



WomDomNom

Warang Wambuul Cudgegong

24-27 November 2022

ABSTRACT

Warang Wambuul Cudgegong is a four day endurance paddle (warang) on Burrendong dam)(Wambuul Cudgegong) which is the dammed confluence of the Macquarie (Wambuul) and Cudgegong rivers. This event is planned as a high flow contingency for the WomDomNom in 2022.

**Macquarie River Paddle Club
Version 2022**



Macquarie River Paddle Club: Warang Wambuul Cudgegong

Event Outline

Warang Wambuul Cudgegong is a four day endurance paddle (warang) on Burrendong dam (Wambuul Cudgegong) planned as a high flow contingency for the WomDomNom in 2022. The four day paddle explores the confluence of the Wambuul and Cudgegong rivers as they are on Burrendong dam.

Day 1: Experienced paddlers: paddle up the Macquarie to the first rapid and return 45.54km.

Competent paddlers have a skills morning and 7 km upstream to the sawn rock feature 14km rtn.

Day 2: Mookerawa paddle across to the Oakey Creek MT (Experienced: Oakey Creek explore 10km) and over to Lion island for lunch Cudgegong waters park 32-42km

Day 3: Experienced: Explore Cudgegong river morning to 20km until lunch.

Competent: Yoga and maintenance morning.

All: Cudgegong across to Reflections Burrendong 26km

Day 4: Burrendong dam wall to Mookerawa via the Dam wall 16km

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Event Organisers

Macquarie River Paddle Club (Paddle NSW affiliated club)

Email: Contact@womdomnom.com

Land Organiser: Andrew MacKay Ph: 0405 494 684

On Water Organiser: Julee Hunt Ph: 0400111161 Paddle Australia Flat Water Guide

Venue information

Reflections Holiday Park Mookerawa

Mookerawa Road, Stuart Town, 2820 NSW

Ph: 68468426

Email: mookerawawaters@reflectionsoliday.com.au

Gudgegong Waters Reflections

Cudgegong River

Burrendong Dam Rd

Yarrabin NSW 2850

PH: 63730378

Email: cudgegongriver@reflectionsoliday.com.au

Directions and contact: Reflections Dam Wall

Lake Burrendong Reflections

486 Fashions Mount Rd

Mumbil 2820 NSW

PH: 68467435

Email lakeburrendong@reflectionsoliday.com.au

[Pre-event communications](#)

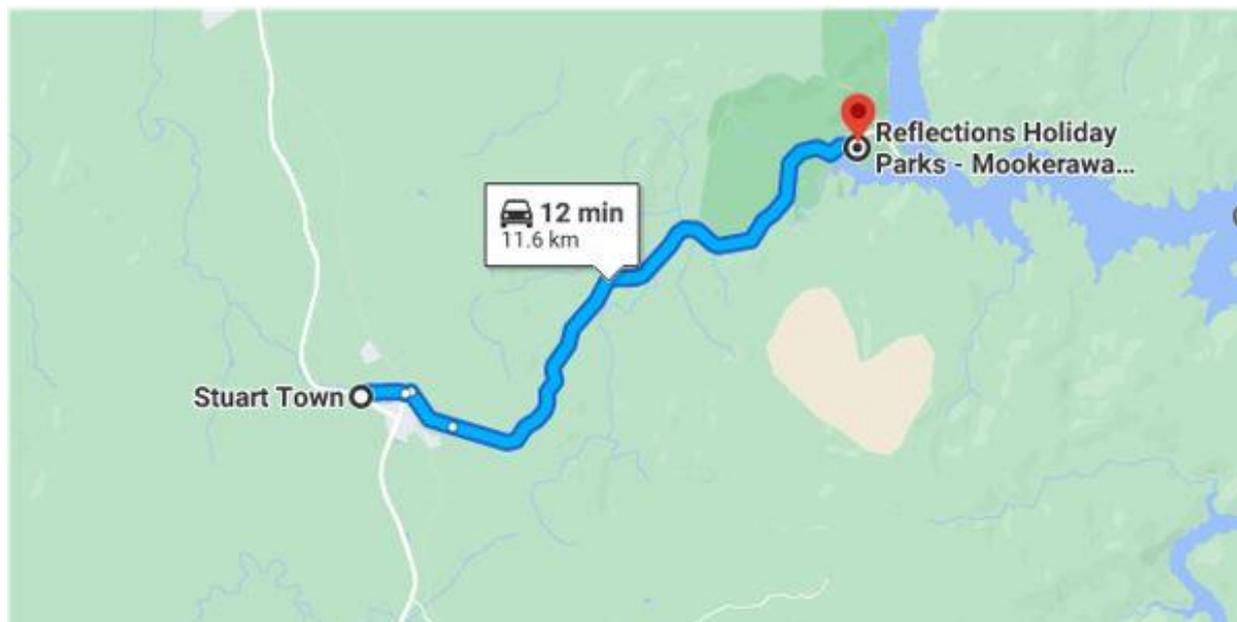
[How to get to Mookerawa](#) Google link for directions

<https://goo.gl/maps/ZWAGJuLit4AotAJbA>

Arrival: Reflections Mookerawa from Stuart Town NSW

12 min (11.6 km)

Diecton	Details	Distance
↑	Head north-east on Bell St towards Railway St	750 m
↑	Continue onto Liddell St	90 m
↶	Turn right onto Wellington St	950 m
↑	Continue onto Mookerawa Rd	5km
↑	Destination Mookerawa Reflections Holiday Park will be on the left proceed to the main camping terrace. 5km inside main gate – second boat ramp.	11.6 km



[Navigation plan for the trip including main route, stops and contingencies](#)

The objective of this trip is to take a varied experience group of paddlers on a 4 day paddle on Burrendong Dam.

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The purpose of this paddle is to introduce the group to the sites of Burrendong Dam as a point to point paddling or kayak touring event. This is a fully catered event with all gear transported for the group.

Note: The timing for this paddle at a speed of 5kmph is 7-8 hours per day with paddle stroke observation on day 1 to identify weak paddlers and pair them with an appropriate guide and paddle group.

Daily safety briefings are given at morning muster before launch.

Paddlers will carry their lunch and morning tea and will break half an hour for morning tea and an hour for lunch each day.

To take into consideration the exposed and remote nature of Burrendong dam a rescue boat (tinny) will accompany paddlers to carry extra water and food. The most accessible points to remove paddlers from the dam are the 3 reflection resorts. These points provide access along the foreshore in an emergency in addition to public access. Limited road access and unreliable phone reception make it essential for both the guide team to carry tow belts, extra rope, UHF radios , Zoleo booster for mobile phones and a full medical kit. Guide to paddler ratio 1:6.

Note: Day one paddle up from Mookerawa provides an opportunity for proficient paddlers to have a challenging first day whilst paddlers new to the paddle can be assessed, evaluated and grouped into paddling groups with a guide before setting off across Burrendong dam.

Day 1 Paddle

 <p>The map shows the Macquarie River flowing from the top right towards the bottom left. A red line indicates the paddle route starting at Mookerawa (marked with a green dot) and ending at the last rapid and Elephant rocks. Key locations labeled include Reflections, Mookerawa, Lake Burrendong, Polles Rock, Farmers Flat, and Famham. Text on the map states: "Day 1: Mookerawa to the last rapid and Elephant rocks return." and "Lunch on the pebble beach at the last rapid and Elephant rocks".</p>	<p>Evacuation Points: There are no public access roads on this route. .</p> <p>Mookerawa is the only public access road available</p> <p>Distance 45.54 km Day 1 is an upstream paddle from Mookerawa up to the last rapid at the top of the dam. This paddle could join paddlers if they were paddling from Dixon's long point on the Macquarie River. Note There are no public access roads on this route. Day 1: Strava Link</p>
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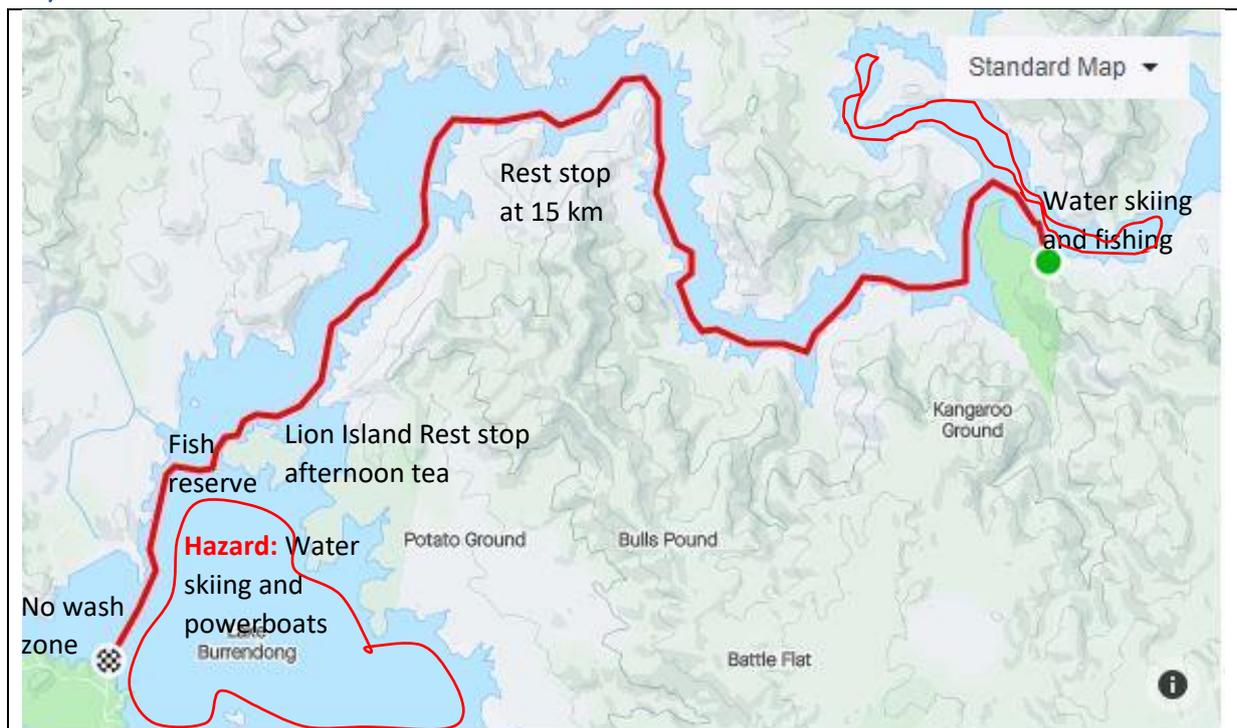
Day 2 Paddle

<p>Day 2: Mookerawa to Cudgegong via Oakey Creek</p> <p>Start: Mookerawa</p> <p>Lunch stop: Lion Island</p> <p>Evacuation Point: Reflections Dam Wall</p> <p>Reflections Cudgegong</p>	<p>There are three possible Evacuation points (EP)</p> <ul style="list-style-type: none"> Reflections Mookerawa Reflections Dam Wall Reflections Cudgegong <p>Distance: 41.65km</p> <p>Start at Mookerawa paddle over to Oakey creek for morning tea and then to Lion Island for lunch. After lunch over to Cudgegong Reflections to camp for the night.</p> <p>Day 2: Strava link</p>
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Day 3 Morning Paddle

<p>Cudgegong Waters start point</p> <p>Hazard Potential</p> <p>Water Skiing and fishing boats</p> <p>Stand</p>	<p>Day 3 Morning Paddle</p> <p>Explore Cudgegong</p> <p>Distance: 21.14</p> <p>Day3 morning paddle for Experienced paddlers, explore 10 km up the Cudgegong river to see Eagles nests on the Cudgegong and Platypus habitate. Paddlers carry their morning tea.</p> <p>Competent paddlers have a late start with yoga stretches and boat maintenance session</p>
<p>Hazard potential Weekend activity: Water Skiing and Fishing activity at Cudgegong and Dam Walls ends. Water Skiing activity tends to be contained within 5 km of resorts. Fishing vessels a lesser threat as tend to be slow moving or stationary. Day 3: Strava Link</p>	

Day 3 Afternoon Paddle



Saturday:

Distance 26.6 km

Depart Cudgegong after lunch 1:00pm and paddle over to the Dam wall resort. Rest stops at 15km, and 20 km at Lion Island. In front of Lion towards the spillway, Island is a fishing reserve so paddlers will be clear of fishing and power boats in that area.

