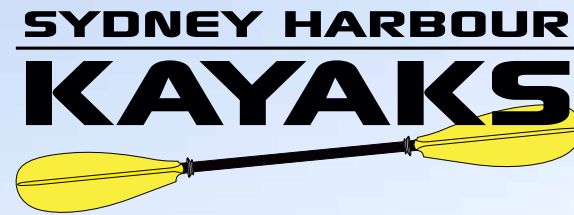




Wear a lifejacket.
Don't risk your life.



**PADDLER AND GROUND CREW
OFFICIAL GUIDE
FEBRUARY 27 TO MARCH 3, 2023**

**YARRAWONGA TO TORRUMBARRY WEIR
415KM / 5 DAYS
MURRAY RIVER**



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MMP**415****YARRAWONGA
KOONDROOK**

WELCOME TO THE 53RD MASSIVE MURRAY PADDLE THE 1ST MMP 415 YARRAWONGA TO TORRUMBARRY WEIR - POST FLOOD RACING

MMP 2022

A very warm welcome to the long-awaited and much-anticipated Massive Murray Paddle 2022! Better late than never...!

It's truly been a difficult few years for the race, after being cancelled for the first time in its 50 year history in 2020 due to Covid, and then moved from its original November date to February the past two years, due to Covid, and now the devastating floods that ravaged Victoria and NSW last year. We know that some of you have been seriously impacted by the floods and we admire the incredible spirit and determination that you have shown in navigating these difficult times.

We thank you all for your patience and for staying with us to be here this week. We are absolutely delighted to have the go-ahead to run the event and that after close negotiation with the various councils and government bodies involved, it has been declared safe to do so.

In order to be here we have had to make some modifications to the original course, as some areas are still inaccessible by road, but we felt making these changes was preferable to the alternative – no event! Your feedback has overwhelmingly told us you felt the same – so thank you again for your enthusiasm and continued support of this great event.

Please be sure to carefully study the course maps in this book, so that you are familiar with the course changes. Due to road access issues we will be repeating days one and four – and by a stroke of amazing luck this brings us to the exact same distance of 415km as the original course! We sincerely hope that the road through the Gunbower Forest, badly damaged by huge amounts of water, will be repaired in time for November's event for the new finish line in Koondrook. In the meantime we are looking forward to a fantastic 415km finish at Torrumbarry Weir, where the lovely people from the Gunbower Lions Club will be waiting with a wonderful barbecue lunch. The presentation will be held in the park at Torrumbarry Weir once all paddlers are off water.

It is you that makes this event so special and unlike any other. It is your determination to overcome the obstacles that must be faced to paddle 415 kilometres, your passion to raise funds for the causes that are close to your hearts, and your generosity in spirit with the other competitors that makes the MMP a truly unique event that is about so much more than just paddling down the Murray.

We look forward to seeing you throughout the week, old faces and new! Please come and say hi – we love hearing your stories and how you're doing.

Good luck - may your personal goals be your driving force throughout the week, and may it be fun and fulfilling for all.

Kate and Shannon O'Brien

**YARRAWONGA - TOCUMWAL - PICNIC POINT - MOAMA - TORRUMBARRY - GUNBOWER - KOONDROOK**

Be bright. Be seen.

Paddle activities are a great way to get out on the water, but staying safe is the top priority.

Follow these tips to stay safe on the water

- ✓ Always wear a lifejacket, don't risk your life
- ✓ Make sure you and your craft are always easily visible
- ✓ Wear bright clothing, and choose a bright paddle craft
- ✓ At night use the right lights so others can see you

Before heading out

- ✓ Check the weather and conditions
- ✓ Ensure your paddle craft is suitable for you
- ✓ Tell someone where you are going and estimated time of return

On the water

- ✓ Stay close to the shore
- ✓ Choose a quiet area that is not too busy
- ✓ Look out for larger vessels, always pass behind them.
- ✓ Head out with a buddy, or stay in a group

WEAR A LIFEJACKET DON'T RISK YOUR LIFE

For more details, visit lifejacketwearit.com.au



**SYDNEY HARBOUR
KAYAKS**

**Wear a lifejacket.
Don't risk your life.**



SPECIAL EDITION MMP - POST FLOOD RACE

★ Section 1

Event Information
Emergency
Event Overview

★ Section 2

Competitors
Race Start Time
Race Instruction
Schedule
Safety Advice

★ Section 3

Support Crew
Health Support
Safety Advice
Road Maps

The Event:

MMP415 / Massive Murray Paddle
Yarrawonga to Torrumbarry Weir /
415km over 5 days
27 February - 3 March 2023.

