



# Paddle South Australia 2019 Team Paddle Challenge

PARTICIPANT INFORMATION  
MANUAL

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The 2019 Paddle SA Team Paddle Challenge is a fun paddle sports event and presents participants with challenges and opportunities. This is the 16th year that Paddle SA has run this event in its current format and it promises to be one of the best. Young South Australians

who enjoy having fun, making new friends, and learning about the environment and adventure will find Team Paddle Challenge cater to their interests. Teams are made up of groups from public and private schools, community groups and scouts.

The event starts at venue (approx. 7km north of Blanchetown on Saturday morning). You will find directions on the web. Teams of between 3 - 8 participants and a supervising adult are in each team. As a Team, you will need to work together and find as many checkpoints as possible in an attempt to gain the most points and win. Checkpoints are on the river's edge and surrounding bushland. They are not hidden but you will need to read your map and look carefully to find them. Competitors have six hours on the Saturday to make their way around the course and back to the campsite and 5 1/2 hours on the Sunday.

All competitors this year will stay overnight on the Saturday night at the campsite. First light at 6.30am on the Sunday will have the keen paddlers out on the water.

Collecting those important points. All teams must be on the water by 8.00am on Sunday. The event concludes at the venue at 12.00 noon. Points are tallied, and the winning teams announced at the closing ceremony.

**"This is the 16th year that Paddle SA has run this event in its current format and it promises to be one of the best."**

The Paddle SA Team Paddle Challenge is all about working as a team. Your team will be scrutineered for the items you must carry – loss of points occurs if you do not have the required items. Team members should double check they have all equipment before leaving Adelaide so your team does not start with points already lost. You work as a team to identify the checkpoints and then collect the points by all team members going to the checkpoint and marking the scorecards. Sticking as a team, you choose how far to paddle each day.

The Paddle SA Team Paddle Challenge caters for all abilities.

Teams are required to be self-sufficient for the whole event and carry their own camping equipment, food, water, clothing and specified safety items. Teams must stay together throughout the entire event, with team members penalized if they are further than 20 metres apart on either land or water.

There are a number of rules by which all competitors must abide, to ensure their safety and fairness in the competition. Please familiarize yourself with the rules in this Manual.

<b>Friday</b>	
3:00pm onwards	Teams commence to arrive at the camp
8:00pm - 8.30pm	Volunteer Briefing
<b>Saturday</b>	
7:00am - 9:30am	Registration and Scrutineering open
10:00 — 10.20am	Event Safety Briefing
<b>Saturday on Water</b>	
11:00am	Group 1 teams start
11.15am	Group 2 teams start
5pm	Group 1 teams returned to designated campsite
5:15pm	Group 2 teams returned Group 1- maximum loss of points
5:30pm	Group 2- maximum loss of points
6:30- 8:00pm	Bonus Checkpoint Course Open
<b>Sunday on Water</b>	
6:15am	Registration Desk open for teams to collect scorecard and checkpoint list
6:30am	Teams welcome to depart campsite
8:00am	All teams to have departed campsite location
<b>Sunday afternoon</b>	
12:00noon	Teams returned to camp
12:15pm	Maximum loss of points (for Sunday)
12:30pm	BBQ open
1:15pm	Presentation & Awards
1:45pm onwards	Pack up and depart from camp

1. If you have your own boats, go straight to Step 2. If hiring boats through Paddle SA, proceed to the Registration Desk to sign for your team equipment.
2. Proceed to registration desk with boat numbers. complete all registration forms as a team, collect scrutineering forms (1 for each team member), checkpoint list (1), maps (1), Team Manual and starting/finishing time card (2) for Saturday.

### **REGISTRATION MUST BE COMPLETED BEFORE 9.30AM SATURDAY**

3. Have all of your equipment set out next to your craft for a designated scrutineer official to inspect.
4. Return completed and signed scrutineering sheet to registration desk before 10.00am
5. Attend **event briefing at 10.00am.**
6. **Team Paddle Challenge start: Group A leaves at 11.00am, Group B leaves at 11.15am**

**If you have any queries, please see the officials at the Registration Desk.**

### **Scrutineering Forms** (1 per team member)

Team members are to have all equipment ready for a Scrutineer Official to check off your safety equipment.

**Do not pack your equipment in your craft until it has been scrutineered.**

Teams' forms are to be signed by a Scrutineer, who will return them as a group to the registration desk. You must have completed scrutineering before 10.00am. Once scrutineered, pack your craft ready for departure at your designated starting time.