Hazard potential Weekend activity: Water Skiing and Fishing activity at Cudgegong and Dam Walls ends. Water Skiing activity tends to be contained within 5 km of resorts. Fishing vessels a lesser threat as tend to be slow moving or stationary.

Day 3 Afternoon : [Strava Link](#)

Day 4 Morning Paddle



Day 4 **Sunday Weekend activities**

Distance 16 km

This is a kayaking route: Start at the Dam Wall transfer 2 km to the Arboretum for a walk around and Morning tea. Paddle 14 km to Mookerawa, lunch and debrief.

Hazard potential Weekend activity: Water Skiing and Fishing activity at Cudgegong and Dam Walls ends. Water Skiing activity tends to be contained within 5 km of resorts. Fishing vessels a lesser threat as tend to be slow moving or stationary.

Day 4: [Strava Link](#)

Equipment list for the trip -Scrutineering Equipment list

Paddlers

Boat	Safety	Clothing
Kayak with carry handles each end Life Jacker PFD Paddle Spare Paddle Water bottle 700 – 1 litre ml Extra water 2 litres Water bottle tether Short tow rope Long tow rope – fixed to the front of boat Sponge / bailer Dry bags	Toileties: - biodegradable soap, Biodegradable wet wipes Garden trowel Biodegradable waste bags Carry bag for waste Hand sanitiser First aid kit: Basic first aid kit Personal medications and Personal emergency response plans (ASCIA or allergies) Red medical Drybag with thermal liner on the deck on your boat. Sunscreen Flag- optional but advised for open water	Sun proof clothing Paddling shirt Paddling pants Hard soled water shoes enclosed toes Sun hat Gloves Sun glasses Wet/ cold weather clothing Rain jacket Spray deck Thermal shirt Thermal pants/ dry pants Spare hat / beanie After paddling clothing: Track suits/ shorts comfortable top

Safety Equipment Guide Paddlers

Boat	Safety	Clothing
Tow bag/ belt or rope 2 litres of water	WomDomNom first aid kit Sunscreen WDN radio Zoleo mobile phone booster	As above Spare hat

Overnight camping gear

Camping	Relaxing
Tent Sleeping bag and mat Solar or battery powered lamp Battery pack for phone charging Charing cords	Folding chair Pack of cards Blue tooth speaker Headphones

Daily itinerary Briefing and Transport shuttle – no shuttle day 1

Day 1: Mookerawa Morning Muster 7:00 am

International River signals

Stop : The STOP signal means "STOP NOW AS FAST AS POSSIBLE. WAIT FOR NEW SIGNALS".

You can to this signal either with the arms or with the paddle. You can use this signal to stop the group or to ask to wait a bit more.

Go Goahead: **GO AHEAD signal**

The GO AHEAD signal means: "GO STRAIGHT IN THE MIDDLE, NOTHING TO SCOUT".

You can to this signal either with the arms or with the paddle. It's important to give this signal only if the rapid or the drop can be done without any other additional information or scouting. It can also be used to ask the group to proceed ahead.

GO LEFT signal

The GO LEFT signal means: "GO LEFT, NOTHING TO SCOUT".

You can to this signal either with the arms or with the paddle. It's important to give this signal only if the rapid or the drop can be done without any other additional information or scouting.

Of course the opposite "GO RIGHT" signal can be done pointing the arm or the paddle in the opposite direction. If you wish to be more precise and have different signals for "GO HARD LEFT" and "GO MIDDLE-LEFT" you need to specify your standard before the run with your group. A misunderstanding in the river can lead to dangerous situations.

COME HERE signal

The COME HERE signal means: "COME TO ME, MEETING HERE".

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You ask the group to meet up where you are. You can use it if you need to do a briefing or you have some safety issue to solve all together .

SCOUT signal

The SCOUT signal means: "YOU NEED TO SCOUT THE DROP".

This signal means that you must scout the drop before running it or portage. It's important to request a scout all the time a drop can't be run only with the indication of the starting point: left, middle or right.

I CAN'T SEE signal

This signal means: "I CAN'T SEE".

You can use this signal to notify you can't see or scout the drop from my position. You can also use this signal in order to communicate you can't see a missing person or kayak.

EMERGENCY signal

This signal means: "SOMEONE IS INJURED AND I NEED FIRST AID".

If you see this signal you might take your first aid kit or be ready to call the emergency service.

Paddle Guides, please check that your group know and understand the signals before leaving.

Any questions?

Copied under Part VB: <https://www.wavesport.com/en/experience/team-blog/637/post/kayaking-and-river-signals> accessed 5.10.22

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 <p>Reflections Mookerawa is the start finish</p> <p>Day 1: Mookerawa to the last rapid and Elephant rocks return.</p> <p>Lunch on the pebble beach at the last rapid and Elephant rocks</p>	<p>Evacuation Points: There are no public access roads on this route. .</p> <p>Mookerawa is the only public access road available</p> <p>Distance 45.54 km Day 1 is an upstream paddle from Mookerawa up to the last rapid at the top of the dam. This paddle could join paddlers if they were paddling from Dixon's long point on the Macquarie River. Note There are no public access roads on this route. Day 1: Strava Link</p>
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Bad Weather Contingency:

Wet Weather analysis Day 1 p. 44

High Winds and Rain:

Experienced paddlers : shorten paddle for experienced paddlers 10 km up and back.

Competent paddlers: Continue with morning program moving activities around the sheltered waters at Polies Rock

Alternative activities for morning/ afternoon: boardgames

Alternative for wet weather camping: Have additional cabins booked move everyone onto cabin verandas or inside.

Book Clubhouse as common area.

Transport Briefing Day 1:

No transport required, ground support will have the day to prepare catering for the evening meal.

Day 2 Morning Muster 7:00am

 <p>Day 2: Mookerawa to Cudgegong via Oakey Creek</p> <p>Start at Mookerawa paddle over to Oakey creek for morning tea and then to Lion Island for lunch. After lunch over to Cudgegong Reflections to camp for the night.</p>	<p>There are three possible Evacuation points (EP) Reflections Mookerawa Reflections Dam Wall Reflections Cudgegong</p> <p>Distance: 41.65km</p> <p>Day 2: Strava link</p>
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Wet weather contingency:

Weather analysis Day 2 p. 45

In case of multiday bad weather:

- **Predicted Heavy weather for Day 3 and or**
- **Rain or thunderstorms overnight or morning Day 3:** Shorten Day 2 to Burrendong Reflections at Dam wall.

Experienced paddlers can complete loop of Lion Island if deemed safe - winds below 15 knots.

Competent paddlers direct transfer to Burrendong up the Left or Right hand bank depending on the wind direction.

Thunderstorms active: Car uplift to Burrendong resort.

Camping wet weather contingency: Book additional cabins so that everyone is either under cover or inside.

NOTE: There are no cabins and insufficient undercover shelters at Cudgegong so in wet weather camping is wet.

Transport Contingency: Use Day to Transport Mookerawa to Burrendong 27 minutes 29.6 km.

Wet Weather contingency Day 3:

See weather analysis Day 3 p. 46

In case of wet weather Day 2 and or forecaste heavy weather for Day 3 , all paddlers are at Burrendong.

Day 3 Day trips or extploring from Burrendong Resort

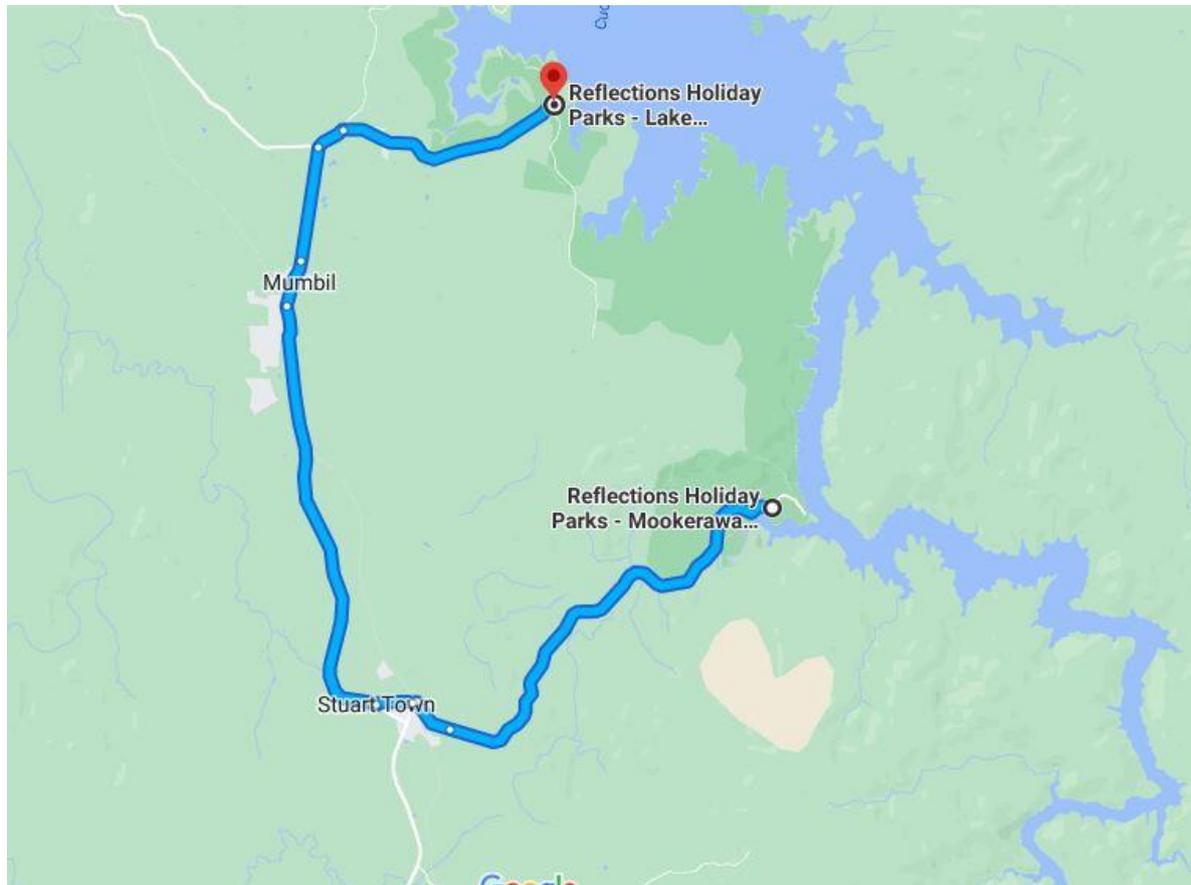
Possible trips: Cudgegong rtn 44 km – if wind is less than 10 knots and heavy weather day three has not eventuated

Oakey Creek return 25 km if wind is less than 15 knots and wind conditions are favorable.