Event Founder:

Mark Thornthwaite in 1969

Event Management

Shannon & Kate O'Brien

Major Sponsors:

WEAR A LIFEJACKET / Transport for NSW
MOAMA Bowling Club
Sydney Harbour Kayaks
Mirage Sea Kayaks / Mako Paddles
Murray River Adventures
Gunbower Cottage, Cohuna

The Event:

Day ONE:
Yarrawonga to Tocumwal
Day TWO:
Yarrawonga to Tocumwal
Day THREE:
Picnic Point to Moama Beach
 > Be Bright Be Seen Day
Day FOUR:
Moama Beach to Torrumbarry Weir
Day FIVE:
Moama Beach to Torrumbarry Weir

2023 Event Dates:

MMP415 / Massive Murray Paddle
20 to 24 November 2023.

General Registration Opens:

March 1, 2023

Safety Operations & PZ Tracking System by:



YARRAWONGA - TOCUMWAL - PICNIC POINT - MOAMA - TORRUMBARRY - GUNBOWER - KOONDROOK

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MMP

415

YARRAWONGA
KOONDROOK

Section 1

Event Information



SYDNEY HARBOUR
KAYAKS



Wear a lifejacket.
Don't risk your life.



YARRAWONGA - TOCUMWAL - PICNIC POINT - MOAMA - TORRUMBARRY - GUNBOWER - KOONDROOK

IN CASE OF EMERGENCY

For all emergency situations, your first call should always be to **000**.

This includes bush fires, flooding, snakebites, serious injury and any other extreme or dangerous situations.

We highly recommend that you download the **EMERGENCY+** phone app

<http://emergencyapp.triplezero.gov.au/>

EMERGENCY CONTACTS

Safety Director: 0400 589 095

**Safety Ashore (for land-based safety issues):
0436 286 313**

**Safety Afloat (for on-water safety issues):
0418 329 919**

**Event Manager / MEDIA Enquiries: Shannon O'Brien
0413 005 787**

Our team is happy to deal with any event related enquiries.
Come and see us at the start or finish lines as first point of call, or if your enquiry is urgent you may use the contact details above.

However, please understand that some team members may not always be available (e.g. due to phone reception or duties), so please consult our check-point staff, our website or social media if you have a quick and easy question about logistics or if you need directions.



WEAR A LIFEJACKET DON'T RISK YOUR LIFE



FIRST AID KITS

The following is a guide to the first aid equipment that may be carried by paddlers and Ground Crew. The lists are a guide only and each individual / team must select first aid supplies and equipment based on individual need. Medical advice should be sought when choosing first aid supplies, especially medicines.

Suggested Level 1 First aid kit (one per paddler)

The level 1 kit should be stored in a waterproof container and carried where it is immediately available from the cockpit of the vessel.

- Antiseptic wipes
- Sterile gauze swabs
- Cotton tips
- Iodine swabs
- Elastic gauze bandage
- Flexible active strips (e.g. Band-aid™)
- Knuckle dressing
- Absorbent non-adherent dressing
- Burn aid gel sachet
- Triangular bandage
- Strapping tape
- Medication as required
- Emergency shock blanket



Suggested Level 2 First aid kit

(one per team/vehicle)

- 1 Crepe bandage – 5cm x 1.5m
- 1 Crepe bandage – 7.5cm x 1.5m
- 1 Crepe bandage – 15cm x 1.5m
- 1 Heavy crepe bandage – 10cm x 1.5m
- 2 Triangular bandages – 110 x 110cm
- 2 Combine dressing pads – 10 x 10cm
- 1 Sterile wound dressing – No.14
- 2 Non-adherent dressings – 7.5 x 10cm
- 2 Eye pads – sterile (large)
- 1 Pack gauze swabs sterile – 7.5 x 7.5cm (pk 3)
- 1 Hypo-allergenic tape – 2.5cm x 9.1m
- 10 Antiseptic skin preparation swabs
- 3 Alcohol swabs
- 8 Saline steritubes – 15ml
- 1 Stainless steel sharp/blunt scissors – 12.5cm
- 1 Stainless steel sharp forceps – 12.5cm
- 1 Pack splinter probes/removers, sterile/disposable (pk 5)
- 1 Gloves nitrile disposable – medium (pk 2)
- 1 Resuscitation mask – disposable
- 1 Emergency shock blanket
- 1 Burns casualty sheet – 70 x 75cm (small)
- 1 Pack disposable towels (pk 3)
- 1 Pack safety pins – assorted (pk 12)
- 1 Plastic bag resealable – 150 x 230mm
- 1 UP sunscreen sachet 30+ – 100g
- 1 Notepad and pencil
- 1 Emergency First Aid Guide
- 1 Dressing universal small - 20 x 40cm
- 2 Island dressing large - 8.5 x 6cm
- 1 Strips adhesive in box (x 50)



MAKING CONNECTIONS

For thousands of generations, Dhungalla (The River Murray) has sustained the lifestyles of the great Aboriginal Nations that run the length of the river.