**Starting Time:** At the time of registration, your team will be told your team designated starting time and a finishing time for Saturday. Teams should commence to get their craft on the water about 15 minutes before their designated starting time. The starting time will also determine your 'off-water' finishing time for Saturday. Teams will be penalised 10 points per minute for each minute (or part thereof) they are late to arrive at the camp. On Sunday morning at 6.15am (or any time until 7.45am), you may obtain your list of checkpoints for the Sunday course.

### **What you will receive from the Registration Desk:**

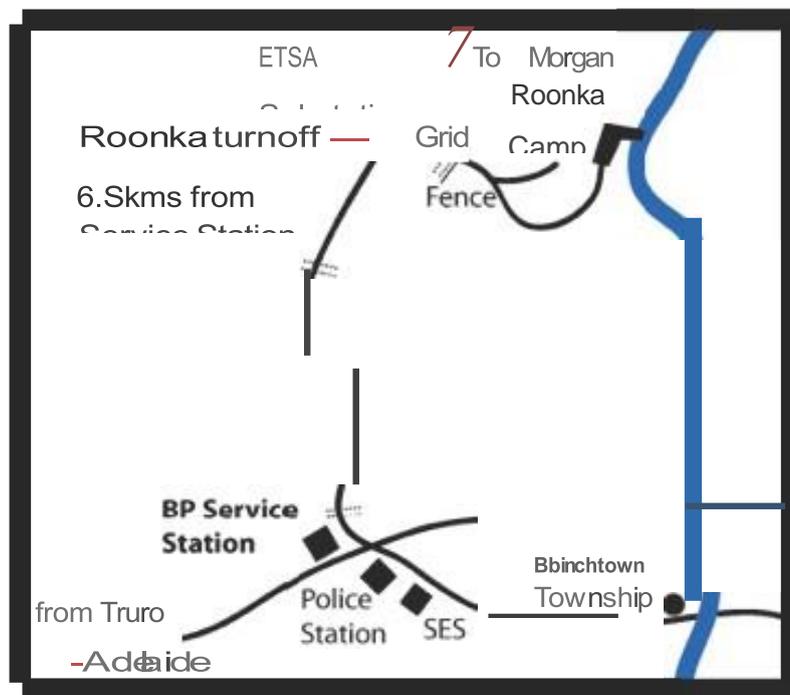
**List of checkpoints (with co-ordinates), map (x 1) and Team Scorecard (x 2).** You will receive the list of checkpoints for the Saturday, return to complete packing your boats so that you will be ready to depart at your allocated time.

There may be 2 starting times on the Saturday morning.

Group	Starting time	Finish time for Saturday	Maximum loss of points time
A	11.00am	5.00pm	5.15pm
B	11.15 am	5.15pm	5.30pm

Teams will need to be at the starting line **(ON THE WATER)** and ready to go for their allocated start time. **Teams running late will not be given a separate starting time.**

The 2019 Team Paddle Challenge will normally be held at the Roonka Water Activity Centre, and aquatics centre owned and operated by Scouts SA. Roonka is located approximately 7km north of Blanchetown on the banks of the River Murray. But this is NOT available this year. More details soon but the venue is about 2km north of Roonka. Details and maps available soon.



### Active & - Premier's Youth Challenge - NO LONGER EXISTS We will still support the Principals of this Initiative.

As a registered Actives Service Provider, Paddle South Australia proudly supports the aims and ideals presented by the Premier's Youth Challenge. The Team Paddle Challenge is one of many opportunities for young South Australians to become more involved in their community, to continue to develop their self-confidence and to enjoy a paddling adventure in one of Australia's most unique outdoor settings.

Paddle SA looks to all participants in the Team Paddle Challenge to actively contribute to the success of their team as well as develop new skills and a better understanding of the eight key values of the Actives Program:

- Trust
- Honesty
- Integrity
- Respect
- Integrity
- Enterprise
- Fairness
- Courage

Staff and volunteers once again look forward to helping young South Australian's involved in the Duke of Edinburgh program by providing them with the opportunity to learn new skills, develop a strong sense of adventure, come to appreciate the beauty of the outdoor environment and enjoy the benefits of contributing to the success of a team.