Wet weather wash out: Board games

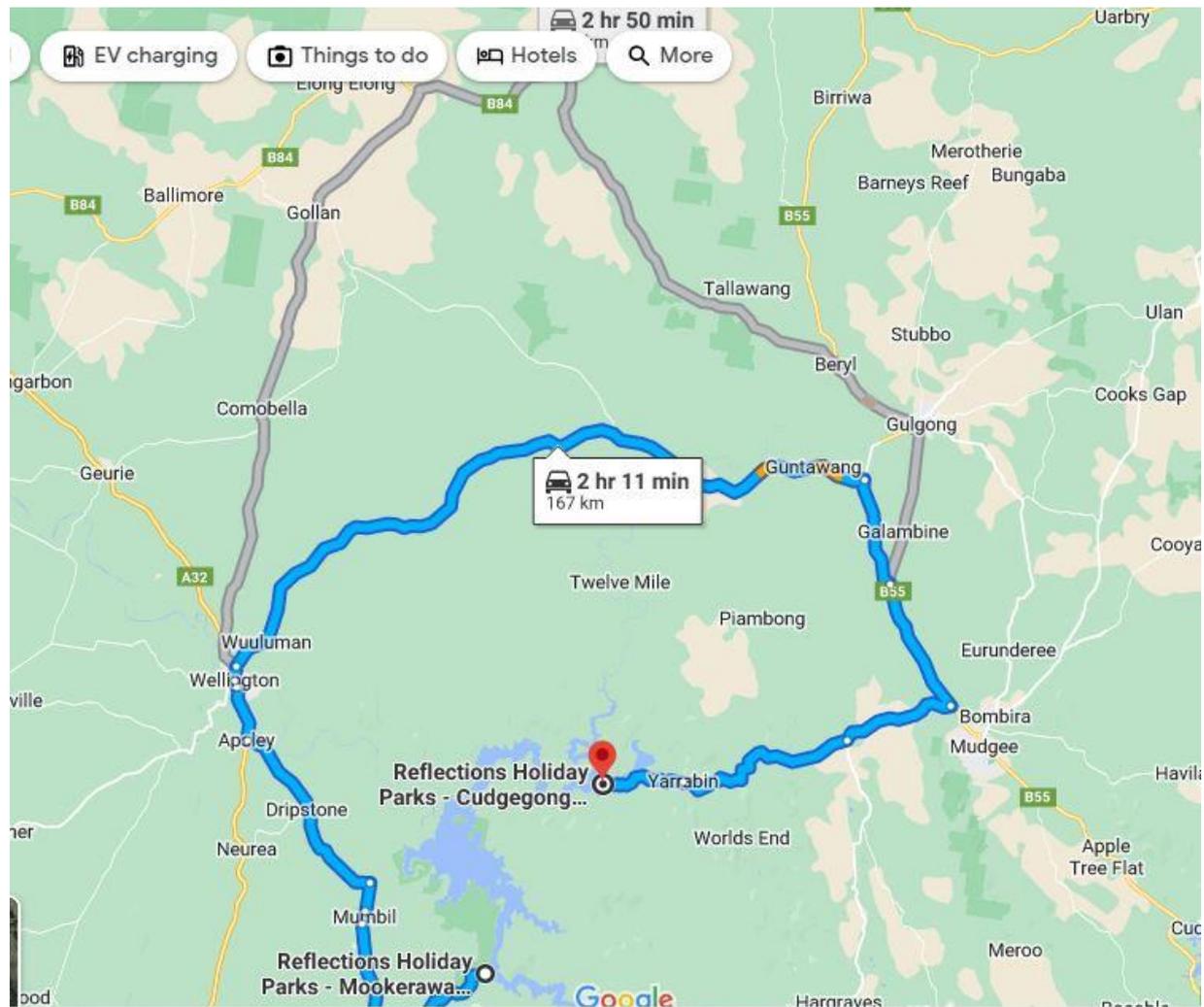
Day 2 Transport directions Mookerawa to Burrendong 27 minutes 29.6 km.

- Purpose: Possible evacuation point



Direction	Details	Distance
Start	Reflections Holiday Parks - Mookerawa Waters Holiday Park 1000 Mookerawa Rd, Stuart Town NSW 2820	
↑	Take Mookerawa Rd and Burrendong Way to The Cir Rd in Mumbil	24.1
↑	Head West on Mookerawa Rd	9.8 km
↑	Continue on Wellington St	950 m
←	Turn Left onto Liddle St	90m
↑	Continue onto Bell St	750 m
→	Continue onto Burrendong Way	2.4km
	Take Fashion Mount Rd to your destination	
	Gate Fee \$15:00 per vehicle	

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Day 2 Transport directions Mookerawa to Cudgegong via Goolma

Pantec with gear and most support crew will take this route

Direction	Details	Distance
Start	Reflections Holiday Parks - Mookerawa Waters Holiday Park 1000 Mookerawa Rd, Stuart Town NSW 2820	
↑	Take Mookerawa Rd and Burrendong Way to The Cir Rd in Mumbil	24.1
↑	Head West on Mookerawa Rd	9.8 km
↑	Continue on Wellington St	950 m
←	Turn Left onto Liddle St	90m
↑	Continue onto Bell St	750 m
→	Continue onto Burrendong Way	9.1km
↑	Continue onto Burrendong St	1.0km
↑	Continue onto Burrendong Way	2.4km
←	Turn left to stay on Burrendong way	16.7 km
→	Turn right onto Mitchel Highway A32	4.6 km

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↻	At the round about, take the 1 st exit onto Maughan st/ Mitchell Highway A32	220 m
↻	At the roundabout, take the 3rd exit onto Mitchell Hwy/Percy St/A32	600 m
↻	At the roundabout, take the 2nd exit and stay on Mitchell Hwy/A32	1.3 km
→	Turn left onto Goolma rd	64.2 km
→	Turn left onto Guntawang Rd	9.1 km
↑	Continue on Castlereagh Hwy/B55 to Collingwood	21.1km
→	Turn right onto the Castelreagh highway B55	11.4 km
→	Turn right onto Hill End Rd	9.8 km
↑	Follow the Yarrabin and Burrendong Dam Rd to Yarrabin	25 km
→	Turn right onto Yarrabin Rd	16.9
←	Keep Left to continue on Burrendong Dam Rd	6.9
↑	Continue to Endcott Rd	750 m
←	Turn left	210 m
	Reflections Holiday Park Gudgegong Burrendong Dam Rd, Yarrabin NSW 2850	

Day 3 Morning Muster 7:00 am

Day 3 Morning Paddle
Explore Cudgegong
Distance: 21.14

Day3 morning paddle for Experienced paddlers, explore 10 km up the Cudgegong river to see Eagles nests on the Cudgegong and Platypus habitat. Paddlers carry their morning tea.

Competent paddlers have a late start with yoga stretches and boat maintenance session

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Hazard potential Weekend activity: Water Skiing and Fishing activity at Cudgegong and Dam Walls ends. Water Skiing activity tends to be contained within 5 km of resorts. Fishing vessels a lesser threat as tend to be slow moving or stationary.

[Strava Link](#)

Wet Weather contingency Day 3: repeated from p.17

See weather analysis Day 3 p. 46

In case of wet weather Day 2 and or forecaste heavy weather for Day 3 , all paddlers are at Burrendong.

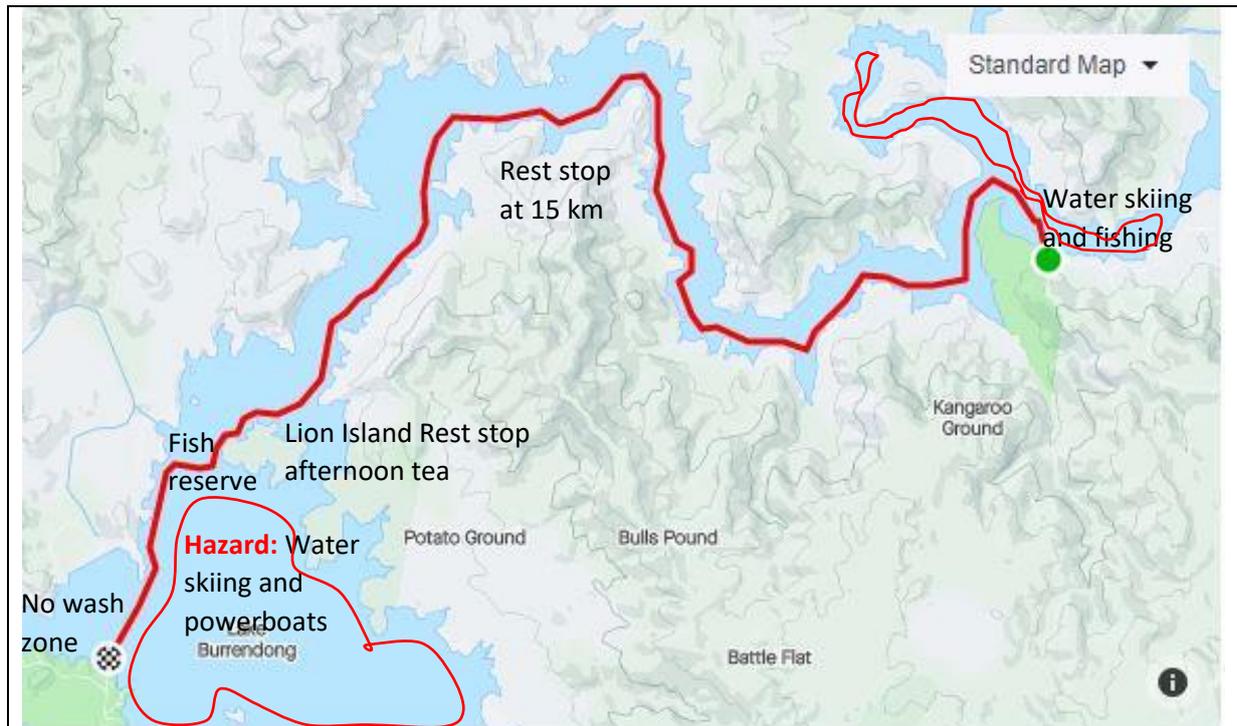
Day 3 Day trips or extploring from Burrendong Resort

Possible trips: Cudgegong rtn 44 km – if wind is less than 10 knots and heavy weather day three has not eventuated

Oakey Creek return 25 km if wind is less than 15 knots and wind conditions are favorable.