To reflect on one of the creation stories of Dhungalla; The great hunter Ngurunderi, paddled his Yuki (canoe) down the river chasing the giant fish Ponde (Murray Cod).

The story continues with Ponde creating the bends, reaches and billabongs of the river, with Ngurunderi eventually catching the giant fish. In designing the future of the Massive Murray Paddle, we take a couple of important messages from this story.

Ngurunderi paddled a canoe and so do we.

As paddlers we have a relationship to the story and therefore feel we have a responsibility to use our canoes to help sustain the communities along the river; the same way that indigenous Australians have done for 10,000 years.

After Ngurunderi caught Ponde, he cut up the fish and threw the pieces back into the river. This action then created all of the other fish in the river and added greatly to the food source of the regions.

Giving back to the communities and respecting the culture of Dhungalla is at the very heart of the Massive Murray Paddle.

Under the banner, '**Connecting people, river & country**' we use the event to assist those in need and educate on the original culture and importance of the river.

The event will also be a platform for the local Indigenous people of the stretch of water we paddle on to teach us more about the balance and sustainability of Dhungalla.

Embodying the best of the spirit of Australia, the Massive Murray Paddle is a celebration of community and landscape.



Since 1969 your marathon has long been supported by thousands of paddlers. Recent years have demonstrated that the event is hugely rewarding, raising a lot of funds for people in need.

Ultimately the Massive Murray Paddle is a challenging race, that accommodates top paddlers and cruisers alike and is very achievable, even for younger people with little paddling experience.

Official Website: www.mmp415.racing



facebook.com/massivemurraypaddle



instagram.com/massivemurraypaddle



twitter.com/mmpaddle



Please tag all of your social media photos, videos and comments with
#massivemurraypaddle #wearalifejacket

AWARDS & RESULTS

Giving back to the communities and respecting the river and country is at the very heart of the Massive Murray Paddle. Paddling 415km down this great river is a major achievement for anyone or any team and is also a cause for celebration.

The award / trophy system is based on how well you paddle, your fund-raising efforts and your contribution to the event.

The River Trophy / The Marathon Champions (Male & Female)

This award celebrates the paddler(s) that paddle the fastest and fairest, as well as contributing the most to your chosen cause.

The YUKI Trophy / The fastest single Canoe (Male & Female)

This award celebrates the paddler(s) that paddle fast, paddle fair as well as contributing to your chosen cause.

Ponde Trophy

This trophy is awarded to the leading overall craft based on handicap time.

The Bill Dunn Trophy

This trophy is awarded to the leading overall craft used by a relay team, based on handicap time.

It is open to any relay team, from a 2 person relay in a single through to the K4 teams or a ten person Dragon Boat.

Who was Bill Dunn?

Well the Murray wouldn't be a race without him.

38 Murray Marathons / 33 SOLO / 5 Relay / 8 Full Distance in Canoe Kneeler. He has also paddled in Mixed, C4s, Solo, Doubles and as a Dilligaf.

In 1992 with Rod Clark they broke 30 hours in a C2 (29hrs.10min.19sec).

Bill was a true legend and gentleman of paddling and we are honored that prior to passing in 2018, he gave his blessing to use his name for this important trophy.



Event Information - OVERVIEW

Dhungalla Award

The tag line of the Massive Murray Paddle is 'Connecting People, River & Country'. It is an event that has been redesigned to highlight the overall spirit and motivation of 50 years of paddlers.

The Dhungalla Award will be awarded to the individual or team that expresses the spirit of why we paddle the River Murray and how we best associate with the events tag line. The Dhungalla Award will be decided by Event Management and submissions by the volunteers and other competitors.

Mark Thornthwaite Awards (Individual & Team)

This long standing award has evolved to celebrate an individual and team (paddlers & crew) that raises the most funds (inc volunteer time) for their chosen cause.

Note:

You will need to submit your final fund-raising tally prior to 3pm on November 24, 2022 (DAY 4).

Our running totals

**2016 \$102,642 + 2017 \$181,200 + 2018
\$257,278 + 2019 \$258,878 + 2021 \$94,587
= \$895,442**



Event Information - OVERVIEW

Award Nomination - 2023 - Mark Thornthwaite Award (Individual and Team)

Team Name:

Amount raised:

\$

Volunteer Hours:

Your cause & why:



This long standing award has evolved to celebrate an individual and team (paddlers & crew) that raises the most funds (inc volunteer time) for their chosen cause.