The Team Paddle Challenge can be recorded as the qualifying 'Adventurous' Journey for a bronze level award. Under the specifications of the Award Scheme, this activity can be recorded as an 'Exploration' whereby the team departs from a base to camp explore the surrounding environment with a specific target or purpose in mind.

Rules have been designed for the safety of all participants and to provide for a challenging and fair event. Non-adherence to these rules may lead to penalties including disqualification from the event.

## Rule 1

Canoe or kayak must be in reasonable condition and have positive state of buoyancy when full of water or overturned.

**Penalty: Canoe or kayak cannot be used.**

## Rule 2

Participant / paddler whilst on the water must wear a properly fitted and fastened (zipper pulled up and belt fastened) personal floatation device (PFD) - this is a legal requirement. All participants/paddlers/officials are to wear a PFD while swimming.

**Penalty: Disqualified and removed from the event.**

## Rule 3

During the canoeing and orienteering phases of the event all team members must travel together as a group, i.e. no more than 20 metres apart. (This is part of the event's 'safety network' to ensure that group members are readily available to assist anyone who may be experiencing difficulties) 20 metres apart means if a 20 metre circle was scribed around the person in the middle of the group all other group members would fall within that arc.

**Penalty: First breach - warning.**

**Second and subsequent breaches - 100 point deduction or disqualification of offending person/s from the event for serious breaches of this rule.**

## Rule 4

Participants and their adult supervisors are required to carry in their canoe or kayak the equipment stated on the 'Minimum Equipment Checklist'.

**Penalty: As stated on the 'Minimum Equipment Checklist' form.**

## Rule 5

A team must consist of at least three (3) and no more than seven (7) team members plus an adult supervisor.

**Penalty: Team cannot start or participate.**

### Rule 6

Each canoe / kayak must carry a stand up team number that is waterproof and securely fixed. The number is to be black on yellow or white background and appear on both sides. Numbers are to be a minimum of 20 cm high and 2 cm thick.

**Penalty: Unable to start.**

### Rule 7

**On Day 1(Saturday)** each team has a maximum of 6 hours for canoeing and orienteering activities. Staggered starting times - 15 minutes apart will commence from 11.00 am.

Teams will be advised as to their starting time upon registration. Teams must be off the water at the camp by their designated finish time.

**On Day 2 (Sunday)** each team has a maximum of 5<sup>1/2</sup> hours for canoeing and orienteering activities. There is no official start. Teams can commence at any time from 6.30 am (CST). Teams must be off the water at the Camp no later than 12 noon.

**Penalty: Late teams will be penalised 10 points per minute or part there of after the expiration of that day's completion time. A team finishing more than 30 minutes late will lose 300 points gained during that day's activities.**

### Rule 8

If a team member/s **withdraws during the event due to injury or fatigue**, the team may continue provided it consists of **at least three team members and an adult supervisor**. If this number cannot be maintained, the team **must withdraw from the event** and **immediately return** to the Camp or join another willing team.

**A team member who had withdrawn from the event due to injury or fatigue can only re-join their team with permission of the Event Director.**

### Rule 9

A team must stay together and support an injured or fatigue member until that person is medically treated or removed from the event.

**Penalty: Loss of all points obtained on that day.**

### Rule 10

A team must carry a minimum of one (1) mobile phone appropriately sealed against water damage and other impact.

**Penalty: Unable to start.**

### Rule 11

The land aspect of the course is conducted on private property and a good relationship with land owners and the local residents has developed over the years. To retain this relationship for future events it is essential each participant observes the following:

- Act in a friendly and respectful manner towards all landowners and others
- Stay well clear of any dwellings, stock and horticultural crops or plantings
- Do not touch or interfere with any pump, plant or other equipment
- Do not climb over any fences
- Leave gates as you find them
- Do not discard any litter
- Do not light or cause a fire.

**Penalty:** First breach a 100 point deduction. Second and subsequent breaches a 200 point deduction. A team may be disqualified from the event for a serious breach of this rule.

### Rule 12

When a team registers on the Saturday morning it is issued with one event map. It is also supplied with a checkpoint information sheet and two scorecards applicable for that day. Checkpoint information sheets and scorecards applicable for the Sunday will be available from 0615 hours. Checkpoints may be collected in any order.

### Rule 13

A checkpoint clicker must be marked in the correct box on the scorecard (i.e.: clicker for checkpoint 7 must go in the number 7 square on the scorecard.) Although a team is

issued with two scorecards each day, only one is necessary to determine the team's score. (Second scorecard is provided in case a card is lost.)