Wet weather wash out: Board games

Afternoon Paddle Muster 12:50pm



Saturday:

Distance 26.6 km 6.5 hours

Depart Cudgegong after lunch 1:00pm and paddle over to the Dam wall resort. Rest stops at 15km, and 20 km at Lion Island. In front of Lion towards the spillway, Island is a fishing reserve so paddlers will be clear of fishing and power boats in that area.

Hazard potential Weekend activity: Water Skiing and Fishing activity at Cudgegong and Dam Walls ends. Water Skiing activity tends to be contained within 5 km of resorts. Fishing vessels a lesser threat as tend to be slow moving or stationary.

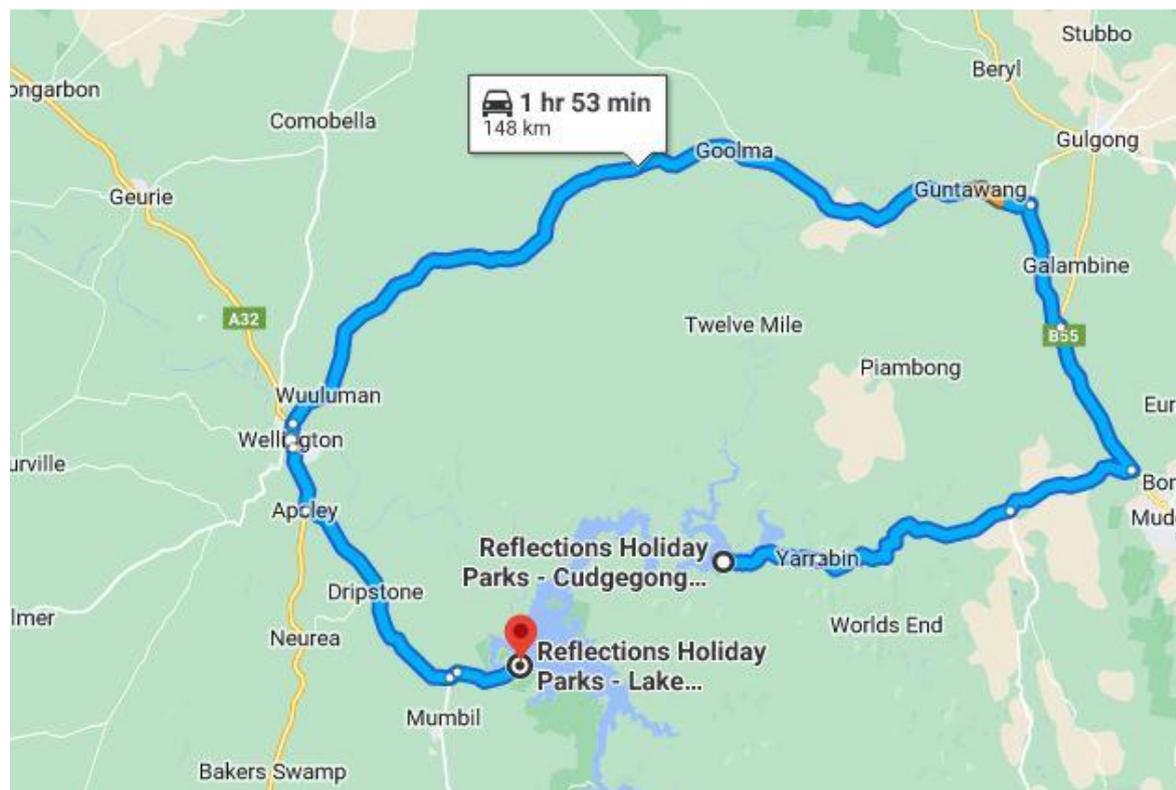
[Strava Link](#)

Transport Directions

Reflections Cudgegong to Reflections Burrendong Dam Wall via Goolma 1hr: 53 minutes

1 car will need to stay at Cudgegong for 3 hours to ensure no emergency pickup is required

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Directions	Details	Distance
	Reflections Holiday Parks - Cudgegong River Holiday Park Burrendong Dam Road, Yarrabin NSW 2850	
	Follow Burrendong Dam Rd and Yarrabin Rd to Hill End Rd in Collingwood	25.0 km
↑	Head North West	210 m
→	Turn right towards Endcott Rd	200m
→	Turn Right onto Endcott Rd	750 m
↑	Continue on Burrendong Dam Rd	6.9
↑	Continue straight onto Yarrabin Rd	16.9
	Take Castlereagh Hwy/B55 to Guntawang Rd in Galambine	21.1km
←	Turn left Guntawang Rd Follow Goolma Rd and Burrendong Way to The Cir Rd in Mumbil	87.5
←	Turn Left onto Goolma Rd	64.2
←	Turn Left onto Mitchell Hwy A32	1.3km
↻	At the roundabout, take the 2 nd exit onto Mitchell Hwy? Namima Cres A32	200m
↻	At the roundabout take the 1 st exit onto Arthur St Mitchell Hwy	4.6
←	Turn Left onto Burrendong way	16.7
	Take Fashions Mount Rd to Destination	5.5 km
←	Turn Left onto Cir Rd	600 m
→	Turn Right onto Fashions mount Rd	4.7km

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➔	Slight Right Reflections Holiday Park Burrendong Dam 486 Fashions Mount Rd, Mumbil NSW 2820	160m
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Day 4 Morning Muster 8:30



Day 4: **Sunday Weekend activities**

Distance 16 km

Start at the Dam Wall transfer 2 km to the Arboretum for a walk around and Morning tea.
Paddle 14 km to Mookerawa, lunch and debrief.

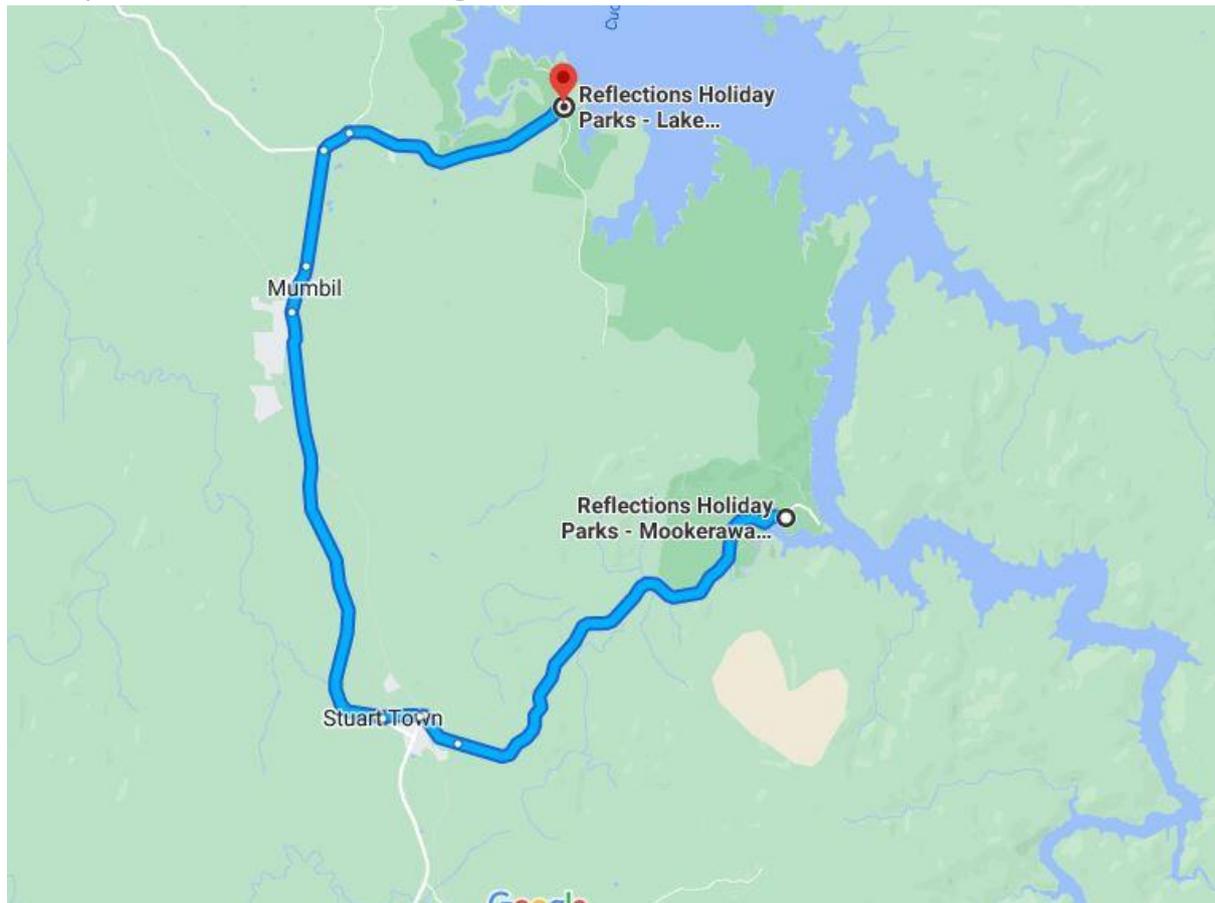
Hazard potential Weekend activity: Water Skiing and Fishing activity at Cudgegong and Dam Walls ends. Water Skiing activity tends to be contained within 5 km of resorts. Fishing vessels a lesser threat as tend to be slow moving or stationary.

[Strava Link](#)

Wet Weather contingency:

In case of thunderstorms and heavy rain: Car uplift to Mookerawa to collect cars after 10:00.
Games morning.