NOTE: You will need to submit your final fund-raising tally to MMP Event Management prior to 3pm on March 1, 2023 - DAY THREE.



Award Nomination - 2023 - Dhungalla Award

Your Name:

Your Nomination:

Why have you nominated this person or team?



The Dhungalla Award will be awarded to the individual or team that expresses the spirit of why we paddle the River Murray and how we best associate with the events tag line - 'Connecting People, River & Country'

NOTE: You will need to submit this form to MMP Event Management prior to 3pm on March 1, 2023 - DAY THREE.



MMP

415

**YARRAWONGA
KOONDROOK**

Section 2

Competitors



**Wear a lifejacket.
Don't risk your life.**



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YARRAWONGA - TOCUMWAL - PICNIC POINT - MOAMA - TORRUMBARRY - GUNBOWER - KOONDROOK

SCHEDULE

The event course across the five days is subject to change, depending on external factors such as weather conditions, fire rating and river conditions.

Day ZERO — 26 February Yarrowonga Public Boat Ramp

Yarrowonga Commons

1.00pm to 5pm Team check-in / Brief and Welcoming

Day ONE — 27 February Yarrowonga to Tocumwal

Yarrowonga Public Boat Ramp / Yarrowonga Commons

Paddling distance 89km

Day TWO — 28 February Yarrowonga to Tocumwal

Yarrowonga Public Boat Ramp / Yarrowonga Commons

Paddling distance 89km

Day THREE — 1 March Picnic Point to Moama Beach

Paddling distance 76km

Day Three is **BE BRIGHT BE SEEN DAY** - Dress in your best bright gear.

For dinner, we highly recommend the **Moama Bowling Club**, Moama

Day FOUR — 2 March Moama Beach to Torrumbarry WEIR

Paddling Distance 80.5km

You can buy a wonderful lunch at the finish line in Torrumbarry from the Gunbower Lions Club. They have a huge selection for lunch.

Day FIVE — 3 March Moama Beach to Torrumbarry WEIR

Paddling Distance 80.5km

You can buy a wonderful lunch at the finish line in Torrumbarry from the Gunbower Lions Club. They have a huge selection for lunch.

Award Presentation

We will have a short presentation ceremony at the finish line at Torrumbarry Weir at the end of the race. The Gunbower Lions Club will continue their afternoon BBQ for all crews and paddlers.

This presentation, should be finished by about 6.30pm

We highly recommend that you stay another night in the area, prior to driving home (especially if you live a few hours from Torrumbarry Weir).

Thank you for your support of our modified POST FLOOD Race

MMP - *Come Hell or High-Water*



Competitors - SCHEDULE

START TIMES

The table below provides an approximate guide for starting times. However, starting times will be allocated based on the estimated paddling speed of each crew, rather than the crew's class, to provide a good racing experience for all event participants. Slower crews will be given the maximum time to complete the event within the allowed time.

Wave Number	Marshalling Time	Start Time	Estimated paddling Speed (km/hr)	Typical Classes (this is an approximate guide only, actual start time for each crew will depend on paddling speed)
1	6:00 am	7:00 am	< 10.0	Single canoes / outriggers / SUPs RKS1 / RKM1 / TK1 Junior relay - recreational craft
2	6:30 am	7:30 am	10.0 - 11.0	Double canoes / outriggers Dragon Boats / Surf Boats RK2 / TK2 Full Distance
3	7:00 am	8:00 am	11.0 - 12.0	Junior relay - racing craft K1 / SS1 / ORS1 / RKL1 / UNR1 Full Distance RK2 / TK2 Relay
3	7:00 am	8:00 am	12.0 +	K1 / SS1 / ORS1 / RKL1 / UNR1 Relay K2 / SS2 / ORS2 / RKL2 / UNR2 Full Distance K3 / K4 Full Distance
3	7:00 am	8:00 am	13 +	As above, if required by participant numbers and crew paddling speed e.g. K2 / Double Ski / RKL2 / UNR2 Relay / K3 / K4 Relay

YOU MUST ARRIVE FOR MARSHALLING, ONE HOUR BEFORE YOUR START TIME.

Notes:

1. Marshalling time denotes the time paddlers will be called up to get on the water. Paddlers who aren't on the water and ready to go 5 minutes before their allotted start will need to wait for the next start.
2. Estimated paddling speed is the average speed over the day, including the effect of current.
3. The categories listed above are typical only; depending upon the crew's characteristics some craft may be reassigned to other start groups to provide a good racing experience for all participants.
4. The detailed race rules are available on the MMP website, but can be summarised quite simply:

Race fairly and in the spirit of the event.