**Penalty:** No points for incorrectly marked scorecard and where a team does not submit a scorecard, no points can be allocated.

### Rule 14

A team must stop at attended checkpoints each time they pass that point and provide details on their intended path or plan.

**Penalty: 100 point deduction.**

### Rule 15

The use of Global Positioning System (GPS) devices is prohibited.

**Penalty: Loss of all points obtained on that day.**

### Rule 16

A team must camp at The Campsite unless severe weather conditions or prevent otherwise.

**Penalty: Team disqualified from the event.**

### Rule 17

If participants wish to swim they must wear a PFD. No diving is permitted due to the risk of submerged logs or other obstacles.

**Penalty: Disqualified and removal from the event.**

### Rule 18

All persons involved in the event are required to follow reasonable directions given by event officials, or Emergency Service workers.

**Penalty: Disqualified and removal from the event.**

**" The Rules are for the safety of teams and individuals  
and fairness to all participating.  
Non-adherence may lead to disqualification.**

<b>Equipment for participants in school or community group category</b>	<b>Deductions</b>
<i>Canoe with sponge or bailer (attached)</i>	<i>No start</i>
<i>Buoyancy (Bow &amp; Stern) No Start</i>	<i>No start</i>
<i>Team Number - securely attached (Standing upright 200 x 250mm)</i>	<i>No Start</i>
<b>Personal Food</b>	
Lunch/ Snacks	10points
Drinks (incl. water) 5 litres (Cordial, soup, tea, coffee, milo)	10points
One Breakfast	10points
One Evening Meal	10points
Mug (plates & cutlery optional)	10points
<b>Personal Equipment</b>	
<i>Personal Floatation Device (Type 2 or 3) Whistle (attached to PFD)</i>	<i>No Start</i>
Hat	10points
Spray jacket/Rain coat	10points
2 jumpers	10points
Enclosed footwear (sneakers, etc.)	10points
Long pants - woollen, track or thermal (jeans not permitted for paddling)	10points
Beanie	10points
Sleeping bag	10points
Sleeping mat	10points
<b>Group Equipment</b>	
<i>Canoe repair tape (1per team)</i>	<i>No Start</i>
<i>First Aid Kit (Band-Aids, roller bandage, matches - 2 per team)</i>	<i>No Start</i>
<i>Tents - sufficient for team</i>	<i>No Start</i>
<i>Cooking Equipment</i>	<i>No Start</i>
Mosquito Repellent	10points
Sunscreen - minimum 15+ Toilet paper	10points
Toilet paper	10points
Torch (in working order)	10points
Mobile phone - minimum 1 per team	10points
Rubbish bag	10points

## Personal Equipment

Please identify all of your belongings. Lost Property will be kept until 30th November in the Canoe SA Office for collection

## Minimal Impact Practices for all outdoor activities and camping

Paddlers, like others who use the outdoors for recreation, have a responsibility to minimise their impact on the natural environment, the enjoyment of others and on public and private property.

Paddle South Australia encourages compliance with minimal impact practices and guidelines and any additional regulations and fire bans (National Park, local government or other authorities)

## Access

Always seek permission from landowners (including government authorities) for access to water. Apart from being courteous, it is often required by law. Also, you may need their help later.

If you land at the edge of private property, be courteous and make yourself and your intentions known to the person

- Use gates, not fences, and leave gates as you find them.
- Only drive vehicles on designated roads.
- Leave livestock and property alone.
- Use current paths and do not damage or remove flora.

## Rubbish

If you carry it in, carry it out. Always carry bags for storing your rubbish in. Take foods which have minimal packaging. Fresh food does not need cans and jars. Don't be too proud to clean up someone else's rubbish. Conserve water sources by not polluting them with soap, detergents or food scraps

## Fires

Paddle Australia recommends the use of fuel stoves for cooking; they are environmentally friendly and more efficient than fires.

Some national parks do not allow open fires - check the local regulations If you do require an open fire

- Do not collect wood for fires - it is illegal in some national parks
- Check with Regional Fire Services or the local council for fire bans before lighting any fire or stove.
- Use fireplaces or old fire scars where available - do not create new areas.
- When on beaches, build the fire below the high tide line.