Transport Directions Burrendong to Mookerawa 29.6 km



Directions	Details	Distance
	Reflections Holiday Park, Lake Burrendong 486 Fashions Mount 2820	
	Take Fashions Mount Rd to Burrendong Way	5.5 km
↑	Head South = west towards Fashion Mount Rd	160m
←	Veer Left onto Fashions Mount Rd	4.7km
←	Left onto Cir Rd	600m
	Continue to Burrendong Way. Drive to Mookerawa Rd Mookerawa	24.1km
↑	Continue onto Burrendong way	2.4km
↑	Continue onto Burrendong St	1.0 km
↑	Continue onto Burrendong Way	9.1 km
←	Turn Right onto Bell St	750 m
↑	Continue onto Liddle St	90m
→	Turn Right onto Wellington St	950m
↑	Continue onto Mookerawa Rd Destination is on your left	9.8 km

Hazard identification and management program for the trip

Hazard	Harm	Likelihood Low/ med /high	Consequence Low/ med /high	Control	New Likelihood	New Consequence
Third Party Hazards						
Fishermen	Casting hooks and lures in paddle pathway Entanglement, Puncture wound, infection Fright Irritation	Low/ med	Med- high	Stay clear of the immediate bank and fishing boats Make yourself known to bank and boat fisherman Be aware of the range of casting 5-10 meters	Low- med	Low
Hooks and lures	Puncture wounds infection Fright	Low- med	Med	Make yourself and group known to Fisherman- call out Ask about the fishing, success, weather Guide and assistant carry a knife	Low	Low
Fishing line	Entanglement Tangled around the rudder, across the neck of paddler Dragging fixed lines	Low-med	Med	Make yourself and group known to Fisherman- call out Ask about the fishing, success, weather Cutting tool carried by guide and assistant	Low	Low
other craft speed boats Jet skis	Capsize, swell/ wash, waves Paddlers risk of capsize increases	Med - high	Med – high	Practise wet exits before leaving Stay in groups of 3-6 with guide Instruct on correct negotiation of waves	Low	Low

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		Opportunity to use the waves for thrust or as a learning opportunity for balance					
Water skiers and ski boats		Capsize risk, Fast moving craft, frequent turning creates erratic wash.	Medium- high	medium	Organise paddlers to stay in groups Wear bright clothing Stay your lines -do not change direction quickly Avoid area with jet skis Use flags on boats to increase visibility	low	low
Swimmers		Running over a swimmer . Swimmer Grabbing the side of the kayak Capsize Injury to swimmers	Low – medium	Medium	Improved communication to group Improved communication between groups Improved visibility in water, reduced glare Look for heads in the water , be aware of swimmers in the area	low	low
Boat ramp		Run over by cars, boats and trailers	Medium – high	High	Stay to one side of the boat ramp	Low	High
traffic on land vehicles		Personal injury, collision with other vehicles Damage to equipment from vehicles	Low- medium	High	Park cars away from boat ramp Set up kayaks on the foreshore away from ramps , collect all gear before moving vehicles Park trailer at the back of kayaks to improve shielding and visibility to vehicles Have lunch away from vehicles	low	low
Pedestrians							

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		Being hit by a car whilst moving around the site	Medium to high	High	Move vehicles slowly (10kph) around other vehicles and boats Look for pedestrians when moving vehicles in crowded areas. Clear area of small children before reversing or moving vehicles		
Traffic on water		Capsize, collision See swimmers, jet skis and fishing boats Personal injury, death, loss of equipment	Medium to low-	High	Paddlers to wear bright colours, safety gear, use flags in congested areas Stay away from Jet Ski riders Be aware of areas with swimmers Be aware of fishing areas	Low	Low
Boats blocking the walkway		Trip hazards Injury to self or others	medium high	Medium – high	Position boats away from walkways	Low	High
Hazard		Harm	Likelihood	Consequence	Control	New Likelihood	New Consequence
Environment							
Land animals	cows, goats, dogs	Personal injury, capsize, bruising, head injury Charging, biting, kicking	Low- medium	High	Stay away from cows, goats and horses, sheep on the foreshore Paddle 2-5 meters out from the shore choose a lunch spot without breeding animals or animals with babies which increase likelihood of defensive behaviours.	low	High
Marine animals	Birds, pelican and swans, magpies	Personal injury, capsize, bruising, head injury Swooping defending nests,	Low -medium	High	Leave the wildlife alone, take photos from a distance. Avoid magpie nesting sites	low	High

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

		defending catch, young			Encourage responsible, respectful observations of wildlife not interaction		
Weather sun		Sunburn Illness	Medium – high	High	Sunscreen Wear a hat and sunnies Reapply regularly	Low	High
Weather Heat		Heat Stroke Illness	Medium high	High	Hats and sunglasses, sunscreen, drinks Monitor group for signs of distress	low	High
Bush fires		Burns Smoke inhalation Injury Isolation Loss of land equipment	Low medium	High	Check fire warnings Avoid areas with fires	Low	High
Weather Winds		Windburn Muscle strain Illness injury	Low medium	High	Sunscreen and lip balm Wear gloves and beanies in cold weather	Low	Medium
Strong Winds		Exhaustion Capsize, Exhaustion, incomplete paddle, lack of enjoyment	Medium - high	Medium	Check the weather, reverse the direction if needed or reduce the distance 1 way	Low	Medium
Rain		Wet, chilled Illness, sore muscles lack of enjoyment, hypothermia	Medium – high	High	Check weather, reschedule if forecast for rain above 70% Ensure all participants carry wet weather gear and are dressed for the conditions Carry space blanket in first aid kit Dress for the conditions	Low-medium	High

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

Rain Run off Water quality	Cloudy water Residual runoff from chemical spraying Worry, Discoloured water Maybe smell	Low- medium	Medium	Check the Water NSW water quality report- dam may be closed if water quality is low.	Low	Medium
Sharp stones on foreshore	Personal injury, bruising and cuts trip hazard	Low Medium	Medium	Advise participants to wear enclosed paddling shoes with a firm sole. Mention potential hazard in briefings so that participants are aware and cautious during breaks	Low – medium	Medium
Algae Spores in water Toxic algae	Allergy Worry Bad smell in around algae bloom Illness, respiratory illness, Boats will need washing Gear will need washing	Medium – high Low- medium		Conversation about dangerous and water filtering algae Do not drink the water - Check the waterNSW quality report before paddling don't paddle on foul water Wash the boats after paddling Wash all gear that gets wet, spray decks, tow bags	Low	Medium
Sunken sticks or broken glass around launch and landing sites	Puncture or injury to foot, Personal injury Need medical attention	Low- medium	High	Scan all sites for hazards, collect hazards before participants arrive All participants wear enclosed footwear	Low	High
Deep water	Falling in Wet/ cold / frightened	Low- medium	Medium	Exit drills on land and water to increase confidence Correctly fitted PFD	Low	Medium

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

Sunken objects Trees, branches	Entanglement Frightened/ falling in	Low	Medium	Awareness of obstacles and instruction on avoidance and manoeuvrability of boat	Low	Medium
Mud	Dirty the boats May contain glass or other objects Often stinky May break gear (paddles)	Medium – high	Medium	Reduced risk of contaminating other waterways Reduced risk of harm to feet and gear Boats need washing Paddlers wear enclosed paddling shoes, swish feet in water before entering the boat avoid sticking the paddle in the mud	Low	Medium
Water heights Low or high	High Sunken objects - trees- may be obscured, Paddler/s may capsize on a sunken object Low building foundations may be exposed	Medium- high	medium	Instruct paddlers on identifying sunken objects by the ripples on the water. Teach vigilance Complete deep-water exit, entry drill before paddle	Low	Medium
Hazard	Harm	Likelihood	Consequence	Control	Likelihood	
Participants						
Dehydration	Sickness, Physical injury	Low- medium	Medium- high	Frequent drinking of water, monitor paddlers, insist on electrolytes for paddles of more than 3 hours	low	Medium- high
Sunburn heat stroke	Illness personal injury Sickness need to be evacuated	Medium – high	Medium – high	Frequent application of sunscreen, long sleeves, hat, sunglasses, electrolytes in bottles	Medium	Medium – high

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

					Monitor the weather if above 40 degrees reschedule		
Anxiety		Fear and lack of enjoyment	Low- medium	medium	Monitor all paddlers, clear briefing, exit strategy at half way if needed	Low	medium
Asthma		Over-exertion Asthma attack Environmental triggers pollen, dust, algae spores	Medium-high	High	Carry asthma treatment plan Assign to the assistant or leader Carry puffer Monitor regularly	Low-medium	High
Anaphylaxis		Severe allergic reaction	Medium - high	High	Be aware of allergens Carry ASCIA plan Carry epipens, medications Monitor Evacuation emergency	medium	High
Exhaustion		sickness , Physical injury	Medium-high	high	Monitor all paddlers, have tow belt handy, exit available at lunch if needed	Low-medium	High
Falling in		Drowning Panic, Frightened or death	Medium- high	High	Properly fitted PFD Check everyone can swim and is confident in the water upon registration and again at the waiver Keep less confident swimmers close to guide or assistant	Low	High
Non swimmers		Falling in Panis Drowning decreased likelihood of enjoyment	Medium- high	High	Correct fitting PFD And brief practise float to increase confidence Position near a guide or assistant	medium	High

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

		return to event			Consider putting into a double with an experienced paddler		
Medical conditions		Anaphylaxis/ asthma Illness or death	Medium- high	High	Know all medical conditions of participants	medium	High
Disability physical (wheelchair)		Falling in entering and exiting the water Risk of injury getting in or out of the kayak Will require assistant to enter and exit boat May require assistance in the event of a capsize	Medium High	High	Assess site and capabilities of participant : Paddling, Rescue, exits and entry Ensure correctly fitted PFD Discuss plan for assistance Discuss entry and exit strategies Consider pairing with a capable and rescue trained paddler in a double kayak.	Medium High	High
Needing help		Extra instruction/ split group	Low- medium	High	Guiding assistant Small group organisation 1-6 ratio	Low	High
Incorrect lifting technique		Back injury Pulled muscles, Lack on enjoyment	Medium - High	Medium/ High Unable to paddle	Demonstrate correct lifting technique Two people per boat Encourage teamwork	Medium	High
Poor posture and paddling technique		Sore shoulders Sore backs Sore necks Sore lower arms/ wrists Lack of enjoyment ' Personal injury	Medium – high	Medium- high	Include saddle safety in briefing Remind participants whilst paddling about posture- lean forward rotate at waist no pushing or pulling on the paddle encourage pre and post paddle stretching	Low- medium	Medium

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

Missing person	Left at the lunch stop toilet separated from group Getting lost in the boat Drowning	Low medium	high	Check all PFDs are fitted correctly Check that all paddlers wear their PFDs Maintain small group size 1-6 Know their names and their boats, hats and clothing Maintain contact with your group, engage in conversation Head and roll call at each stop, wait for slower paddlers on water Larger groups create paddle buddies Engage assistant as a group leader of a second group	Low- medium	Medium
Hazard	Harm	Likelihood	Consequence	Control	Likelihood	
Leader Organisation						
Lac of qualifications	Injuring participant	Medium/ High	High	ACAS Guide Qualification	Low	Low
Lack of Insurance	Being sued for injury	Low	High	ACAS Guide insurance	Low	Low
Failure to give full information	Injury to participant	Medium- High	High	Use briefing notes	Low	Low
Equipment Hazards						
Broken paddles Lost paddles	Injury, muscle strain Lack of enjoyment	Low- medium	Medium	Carry 2x spare paddles in hulls Need to tow paddlers or no paddle Carry spare paddles in hulls All participants asked to bring spare paddle Tow ropes long and short	Low	Low

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

Safety gear	Lost tow belts	Low	Medium	Guides carry the tow belts and spare rope/ all boats have a tow line installed on foredeck. use tow ropes instead of belts	Low	Low
Ruptured boat	Leaking boat or sinking	Low- medium	Medium	Regular maintenance Assess landing sites for hazards Tinny removes paddler to land	Low	Low
Food inadequate or wrong type of food	Anaphylactic reaction to food Hungary participants Low blood sugar Exhaustion	Low medium Low – medium	High High	Assess dietary need at registration Plan appropriate food and appropriate volume Complex food requirements bring own food people Carry extra food in boats (fruit, cake, jelly beans) Ask if everyone has eaten before paddle If travelled a long way host morning tea before the paddle	low	Low
Dehydration	Exhaustion/ illness Dizziness, vomiting Unable to paddle Risk trip for others and self	Medium high	High	Check all participants carry a drink bottle at prelaunch briefing Supply bottle Take regular breaks and instruct participants to drink regularly Carry additional water for the group Instruct group to refill bottles at lunch stop	Low	Medium
First Aid packs	Need medical assistance	Medium	High	Treat at the scene	Low	Medium