RACE INSTRUCTION

1) **Starting location:** On Days 1 to 4 every craft will start from the same location for that day. You will paddle as much as you need to accomplish your own personal distance goals and end at one of the check points or the finish. On the final day, craft paddling the full distance will start from Murrabit; craft paddling less than the full distance and wishing to finish at Swan Hill will start from Check Point C. There is no option to start from A or B (but you may pull out at A or B).

2) **Starting times:** There will be four or five starts ("waves") each day depending upon the number and speed of participants: 7:00 am, 7:30 am, 8:00 am, 8:30 and 8:50 am, except on Day 5 the fourth and fifth waves will start at 8:15 and 8:30 am. You will be assigned to one of these waves based on your craft type and estimated paddling speed. You will be in the same start wave each day, unless reassigned to another wave by race administration. Craft starting at Check Point C on the last day will start at a time to be determined, between ~12:15 and 12:45 pm.

3) **Arrive early:** You need to be at the start at least 30 minutes before your allotted start time; earlier still would be better. This is to give you time to set up your boat, be checked onto the water and line up. We will call up boats to get on the water 30 minutes prior to each start time. We will stop loading boats onto the water five minutes before each start time; if you haven't launched in time you will have to wait until the next start.

4) **Time penalties:** Competitors who start before their allotted time (by jumping the start or starting in an earlier wave without approval of the race director) will have a 15 minute penalty applied to their recorded race time.

5) **Paddler Plans:** Relay teams and paddlers who aren't paddling the full distance each day need to complete a "Paddler Plan" and provide this to race administration at the start of each day. This plan lets us know who is on the water throughout the day.

6) **Large starts:** Some starting waves may have 50 or more boats. Line up where you are comfortable; if you don't like choppy water then line up behind the front line and take it easy off the start.

7) **Start command:** You will be given a 2-minute and 1-minute warning before each start. The start command will be "Ready / Go".

8) **Race rules:** the detailed race rules are available separately but can be summarised quite simply: **race fairly and in the spirit of the event.**

9) **Wash-riding:** You are permitted to wash ride any other competitor in the race, regardless of craft type or the start they were in. You are not permitted to wash ride any craft that is not in the race.

10) **Rescue:** You must provide assistance to any paddler in distress. If you see someone in trouble ask them if they need assistance. Please provide the officials with the number of the boat you assisted and the time you assisted them and we will provide a time adjustment.

11) **Cut-off times:** Craft that have not passed a check point by the cut-off time will be withdrawn and must leave the water at that checkpoint. Paddlers who are withdrawn can re-join the event the next day. **CP C cut-off times are listed on the road maps, however maybe changed, depending on the conditions of the day.**

12) **Race results:** Race times will be provided on webscorer.com or via massivemurraypaddle.org.au at the end of each day. Times will be reported on an actual and handicap basis.

BOAT RAMPS

During the event public boat ramps on the Murray River are sometimes marked as closed and sometimes open. That is, the ramp may be open even if the river is closed. If and when a ramp is open all users have access at all times. People may launch or retrieve their boats even though they cannot make way on the river when it is officially closed.

It is important to realise that at some places, like the the ramp at Echuca and day 4 at Torrumbarry, the river is closed upstream of the ramp and open downstream. Therefore, powerboat launching, retrieving and vessel movement on the water are to be expected. All Massive Murray Paddle competitors, crew and spectators are warned for their own safety not to stand on boat ramps or swim in the vicinity of boat ramps, as it can be difficult to see out the rear of a vehicle when backing down into the water. If you are asked to move by an Event Official please do so willingly as they are just trying to keep you safe.

SAFETY EQUIPMENT

All paddlers MUST wear an appropriate fastened lifejacket that complies with the Marine Safety Regulation 2016 (under the Marine Safety Act 1998) at all times whilst on the water during the Massive Murray Paddle. Lifejackets which conform are those which meet performance Level 50S of Australian Standard "AS 4758 Lifejackets"

In regards to extreme high temperature days; we would recommend the use of a self inflating lifejacket.

Compulsory equipment required in your craft at all times:

- **"Pea-less" whistle.** This must be attached to the paddler's lifejacket via a short string. Toy whistles are not suitable.
- **Sufficient solid food** including energy gels / lollies.
- **WATER** - you must have at least 1 litre per paddler - You must top up at each checkpoint or when required.
- **Headgear / Sun & Weather Protection.** For protection against prevailing conditions.
- Paddler's Personal **FIRST-AID Kit** (refer to page 7)
- **Mobile Phone in a waterproof bag** - including our safety team's phone numbers