- Keep fires small. large fires are wasteful - 'the larger the fire, the larger the fool' (Paddy Pallin)
- Carefully select a site away from bushes, trees and rocks which could be damaged.
- Do not surround the fire with stones (leave the stones where they are)
- Do not dig a pit.
- Stop the fire long before you intend to leave, putting out fires should not be a last minute practice.
- To ensure the fire is completely extinguished quench the fire with water before leaving.

## Toilets

Make provision to carry out human wastes where conditions are likely to result in wastes being a significant part of the impact of the group

- 1 Select toilet sites 100 metres or more from water courses.
- 2 Dig a hole 15-20 centimetres deep.
- 3 Toilet paper should be carried out (do not burn).
- 4 Sanitary pads and tampons should be carried out.

## Flora and Fauna

Use tracks where possible to minimize damage to flora.

Just being there is a disturbance to wildlife. Make as little noise as possible and respect the homes of animals and insects:

- Animals and plants are not to be disturbed.
- Do not feed animals.
- Do not bring animals into National Parks.
- Conform to fishing requirements including licensing and size/volume restrictions

## Equipment

If boats require tying up, ensure that the system does not damage the rocks or vegetation that is used. To avoid the transportation of weeds or soil borne pathogens. ensure all gear is cleaned prior to any trip and then at the area prior to leaving after a trip. Use self- supporting tents, rather than tarps or systems that rely on guys etc. from flora

## Rivers

Avoid putting anything into the water which may pollute it including soap, dishwater. food scraps or rubbish.

## Campsites

Campsites should be at least 25 metres from creeks. rivers or the sea shore; some National Parks have a minimum requirement of 200m. Do not take radios or play loud music in campsites, respect the rights of others and minimise your impact on the local fauna. Leave timber. rocks. etc. where

they are. Do not create campsite furniture. Do not clear native vegetation from campsite areas and if staying for more than one night, consider measures to minimize damage to vegetation such as at tent entrance.

### **Bushwalking**

Use formed tracks where possible. In untracked areas, do not cut or trample native vegetation with larger groups use multiple routes so as not to create a badly worn area. When planning your trip (including emergency access) plan to use formed tracks.

### **Finally**

Always leave a trip intention plan or float plan with a responsible party that complies with National Park's trip registration and licensing requirements.

**Take only photos - leave only footprints!**

**Level One**

An emergency requiring the evacuation of an individual or team for an event related incident (e.g. injury, illness, fatigue). This is not likely to interrupt the conduct of the Paddle SA Team Paddle Challenge. Participant(s) is withdrawn from event through event control procedures. Event operational personnel will oversee evacuation.

**Level Two**

An emergency requiring the temporary closure of part of the Canoe SA Team Paddle Challenge course. This may result from:

- (a) Short storm.
- (b) Lightning
- (c) Strong wind.or
- (d) Local short-term emergency which significantly impacts upon the safety network in terms of personnel or resources (e.g. major vehicle collision, major search and rescue effort). Event Headquarters will issue a direction to the relevant attended checkpoint/s. The extremities of the course must still be defined by an attended checkpoint. Teams will be prevented from entering the closed area. Attempts will be made to locate teams in the closed area for immediate return to the nearest appropriate attended checkpoint.

**Level Three**

An emergency requiring the suspension (but likely restart) of the event: Event Headquarters will issue a direction to all attended checkpoints. Competitors will be held at all attended checkpoints until further notice. The attendance of competitors is to be reported to Event Headquarters as per normal operating procedures. Attempts will be made to locate teams still on the course and issue instructions to return to the nearest attended checkpoint.

Upon lifting the suspension, teams will restart from their respective attended checkpoints and report their intentions as per normal operating procedures.

**Level Four**

An emergency requiring the cancellation of the event: Event Headquarters will issue a direction to all attended checkpoints. Competitors will be held at all Attended Checkpoints. Arrangements will be made to return all competitors and canoeing equipment back to the camp. This may occur by teams (a) canoeing back to camp, (b) transportation of individuals by their own vehicles or (c) using other vehicles to transport individuals and equipment back to camp

**Event Suspension Procedures:**

Where the event is suspended, all participants must be directed from the water to a safe

location. The location of participants at the time of the event suspension will be noted by Canoe SA Team Paddle Challenge officials and checkpoint operators to allow for a fair restart. The removal of participants from the water will be registered by Team Paddle Challenge Officials to ensure the recording of the total evacuation of all participants.

**Restart Procedures:**

Following directions from Event Control that the Event will be restarted in two stages:

- (a) Participants will resume their event positions
- (b) The event will be restarted at a designated time.