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

		Insect stings, illness Blisters, lacerations Stepping on glass on foreshore			Monitor for further reaction and development of condition Leader, Assistant and tinny carry first aid packs . In-case of further reaction,(unable to paddle or be towed) remove via tinny to Under canvas or Gudgegong waters		
Tinny with outboard to maintain contact on water and act as a relay		Evacuation of injured or ill participant needing medical assistance	Medium	High	Check all medical conditions before paddle, Maintain UHF contact with Tinny Tinny carries <ul style="list-style-type: none"> • UHF radio • Satellite phone to contact Emergency services • additional First aid pack • additional water 	Low	Medium
Hazard	Harm		Likelihood	Consequence	Control	New Likelihood	New Consequence
Land Support							
Communication phone Land to boats	No signal Patchy reception on Windemere	Medium high	High	Carry UHF radio Maintain contact with land support Satellite phone for emergencies	Low-medium	Medium	
Communication radio Land to boats	In case of Emergency contact between land and boats	Low Medium	High	Test the batteries before leaving the launch site Carry a beacon and have a plan in the event that you do not reach the lunch spot or launch site by designated time.	Low	High	

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

					Maintain radio contact between boat, water support and Land support Carry satellite phone land support to boats Use only in a emergency		
Communication satellite phone Land to boats	In case of Emergency contact between land and boats	Medium high	High	Reduced risk of harm to paddlers open access to emergency communication in the event	Medium	Medium	
Timing	Running late	Low medium	Medium	Maintain radio contact with land support in the event that, paddlers are delayed through toilet stop or interest stop.	Low	Low	
Breakdown	Car/ trailer failure	Low medium	Medium	Maintain Trailer and car servicing, check tyre pressure, spare tyre and fuel. Ensure that tires are well maintained, have an emergency contact/ vehicle just in case.	Low	Medium	
Kayak comes off trailer	Damage to boat, other vehicles, possible accident	Medium high	High	Check that all boats are secure on the trailer before driving Check all life jackets and paddles are securely stowed	Low	Medium	

Emergency Response plan in the event of environment, human or equipment failure

Emergency Response Plan						
Emergency / event	Leader	Response	Consequence	Response	Delegate	Report
Environmental emergency Bushfires	Assess risk: Air quality (embers, smoke) Access roads and traffic	Reduce event length of event if minor fire Grass fire contained area along opposing shore Reschedule for major event (bushfire extended area, siren and road closures)	Minor inconvenience to Paddlers Shortened length of event to avoid smoke Reschedule event to avoid health hazard Maintain integrity	Monitor Remove all people, equipment and boats from the area	Leader and assistant to contact all participant families and make arrangements for safe removal or emergency assembly point site	Complete incident report
Xtreme weather changes Wind Air quality	Assess risk Wind direction Intensity Dust storm	SE-ly 35-40 kph reschedule event or leg (return) NW reschedule event from the start. Reschedule event	Assemble group at either lunch or start point. Air quality risk to health	Inconvenience assess day before in communication email	Group leader	Complete incident report
Lighting	Assess risk	Reduce event if lightning is 60 % likely in the	Safety of the group comes first	Minor inconvenience	Leader/ assistant	Complete incident report

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

	BOM reports the day before and the morning of	afternoon (morning event) reschedule if lightning is present in the morning and forecast all day 65% or above likelihood		Monitor and report in pre-event comms Monitor weather before the event		
Individual First aid	Deal with first aid minor incident in boat or on land	Record time of incident Monitor recipient	May need medical intervention if swelling or bleeding persists	Activity could be cut short if further Medical attention is required	Call ambulance if required next of kin remove individual	Complete incident report
Medical issues requiring evacuation Immediate swelling high level of distress (pain)	Call ambulance immediately Notify next of kin Identify evacuation point	Continue to monitor recipient	Removed to ambulance Leader to monitor until relieved by ambulance officer	Group activity may be shortened	Assistant guide may continue the trip	Complete incident report
Death in the field	Stay put Notify: ambulance, via satellite phone to emergency services no phone next of kin, and police Advise closest access point	Assemble group Notify land support Complete incident report Retain group for police investigation	Catastrophic	Group activity cancelled	Remove group when authorised by police	Complete incident report
Missing person in boat	Notify police, rural bushfire service via Satellite phone	Note area on the map and time . If missing with their boat, they will be visible on water	Direct Emergency services to nearest road access	Stay put Guiding assistant to remove paddlers to the nearest shore/ road access	Call the on water support tinny or SES flood boat to Commence search for boat	Complete incident report

	See risk assessment missing person	If missing not in their boat , they should have a PDF on and by visible in the water If no PDF on- why were they in the water?				
Hypothermia	Assess patient	Call ambulance Apply space blanket Remove any wet clothing apply warm clothing	Direct Emergency services to nearest road access Record time of incident (capsize) and monitor	No food or drink until ambulance arrives and takes over	Continue to monitor, Assign a minder Organise for the removal/ arrival of land support to remove gear	Complete incident report
Equipment Broken paddles	Leader	Swap broken paddles for spare paddles in hulls	Group minor delay whilst paddle in swapped on water	Broken paddle carried to an exit point by individual	Participants can swap out paddles and secure broken paddles under supervision	Complete incident report
Lost paddle	Leader	Retrieve lost paddle extremely unlikely on flat water more likely broken	Minor inconvenience	Re-issue a two piece paddle from boat.		Complete incident report
Boat breakdown	on flatwater this is very unlikely	See risk assessment				Complete incident report
Communication between land and water	Maintain contact between land and water	UHF-radio Satellite phone ICE	Communication maintained	Faster coordination in an emergency		Complete incident report

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

<p>On water support Tinny with outboard Or SES Flood boat</p>	<p>Maintain contact</p>	<p>In case of emergency</p>	<p>Additional confidence for anxious paddlers Reduction of remoteness on water</p>	<p>Reduced risk on delay in case of emergency</p>		<p>Water support is that last boat on and off water</p>
<p>Road accident land support /transit</p>	<p>Assess situation Personal injuries</p> <p>Dual or more vehicle</p> <p>Single vehicle</p>	<p>Call ambulance and police if there is an injury</p> <p>No injury, call tow truck if required</p> <p>Assess animal</p>	<p>Apply first aid</p> <p>Personal details exchanges with other vehicle if dual or more vehicle accident</p> <p>Call wires if animal is stricken and not dead</p>	<p>No food or water Wait for assistance</p> <p>Insurance, licence, rego</p> <p>Check animal for pouches: kangaroo, wombat, wallaby</p>		<p>Complete incident report</p>

Wambuul Cudgegong (Burrendong dam) Weather Analysis

<http://www.bom.gov.au/places/nsw/lake-burrendong/>

Lake Burrendong Weather (beta)

MAP VIEW MetEye

View the current warnings for New South Wales

Change location

11.8 °C

Lowest 11.7 °C 6:07 pm
Highest 14.2 °C 7:33 am

5.2 mm of rain since 9 am

Latest weather at 6:10pm

82% Humidity
ESE Wind Direction
1020.7 Pressure (hPa)
15 km/h Wind Speed
8 knots
44 km/h Highest Gust
24 knots (1:40pm)

Forecast
issued at 5:09 pm AEDT on Wednesday 5 October 2022.

Rest of Wednesday **17 °C**

When will it rain?

Time	Possible rainfall	Chance of any rain
5:00 pm - 8:00 pm	2 - 6 mm	60%
8:00 pm - 11:00 pm	3 - 7 mm	60%
11:00 pm - 2:00 am	3 - 7 mm	60%
2:00 am - 5:00 am	0.6 - 3 mm	70%
5:00 am - 8:00 am	0.4 - 2 mm	60%
8:00 am - 11:00 am	0.2 - 1 mm	60%

Thu 6 Oct **12 °C 19 °C**

WEATHER OVERVIEW

DETAILED 3-HOURLY FORECAST

EXTENDED FORECAST (7-DAY)

CURRENT AND PAST WEATHER

BOM Weather

Get warning notifications, direct to your device

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RADAR

Thu 6 Oct	12 °C 19 °C	Possible rainfall: 4 to 8 mm	Chance of any rain: 95%
Fri 7 Oct	13 °C 19 °C	Possible rainfall: 25 to 40 mm	Chance of any rain: 100%
Sat 8 Oct	14 °C 19 °C	Possible rainfall: 25 to 40 mm	Chance of any rain: 100%
Sun 9 Oct	10 °C 17 °C	Possible rainfall: 10 to 25 mm	Chance of any rain: 95%
Mon 10 Oct	7 °C 21 °C	Possible rainfall: 0 mm	Chance of any rain: 5%
Tue 11 Oct	10 °C 21 °C	Possible rainfall: 0 to 0.4 mm	Chance of any rain: 40%

The weather conditions on for the week of October 6th lend themselves to the cancellation of the event.

Wednesday – which would be a scouting day has dangerously heavy winds, which could result in injury and fatigue.

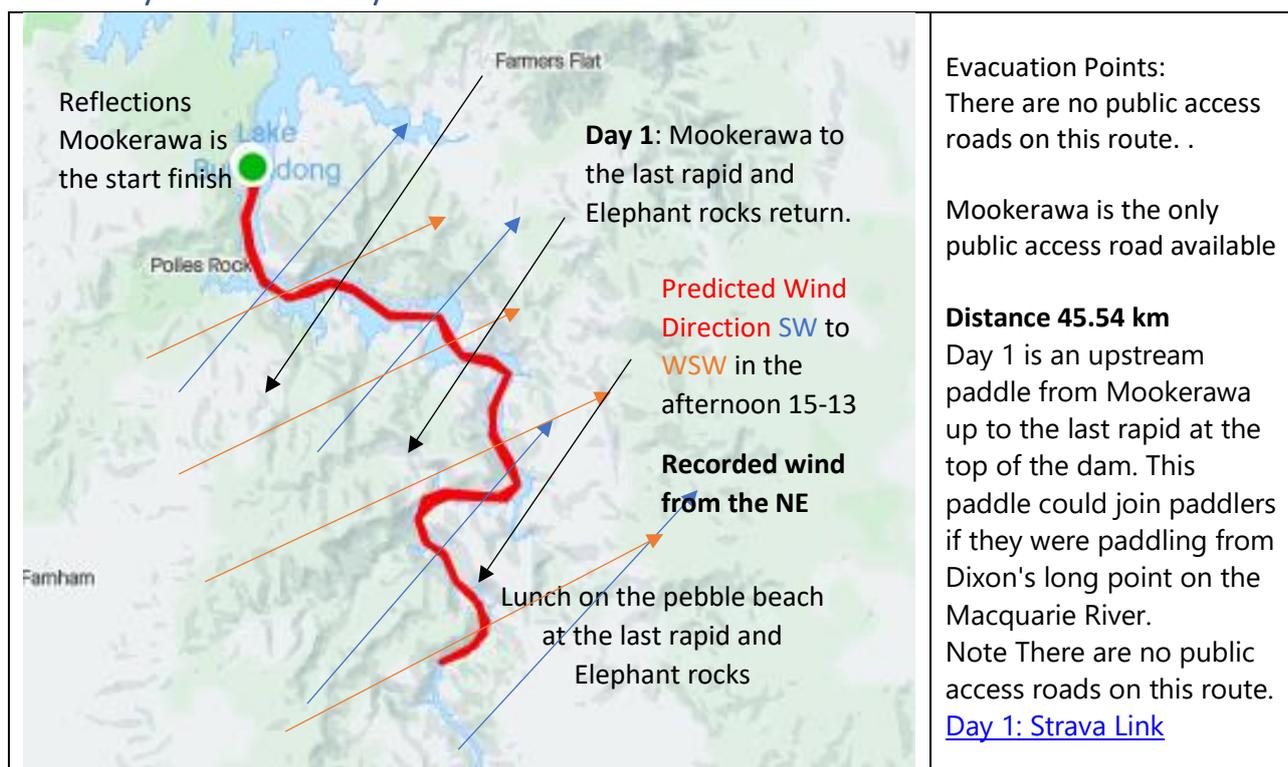
If the wind were steady at 8 knots (15km per hour) It would be allowable to run a short morning paddle. But nothing after 12:00pm

With wind picking up at 1:40 pm to 44 Kmph or 22 knots in the afternoon, would lead to the suspension of paddling for the day.