CRAFT NUMBERS

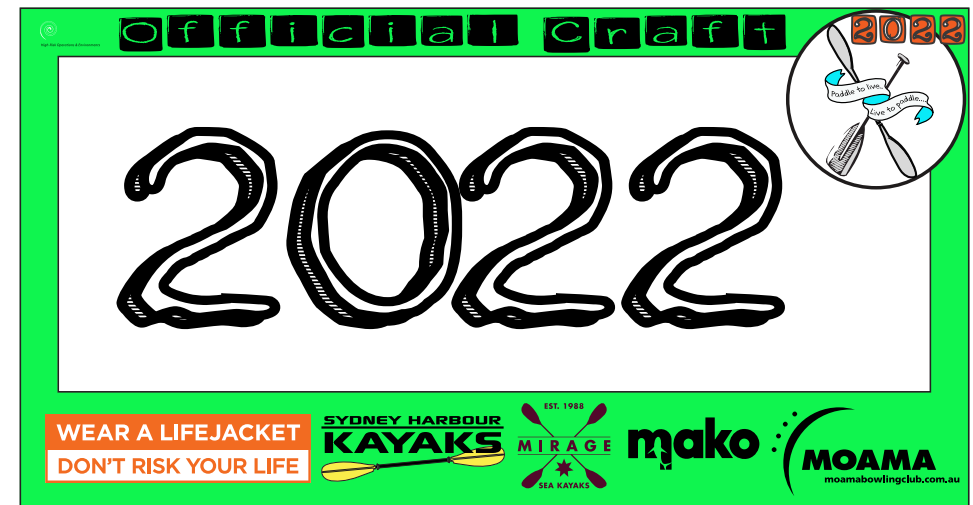
You will receive a TWO 'Official Craft stickers' where you will need to write your craft number clearly in permanent marker pen.

These stickers need to be stuck on the deck of your craft on both sides of the BOW. They must be visible to our time-keepers on the shore.

Every paddler must wear their personalised name bib on their back.

If assistance is required by water safety personnel, raise your paddle and wave it to attract attention and tell other competitors you need assistance and to pass the message on.

If you get into trouble, ALWAYS stay with your craft until the Safety Afloat personnel arrive.



THE ELEMENTS

Heat Induced Illness (Hyperthermia)

Heat induced illness may be experienced by paddlers, ground crew or observers during the Massive Murray Paddle. Factors that contribute to heat induced illness are:

- Physical exertion
- Hot climate
- Inadequate fluid intake
- Infection
- Unsuitable clothing for the environment
- Some drugs which affect heat regulation

Current guidelines recommend prevention by:

- Wearing light coloured, loose fitting clothing and hats
- Take adequate fluids during exertion on hot days – if you are thirsty, drink
- Avoid physical exercise during a viral illness
- DO NOT leave children or the elderly in parked cars

Recognition and Management

Heat Exhaustion

Symptoms: Fatigue associated with headache, nausea, vomiting, malaise and dizziness, which may be accompanied by collapse. Body temp will be less than 40°C and conscious state will become normal once the victim is lying down.

Management:

- lie the victim down in a cool environment or in the shade
- loosen and remove excessive clothing
- moisten the skin with a moist cloth or atomiser spray
- cool by fanning
- give water to drink if fully conscious
- call for an ambulance if not quickly improving

Heat Stroke – THIS IS A LIFE THREATENING CONDITION

Symptoms: Heat stroke is the most serious form of heat related illness and may lead to unconsciousness and death. All body organs may be affected. Heat stroke may be recognised by lack of sweating, temperature above 40°C, an altered conscious state, hot dry skin (however, in some victims profuse sweating is common) and collapse.

Management:

Call for an ambulance immediately - 000

Resuscitate following the Basic Life Support Flow Chart

Place the victim in a cool environment

Moisten the skin with a moist cloth or atomizer spray and fan repeatedly apply wrapped ice packs to neck, groin and armpits.



THE ELEMENTS

Weather can be anything from sizzling hot to cold and windy, with natural hazards such as flooding or fire not unfamiliar to the event over its 50 year history. Organisers are always on top of what's happening with the elements, but you should be too.

Just be prepared: to provide shade, to protect yourself from sun, wind and rain and whatever else may come with the climate... such as mozzies and flies!

Snake Bite

The Massive Murray Paddle takes place in rural and remote areas where a number of venomous snake species can be found. All personnel should be vigilant for snakes of any kind during the event and where possible avoid contact with them. **DO NOT approach or attempt to catch / kill snakes as this is most likely to end in you being bitten.** If you see a snake at a checkpoint make the Safety Team personnel aware and inform others so they may avoid the area. Keep children and pets away.

