditches or trenches if they contain water, or if the ground is saturated. Seek clumps of shrubs or trees of uniform height.
- Immediately remove all metal objects. Get into a low, crouching stance on the balls of your feet with your hands covering your ears. Stand spread out from others, put 15-20 feet of space between each person.
- If a fully enclosed metal automobile is close, seek refuge there with all the windows rolled up and your hands in your lap.
- Avoid metal rain and sun shelters.

Treating snake bite

Snake venom travels slowly through the body and first aid treatment is to try to slow this down even more until help arrives.

Wrap a bandage firmly around the place where the bite is. This should not be so tight that the blood supply is cut off. If the bandage hurts it is too tight.

If the bite was on an arm or leg, wrap another bandage over as much of the limb as possible starting from the fingers or toes.

Do not take these bandages off - the doctor will take them off when there is special care available, eg in a hospital emergency department.

Stop the person from using the arm or leg by putting on a splint (this can be a long stick).

Keep the injured person still. Do not let the person walk to get to help, bring help to the person, or carry (or paddle) the person to help (if you can)

Try to keep the person calm. Poison spreads faster if the heart beats faster.

Remember even though there are lots of poisonous snakes in Australia it is very rare for a person to die from a snake bite now.

Some things NOT to do

Don't wait to see if the bite causes any problems, always treat it straight away

Don't cut, wash or suck the bite. Ignore all those old cowboy movies where the hero sucked out the poison!

Don't wash the bite area. If there is some venom on the skin this can help doctors find out which snake caused the bite, so that they can give some anti-venom to help fight the effect of the snake poison.

Don't use ice on the bite. It will not be helpful.

Don't try to catch the snake. Other people might get bitten too!

Don't waste time trying to identify the snake, even experts have trouble working out what snake it is and whether it might be poisonous.

- State and Territory road rules apply at all times. We are travelling on open public roads and need to share and be courteous to other road users.
- Riders should ride within their own limits. Riders should be mindful this is an endurance event and ride at a pace that is sustainable for them.
- Look after yourself, but also those around you. No rider is to ride solo.
- The vehicles are there to support you whether that is with mechanicals, food or drinks or to transport you if necessary. Don't be too proud to seek their assistance.

Event personnel contact details

Andrew McKay (Event Organiser)	0405 494 684
Bev Winters (Event Organiser)	0427 853 322
Matt Wright (Event Organiser)	0400 022 630
Anne Worthington (Event Organiser)	0429 824 344

Emergencies and medical centres

In case of medical emergency, call 000. If out of mobile phone range, the following medical centres are in the vicinity of our route listed in the order that we will travel.

Hospital	Phone Number	Address/Directions
Wellington Hospital	(02) 6840 7200	30 Thornton St, Wellington, NSW, 2820. (from Cameron Park head towards Dubbo on Mitchell Highway and take first right after Warne St, Gisborne St and follow across Railway Line until you get to hospital)
Dubbo Base Hospital	(02) 6885 8666	Follow Newell Hwy to Cobbora Rd/Golden Hwy.
Narromine Hospital	(02) 6889 1377	128 Cathundral St, Narromine, NSW, 2821 (follow Dandaloo St across railway line as if going to Tullamore, go past Bowling Club on right and the hospital will be next left)

Medical /First Aid.

There is no doctor on the paddle, but we have first aid officers within the paddling ranks who will be able to provide first aid.

It is expected paddlers bring all regular medication with them as well as any over the counter medications such as Paracetamol / ibuprofen / antihistamine's that they feel they may need.

In the past, on a bike ride, there has been an issue with one of the riders suffering from Hyponatremia - low Sodium. (After a long day of riding on a very hot day.)

Hyponatremia signs and symptoms may include:

Nausea and vomiting	Headache
Confusion	Loss of energy and fatigue
Restlessness and irritability	Muscle weakness, spasms or cramps
Seizures	

There will be Sports drinks available to help replace salts lost through sweat.

Please be aware of fellow paddlers and how you feel yourself. If in doubt seek medical advice.

7. For accommodation in Dubbo on Sunday night , we recommend the Cattleman's Country Motor Inn, 8 Whylandra Street (Ph 02 6884 5222) – walking distance into town for post paddle celebrations later that evening.

FREQUENTLY ASKED QUESTIONS

Q Where do we start?

A Oxley Park, Wellington.

Q What time do support crew have to arrive?

A 5.30am, Thursday 23 November 2017

Q What time do paddlers have to arrive?

A From 6.00am, Thursday 23 November 2017

Q Where do I park at Wellington if I am one of the support crew?

A Next to the luggage truck.

Q As support crew, once I have parked my vehicle, what do I do?

A There will be six (6) tables set up at Oxley Park. Please make your way to the relevant table.

1) **Registration Table:** any queries that paddlers and support have will be answered here, as well as minor tasks that require attending to will be delegated here.

2) **Water and Gatorade powder Table**

3) **Bananas and muesli bars Table.**

4) **Shirt Pick up Table**

5) **Breakfast Table**

6) **Breakfast Table**

Q As a paddler, what do I do once I first arrive at 6.00am?

A Make your way to the relevant table for your group and get your name marked off, pick up a paddling shirt (if need be). Take your clearly marked overnight bag (with 25mm lettering) to the luggage truck.

Q What is the second thing I do when I arrive as a paddler?

A Make sure your vessel is checked and marked off, your water bottles filled, you have what ever you need for the first 20km.

Q What is the third thing I do when I arrive as a paddler?

A Proceed to the breakfast table to ensure you have something to eat before the paddle starts.

Q As support crew, do I get a yellow shirt?

A Yes you do, these will notify the paddlers who the support crew and lead paddlers are.

Q What are the radios for?

A WomDomNom have 30 radios, worth about \$300 each, which will be used for communication between the paddlers and support. Each “Yellow Shirt” will have a radio.

The radios are only to be used when necessary and not for idle chit chat.

Q What is the procedure for moving cars and how much will it cost?

A With over 60 cars to move and only eight support crew, it is impossible for the support crew to move cars and look after the paddlers. We have hired a 70 seat coach for \$990 which works out to be about \$15 each. You will do the following:

Thursday 5.45am – meet at Oxley Park, Wellington and get your name marked off.

Thursday 6.00am – drive to Narromine and park your car at Cale Oval, Narromine.

Thursday 7.15am – board the bus that is going back to Wellington

Thursday 8.30am – arrive back in Wellington – have a bite to eat and get ready to paddle off at 9.00am

Q What is the procedure with drinks at night?

A All soft drinks are free. There will be a “communal” esky full of drinks. These will be: Coopers Green, XXXX Gold, Corona, a decent Sav Blanc and a drinkable Cabernet Sav. If you wish to have these 5 options, they will be available at cost. We endorse responsible service of alcohol.

SUPPORT CREW

There will be a briefing for support crew at Oxley Park at 6.30am on Thursday 23 November 2017.