With a multiday paddle planned and subsequent wet days , I would postpone the event.

The weekly forecast does not take into account wind for the rest of the week.

Thursday 6th October Day 1



Weather Analysis :

The wind speed and the upstream nature of the paddle would make for a challenging environment. Paddlers would be paddling in cross waves and cross wind. Which would make for a challenging paddle. The overall temperature for the day 14-17 will not result in hyperthermia or sunburn. There may be a risk of wind burn.

Rain fall The predicted rainfall was 5-8 mm , there was no recorded rainfall.

Contingency plan:

The plan for Day 1 was for experienced paddlers to explore upstream from Mookerawa. In these conditions an experienced paddler could shorten the trip paddle upstream 14 km instead of the planned 20 and visit some of the creeks and the sawn rock features, taking advantage of cover from the shoreline.

Precaution: Have a rescue boat on hand for experienced paddlers or competent paddlers if needed.

New Paddlers (Competent paddlers) were to have a skills morning, which could still go ahead in the knowledge that showers are available at Mookerawa and that inexperienced paddlers can gain experience paddling with paddle strokes and wet exits in windy conditions and using the shoreline for cover in and around Mookerawa resort.

Activities for New Paddlers could be moved around the headland to Polies Rock to take advantage of cover.

No open water paddling in these conditions for inexperienced paddlers.

Afternoon of board games.



Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

Thursday 6 October



Rainfall								
From	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
50% chance of more than (mm)	–	–	–	–	0	0	0	0
25% chance of more than (mm)	–	–	–	–	0.4	0	0	0
10% chance of more than (mm)	–	–	–	–	1	0.4	0	0
Chance of any rain	–	–	–	–	40%	20%	10%	5%

Temperatures								
At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Air temperature (°C)	–	–	–	–	16	19	17	16
Feels like (°C)	–	–	–	–	14	17	15	14
Dew point temperature (°C)	–	–	–	–	13	13	12	12

UV								
At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
UV Index	–	–	–	–	7	1	0	0

Significant Weather								
From	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Thunderstorms	–	–	–	–	○	○	○	○
Snow	–	–	–	–	○	○	○	○
Rain	–	–	–	–	●	●	○	○
Fog	–	–	–	–	○	○	○	○
Frost	–	–	–	–	○	○	○	○

Predicted Wind and direction

At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Wind speed <i>km/h</i>	15	15	13	11	11	13	7	6
<i>knots</i>	8	8	7	6	6	7	4	3
Wind direction	SW	SSW	SW	SW	WSW	WSW	SW	SSE
Relative humidity (%)	79	73	82	67	59	49	65	81
Forest fuel dryness factor	0.3	0.3	0.3	0.9	0.9	0.9	0.9	0.9
Mixing height (m)	1036	841	930	1548	2097	2407	976	597

Recorded wind and direction

Macquarie River Paddle Club: Warang Wambuul Cudgegong: 2022

	At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Wind speed km/h		-	-	-	-	13	15	13	11
knots		-	-	-	-	7	8	7	6
Wind direction		-	-	-	-	NE	NE	NE	ENE
Relative humidity (%)		-	-	-	-	80	68	75	79
Forest fuel dryness factor		-	-	-	-	2.3	2.3	2.3	2.3
Mixing height (m)		-	-	-	-	1276	1596	1284	958

Friday 7th October

Day 2: Mookerawa to Cudgegong via Oakey Creek

Start at Mookerawa 8:00 am N speed 6-8 knots

Evacuation Point Reflections Dam Wall

Wind Direction NNE 8:00 am N speed 6-8 knots

There are three possible Evacuation points (EP)
 Reflections Mookerawa
 Reflections Dam Wall
 Reflections Cudgegong

Distance: 41.65km

Start at Mookerawa paddle over to Oakey creek for morning tea and then to Lion Island for lunch. After lunch over to Cudgegong Reflections to camp for the night.

[Day 2: Strava link](#)

Weather Analysis:

The planned paddle would take paddlers straight into the wind with a high chance of rainfall and thunderstorms throughout the day. The Predicted rainfall was 18-20mm. Rainfall and wind create a high risk of fatigue. These conditions will create choppy conditions on the water and make progress slow and if thunderstorms eventuated dangerous.

Contingency plan: 16km Experienced paddlers 20km

Reduce paddle to Burrendong resort. Have paddlers hug the shoreline and avoid open water in thunderstorms.

Advanced paddlers can go around Lion Island if desired with the rescue boat on standby, if thunderstorms do not eventuate.

If Thunderstorms are present at launch time uplift all paddlers with trailer and cars to Burrendong.

Friday 7 October



		Rainfall							
From		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
50% chance of more than (mm)		0	-	-	-	-	-	-	-
25% chance of more than (mm)		0	-	-	-	-	-	-	-
10% chance of more than (mm)		0	-	-	-	-	-	-	-
Chance of any rain		10%	30%	40%	80%	90%	90%	80%	70%

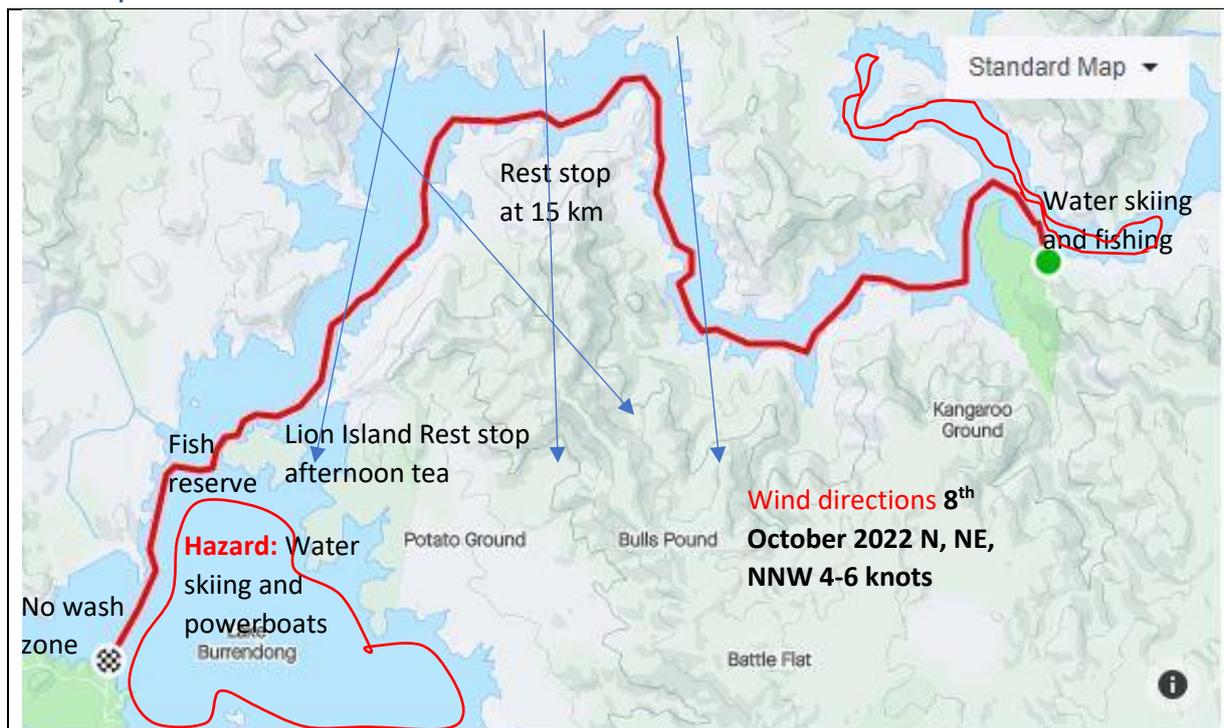
		Temperatures							
At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Air temperature (°C)		15	14	14	17	17	19	18	18
Feels like (°C)		13	13	13	16	16	17	17	18
Dew point temperature (°C)		12	12	12	13	14	14	14	14

		UV							
At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
UV Index		0	0	1	7	8	1	0	0

		Significant Weather							
From		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Thunderstorms		○	●	●	●	●	●	●	●
Snow		○	○	○	○	○	○	○	○
Rain		○	●	●	●	●	●	●	●
Fog		○	○	○	○	○	○	○	○
Frost		○	○	○	○	○	○	○	○

At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Wind speed <i>km/h</i>		11	9	11	13	13	15	11	7
<i>knots</i>		6	5	6	7	7	8	6	4
Wind direction		NE	NE	NNE	N	N	N	N	N
Relative humidity (%)		83	84	88	76	81	72	78	78
Forest fuel dryness factor		2.5	2.5	2.5	4	3.5	2.8	0.5	0.4
Mixing height (m)		719	676	787	1303	1327	1478	1252	1311

Saturday 8th October



Day 3: Saturday:

Distance 26.6 km 6.5 hours

Plan B Contingency from Friday was that group stayed at Burrendong

Weather Analysis:

Wind is abating and has reduced intensity from the previous day. There is still a chance of rain between 11:00 and 5:00pm of 18-40mm most likely after 11:00 am. No predicted Thunderstorm activity.

Management Plan: Organise a short paddle to the rest stop at 15 km and back for Experienced paddlers and a paddle around Lion Island for Competent paddlers in the morning. Aim to have all paddlers off the water by the afternoon.

Board Games afternoon

Plan A: Contingency from previous day did not eventuate group proceeded to Cudgegong.

Contingency from Cudgegong:

Cancel morning paddle up Cudgegong river. Uplift any Competent paddlers who do not want to paddle in the rain.

Ensure all paddlers have wet weather gear and spray decks. Send paddlers with lunch and a rescue boat to accompany them.