The current guidelines for Australian snake bite:

Recognition

The bite may be painless and without visible marks. Other symptoms and signs may include:

- Paired fang marks, but often only a single mark or a scratch mark may be present (localised redness and bruising are uncommon in Australian snake bite)
- Headache, nausea and vomiting
- Abdominal pain
- Blurred or double vision, or drooping eyelids
- Difficulty in speaking, swallowing or breathing
- Swollen tender glands in the groin or axilla of the bitten limb
- Limb weakness or paralysis
- Respiratory weakness or respiratory arrest.

Note: Life-threatening effects may not be seen for hours. However when massive envenomation occurs, especially in children, symptoms and signs may appear within minutes.

Management:

The rescuer should:

- Keep the victim at rest, reassured and under constant observation
- Commence resuscitation if necessary
- Apply the Pressure Immobilisation Technique
- Apply a broad pressure bandage, firm and tight, over the bite site ASAP.
- Apply a second pressure bandage, starting at the fingers/toes and extending upwards on the limb as far as possible. Apply over existing clothing.
- Splint the limb including the joints on either side of the bite site. For upper limbs use a sling.
- Keep the victim completely at rest, bring transport to the victim.
- Transport the victim to a medical facility, preferably by ambulance

Note:

- DO NOT cut or incise the bite
- DO NOT use an arterial tourniquet
- DO NOT wash or suck the bite

Snake identification

Identification of venomous snakes can be made from venom present on clothing or the skin using a Venom Detection Kit. For this reason do not wash or suck the bite or discard clothing. It is not recommended to kill the snake for purposes of identification, because medical services do not rely on visual identification of the snake species.

Antivenom is available for all venomous Australian snake bites.



Red-bellied Black Snake
(Pseudechis porphyriacus)





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Section 3 Support Crew



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Don't risk your life.**



MOAMA
moamabowlingclub.com.au

mako

YARRAWONGA - TOCUMWAL - PICNIC POINT - MOAMA - TORRUMBARRA - COORUNA - KOONDROOK

Support Crew

SAFETY ADVICE

Health support for the Massive Murray Paddle is provided at 4 levels:

- **Level 1:** Paddler self / buddy aid. At this level minor injuries not requiring immediate medical attention (blisters, small cuts, scratches, non-venomous bites etc...) can be treated immediately by paddlers. Each paddler must carry a small first aid kit and should be prepared to offer assistance to other paddlers if needed.
- **Level 2:** Team first aid. At this level more serious injuries not requiring immediate medical attention can be treated by Ground Crew at checkpoints. Examples may include: sprains, strains, chaffing, minor dehydration, blisters, minor illness etc... Ground Crew must carry a more substantial first aid kit capable of supporting each paddler in their team, as well as each member of the Ground Crew. Remember; as Ground Crew you will be travelling by vehicle through rural and remote areas, sometimes on dirt tracks, so be prepared.
- **Level 3:** Event first aid. At this level immediate first aid for serious injuries/illnesses will be provided by Safety Team staff at checkpoints or from safety vessels. The intent of this level of first aid is to provide immediate response and coordinate the provision of Level 4 support.
- **Level 4:** Emergency services support. Any person may activate this level of support by calling 000 and requesting ambulance support. It is important to call 000 immediately in any medical emergency.



When calling **Triple Zero (000)** for an ambulance, a Telstra call taker will ask you:

- Do you require police, fire or ambulance?
- Which state are you calling from? (If you are calling from a mobile phone).

Your call will then be connected to a Triple Zero operator from the Emergency Services Telecommunications Authority (ESTA) who will assist you.

Be ready to answer their questions as best you can:

- What is the exact location of the emergency?
- What is the phone number you are calling from?
- What is the problem? What exactly happened?
- How many people are hurt?
- How old is the person?
- Is the person conscious (awake)?
- Is the person breathing?

Stay on the phone unless told to hang up. Follow the call taker's instructions while waiting for the ambulance. These instructions will help the patient and the ambulance paramedics.

000 should be used for emergencies only. For non-life threatening injuries/illnesses that require medical attention either contact the Safety Team or the nearest medical facility in any of the towns along the route.



DRIVING

Even if you've driven on a road hundreds of times, road conditions can change quickly in the country.

Know your limits

Just because a road is signposted as a 100 km/h zone doesn't mean you have to drive that fast.

As with driving in the city, you need to regulate your speed according to the conditions. Road conditions can change quickly in the country. Even if you've driven on a road hundreds of times, you never really know what's going to be around the next bend.

In the country you could encounter potholes, rough road surfaces, narrow sections, single lane bridges, railway crossings, livestock or wildlife, soft or broken road edges or even fallen limbs from trees.

You may also encounter another motorist doing something stupid - such as attempting to overtake when they're unsighted.

Off road (but not in a good way)

If you do make a misjudgment and hit the soft edges of a country road, it's important not to overreact.

Don't jerk the wheel or brake heavily. Take your foot off the accelerator to slow down and then ease your wheels back onto the road while holding the steering wheel firmly.

