

Basic Skills Course



Activity Brief to Participants:

Time and place: 7.00am VMR Sandgate, Allpass Parade, Shorncliffe UBD: 111 E9

The duration of this course will depend on the conditions on the day and the number, fitness and aptitude of the participants. We prefer to finish by 4pm on Saturday, having completed all assessments. However, it may be necessary to return on Sunday morning to make sure that everyone has a chance to be assessed when they are not overtired.

What to bring: Hat, sunscreen, sunglasses, drinking water, nibbles (fruit, nuts, muesli bar etc); suitable clothing and closed footwear. Board shorts and a long sleeved top (preferably not cotton) are recommended. You can buy cheap water shoes anywhere or wear a pair of old trainers.

We will be getting wet so a towel and a change of clothes are essential. You can bring your own lunch or get some locally.

Please contact me if you have any problems or require further clarification
Contact Details: Margaret Micale, email: margaretmicale@hotmail.com

Emergency Management Plan:

Contact person identified for each participant in case of emergency on medical forms, located on front seat of instructor's vehicle.

Emergency contact details: SES Redcliffe 3883 1311; VMR Shorncliffe: 3269 8888

Equipment List (carried by instructor)

First aid kit, repair kit, tow rope, throw rope, whistle, extra water, knife, mobile phone, spare hats, sunscreen, insect repellent

Safety brief conducted at the start of each program.