Saturday 8 October



		Rainfall							
From		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
50% chance of more than (mm)		-	-	-	-	-	-	-	-
25% chance of more than (mm)		-	-	-	-	-	-	-	-
10% chance of more than (mm)		-	-	-	-	-	-	-	-
Chance of any rain		60%	50%	60%	60%	70%	80%	90%	95%

		Temperatures							
At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Air temperature (°C)		16	16	15	17	19	19	17	16
Feels like (°C)		16	16	15	17	18	17	15	14
Dew point temperature (°C)		14	13	14	14	14	13	13	12

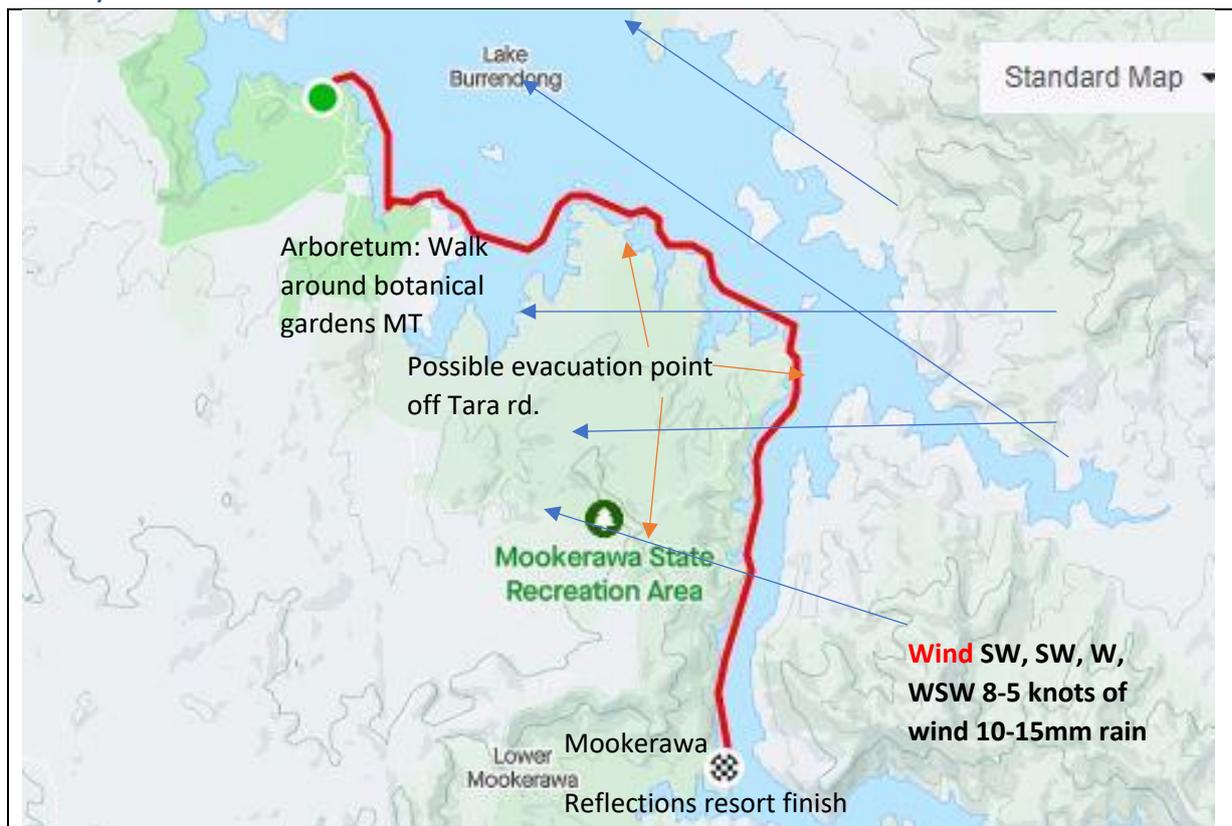
		UV							
At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
UV Index		0	0	1	7	8	1	0	0

		Significant Weather							
From		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Thunderstorms		○	○	○	○	○	○	○	○
Snow		○	○	○	○	○	○	○	○
Rain		●	●	●	●	●	●	●	●
Fog		○	○	○	○	○	○	○	○
Frost		○	○	○	○	○	○	○	○

At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Wind speed <i>km/h</i>		7	6	7	7	11	15	17	11
	<i>knots</i>	4	3	4	4	6	8	9	6
Wind direction		NNW	NW	NNE	N	NNW	W	S	SSW
Relative humidity (%)		84	86	96	82	74	68	76	77
Forest fuel dryness factor		0.4	0.4	0.4	0.5	0.5	0.4	0.4	0.3
Mixing height (m)		917	835	814	1297	1499	1560	1152	1141

At		2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Wind speed <i>km/h</i>		7	6	7	7	11	15	17	11
	<i>knots</i>	4	3	4	4	6	8	9	6
Wind direction		NNW	NW	NNE	N	NNW	W	S	SSW
Relative humidity (%)		84	86	96	82	74	68	76	77
Forest fuel dryness factor		0.4	0.4	0.4	0.5	0.5	0.4	0.4	0.3
Mixing height (m)		917	835	814	1297	1499	1560	1152	1141

Sunday 9th October



Day 4 **Sunday Weekend activities**

Distance 16 km

Weather Analysis: Wind is collecting strength. This will create choppy conditions for paddlers. Wind is from the side so are vulnerable to fatigue and injury. Rain activity is reduced.

Management plan: Uplift anyone not wanting to kayak, get paddlers to hug the Eastern bank and set off at 9:00 as wind is dropping.

Send rescue boat to accompany paddlers.

[Strava Link](#)

Sunday 9 October



		Rainfall								
		From	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
50% chance of more than (mm)			-	-	-	-	-	-	-	-
25% chance of more than (mm)			-	-	-	-	-	-	-	-
10% chance of more than (mm)			-	-	-	-	-	-	-	-
Chance of any rain			90%	80%	60%	30%	30%	20%	10%	10%

		Temperatures								
		At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Air temperature (°C)			14	12	11	13	16	17	13	10
Feels like (°C)			11	9	7	11	13	14	10	8
Dew point temperature (°C)			10	8	8	7	7	7	6	7

		UV								
		At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
UV Index			0	0	1	7	7	1	0	0

		Significant Weather								
		From	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Thunderstorms			○	○	○	○	○	○	○	○
Snow			○	○	○	○	○	○	○	○
Rain			●	●	●	●	●	●	●	○
Fog			○	○	○	○	○	○	○	○
Frost			○	○	○	○	○	○	○	○

		At	2:00 AM	5:00 AM	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	11:00 PM
Wind speed <i>km/h</i>			15	17	15	9	9	13	9	6
<i>knots</i>			8	9	8	5	5	7	5	3
Wind direction			SW	SW	SW	SW	W	WSW	W	SSE
Relative humidity (%)			81	85	93	80	65	58	71	79
Forest fuel dryness factor			0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2
Mixing height (m)			1061	1247	1183	1404	2059	2331	1666	1130

Waiver for Kayaking

Participant information:

First Name: _____

Second Name: _____

Address: _____

_____ Postcode: _____

Phone: (H) _____ (W) _____

Mobile: _____

Email: _____

Gender: Male / Female D.O.B: _____ / _____ / _____

Can you swim at least 25m? Yes / No Can you swim 50m? Yes / No

Emergency Contact:

Name: _____ Relationship to

you: _____

Address: _____

_____ Postcode: _____

Phone: (H) _____ (W) _____

(M) _____

Medical Information:

Please circle any medical conditions you experience.

Asthma Diabetes Epilepsy Hepatitis Heart Disease Migraine Fainting / Dizziness

If yes, please give details including severity of your symptoms (light/mod/severe) and any details of medications or treatment you require for the condition:

Are you an Ambulance Member? Yes / No Are you pregnant? Yes / No

Are there any physical conditions that might affect your ability to go kayaking or you believe our guides should be aware of:

Are you allergic to anything, for example penicillin or other medication, foods, animals, or bee stings?

If yes, please list allergies:

Acceptance of Risk:

Participants must understand that any adventure trip has some inherent risk which may result in accident, personal injury, damage to or loss of property, delay or other irregularity in carrying out the arrangements of the program or otherwise in connection therewith. While every effort will be made to provide a safe and enjoyable program, the Kayak Guides accept no responsibility for accident or injury, loss of or damage to property, or additional expenses due to delays, transportation difficulties or personal sickness, evacuation, accident, injury, weather or any other causes or personal expense incurred for any reason. Adequate insurance coverage is strongly recommended. Additional expenses, if any, shall be borne by you, the participant.

Individuals must disclose to the Kayak Guides any pre-existing medical or other condition that may affect the risk that either the participant or any other person will suffer injury, loss or damage. The Kayak Guides rely on this information from the participant to be accurate and complete. In addition to this, the Kayak Guides require that all participants comply with all rules and directions made or given by the Kayak Guides in connection with the described activity. If you fail to comply with such, you will not be permitted to continue with the activity and no refund will be given. Also any accident, injury, loss or damage must be reported by "You" to the Kayak Guides prior to your departure from the activity or program.

By signing in the space below, You, the participant, understand and accept that the proposed activity or trip has inherent dangers and risks including but not limited to accident, injury, illness, loss or damage to self or personal property.

"I hereby state that the above information about myself is true and correct. Should I be unable to do so myself, I authorise the Kayak Guides to consent to me receiving any medical or surgical treatment deemed necessary by qualified medical personnel. This may include blood transfusions, local or general anaesthesia. I also agree to pay any medical expenses incurred by me as a result of my participation in the activity.

I have read the information above and, by signing below, state that I understand the terms and conditions and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law."

Signed: _____

Date: _____

Planned route

Maps/charts used _____

Day/s	Destination	Location (Grid reference or latitude and longitude)	Initial track on departure

Alternates

Day/s	Location/route

Equipment

Tents No _____ Colours _____

First aid kits No _____

Fire starting materials _____

Food and water

Water supplies _____ days

Food supplies _____ days

Resupply points _____

Communications

Mobile phone	<input type="checkbox"/>	Number/s	_____	Hours monitored	_____
VHF	<input type="checkbox"/>	Callsign	_____		_____
27MHz	<input type="checkbox"/>	Callsign	_____		_____

Signalling devices

EPIRB Flares: handheld red smoke parachute

Strobe Flashlights Signal mirror

Notes

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Destination

Location _____ Date _____ Time _____

Vehicles at site

Make/model	Year	Colour	Registration

INCIDENT REPORT FORM

Details of incident and treatment

Date of incident	
Time of incident	<input type="checkbox"/> am <input type="checkbox"/> pm
Nature of incident	<input type="checkbox"/> Near miss <input type="checkbox"/> First aid <input type="checkbox"/> Medical referral <input type="checkbox"/> Ambulance
Name of injured person	
Address	
Date of birth	
Telephone	
Exact site location where injury occurred	
Nature of injury – eg fracture, sprain, ..	

Body location of injury (indicate location of injury on the diagram)	
--	--

Treatment given on site		Name of treating person	
Referral for further treatment?	Details:	Ambulance attendance?	Details
Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	

Witness to incident (each witness may need to provide an account of what happened)

Witness name		Witness contact	
Witness name		Witness contact	