## General Safety Instructions

- See to the safety of the rest of the party
- Give first aid as necessary
- One person (at least) should stay with the casualty. Make them comfortable.
- Monitor vital signs. Protect them from the sun or cold.
- Two people should go for help (where possible)
- Take a map to show where casualty is located and score card to identify your team.
- Go to either the nearest attended checkpoint or the river edge to attract other canoeist and / or rescue boat. Use whistle to attract attention.
- Rescue Team will notify HQ who will arrange medical help immediately
- Do not waste time by visiting shacks or looking for locals
- If a boat (outside the event) stops to offer aid, ask them to contact the nearest attended checkpoint. **Do not go in the boat with them.**
- Other teams must offer help if you see another team in distress

## Snake Bite

Managing a snake bite

### 1. Check for signs of life

- If casualty is conscious follow DRABCD (Danger, Response, Airway, Breathing, CPR, Defibrillation)

### 2 Calm casualty

### 3 Apply pressure immobilization bandage

- Apply a firm roller bandage starting just above puncture wound and going to the extremity of the limb (fingers or toes) and moving back up the limb to cover the wound and go above the next joint
- The bandage needs to be firmly applied (it should be difficult to get a finger in under the applied bandage.)

### 4 Immobilise casualty

- Apply a splint to immobilize the bitten limb
- Check circulation in fingers and toes
- Minimise any muscular movement of the casualty. As the poison travels in the lymphatic system it is essential to minimise muscular movement (including when applying the pressure bandage)

### 5 Call for an ambulance

At Team Paddle Challenge call Headquarters

### Signs and Symptoms of a Snake Bite:

- Puncture marks
- Nausea, vomiting or diarrhoea
- Headache
- Blurred or double vision
- Breathing difficulties
- Drowsiness, giddiness
- Pain or tightness in chest or abdomen
- Respiratory weakness or arrest

### **WARNING:**

**DO NOT** wash venom *off* skin as retained venom will assist in identification

**DO NOT** cut bitten area or try to suck venom out of wound **DO NOT** use a constrictive bandage (i.e. arterial tourniquet) **DO NOT** try and catch the snake

### Heat-induced Conditions

*Warning: Heatstroke is a potentially lethal condition*

#### Heatstroke

- 1 Follow DRABC (Danger, Response, Airway, Breathing, Circulation)
- 2 Apply cold pack or ice to neck, groin and armpits
- 3 Cover with a wet sheet
- 4 Call for assistance
- 5 Where casualty fully conscious, give fluids (do not give alcohol or drinks containing a diuretic such as caffeine)

#### Signs and symptoms:

- High body temperature
- Flushed and dry skin
- Irritability and mental confusion which may progress to seizure and unconsciousness
- Dizziness and visual disturbances
- Headache, nausea and/or vomiting

## Heat exhaustion

### 1 Lie casualty down

- Move casualty to lie down in a cool place with circulating air

### 2 Loosen tight clothing

- Remove unnecessary garments

### 3 Sponge with cold water

### 4 Give fluids to drink

*(do not give alcohol or drinks containing a diuretic such as energy drinks or Coke)*

### 5 Seek medical aid if:

- Casualty vomits. or
- Casualty does not recover promptly.

### Signs and Symptoms:

- Feeling hot. exhausted and weak
- Persistent headache
- Thirst and nausea
- Giddiness and faintness
- Fatigue
- Rapid breathing and shortness of breath
- Pale. cool. clammy skin
- Rapid or weak pulse

## Hypothermia

1. Follow DRABC (Danger,Response,Airway,Breathing,Circulation)
2. Remove casualty to warm,dry place
3. Protect casualty (and yourself) from wind,rain,sleet, cold and wet ground
4. Avoid excess activity and movement
5. Maintain casualty in horizontal position
6. Remove wet clothing
7. Warm casualty - place in a sleeping bag or blankets and wrap in a space blanket or similar
8. Cover head to maintain body heat
9. Give warm drinks if conscious - *do not give alcohol*

## Signs & Symptoms

- When body temperature falls. early warning signs may include:
- Feeling cold
- Shivering
- Clumsiness and slurred speech
- Apathy and irrational behaviour
- Heart rate may slow

## WARNING

Call for assistance (an ambulance) if level of consciousness declines, shivering stops or pulse is difficult to find.

Use other available forms of warming, including body heat of others in the party. Do not use direct radiant heat.