If the road surface itself is loose (covered in gravel for example) or if you've encountered a dirt road, then your car needs a lot longer to stop, is less responsive and you can much more easily lose control on bends.

Dirt roads can also become treacherously slippery in the wet. The answer here is to slow down and allow a greater margin for error (a longer stopping distance, for example).

Local wildlife

Hitting an animal becomes a much greater prospect at dusk and in the evening. Remember that some animals become hypnotised by the glare of your lights. If you do spot an animal in your path you should brake, flash your lights and hit the horn - don't swerve.

It seems like a tough call but swerving to miss an animal at reasonable speed is a recipe for rolling your car.

Stay sharp

It's obvious from this short list of tips that driving in the country requires concentration. The fact is that tired drivers crash on country roads. Nearly 80 per cent of fatalities occur on country roads.

Research shows that driving between 10pm and 6am is associated with four times the risk of a fatigue crash than at other times during the day.

So try to avoid driving at times when you would normally be asleep, take regular breaks and always monitor the early warning signs of driver fatigue.

Never park in long grass as your hot exhaust may cause a fire. Driving through long vegetation may cause a build-up of dry grass underneath your vehicle, resulting in a fire. After driving through vegetation you should stop and check under the vehicle, and clear any build-up of flammable material.

When parking your vehicle at checkpoints please ensure you check for overhanging tree limbs and avoid parking in those areas.

Always check your mirrors before opening doors at checkpoints, especially alongside roads and tracks. Even in remote areas large trucks and agricultural machinery moves quickly along the tracks.

Information from www.rms.nsw.gov.au/geared/

Drivers: NEVER SPEED - BE SAFE and help keep the Massive Murray Paddle accident free.

INCLEMENT WEATHER

Roads which are usually dry and dusty can quickly become a muddy mess in the event of rain. In some instances, only official vehicles will have road access to checkpoints, meaning you will have to leave your vehicle out on the main road and walk in. Should the weather turn against us, allow for longer travel times and use common sense when parking your vehicle. It is a good idea to walk over off-road areas, even if they look solid, before driving onto them to avoid getting bogged.

Slip, Slop, Slap, Seek and Slide! These well-known Sun Smart measures from www.cancervic.org.au apply to everyone:

- Slip on sun protective clothing.
- Slop on SPF30+ sunscreen – make sure it is broad-spectrum and water resistant.
- Put it on 20 minutes before you go outdoors and re-apply every two hours.
- Slap on a hat that protects your face, head, neck and ears.
- Seek shade.
- Slide on sunglasses: make sure they meet Australian Standards.

BUSHFIRE SURVIVAL IF YOU ARE CAUGHT IN YOUR CAR

Driving during a bushfire is extremely dangerous and can result in serious injury or death – always plan to leave early to avoid this situation. Take the following actions (as advised by the CFA in their Guide to Survival: www.cfa.vic.gov.au) if you encounter smoke or flames and are not able to turn around and drive to safety:

- Position the car to minimise exposure to radiant heat.
- Park away from dense bush – try to find a clearing.
- If possible, park behind a barrier such as a wall or rocky outcrop.
- The car should ideally face towards the oncoming fire front.
- Park off the roadway and turn hazard lights on. Car crashes are common in bushfires due to not being able to see the road clearly.

To increase your chances of survival:

- Stay in the car, and tightly close windows and doors.
- Cover up with woollen blankets and get down below window level – you will need to protect yourself from radiant heat which will pass through glass.
- Drink water to prevent dehydration.

As soon as you become aware that the fire front is close by:

- Shut all vents and turn the air conditioning off.
- Turn the engine off.

Be prepared: if you drive in high bushfire risk areas, keep woollen blankets in your car. This is an essential precaution during the warmer months.

MOSQUITOS:

ideas.health.vic.gov.au

SUN SMART:

www.cancervic.org.au

BUSHFIRE SURVIVAL:

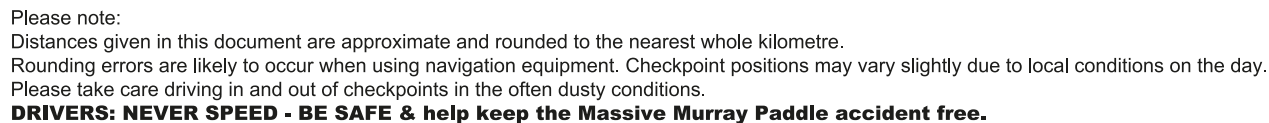
www.cfa.vic.gov.au

SNAKEBITE:

www.ambulance.vic.gov.au



Yarrowonga to Tocumwal
Paddlers Distance = 89km



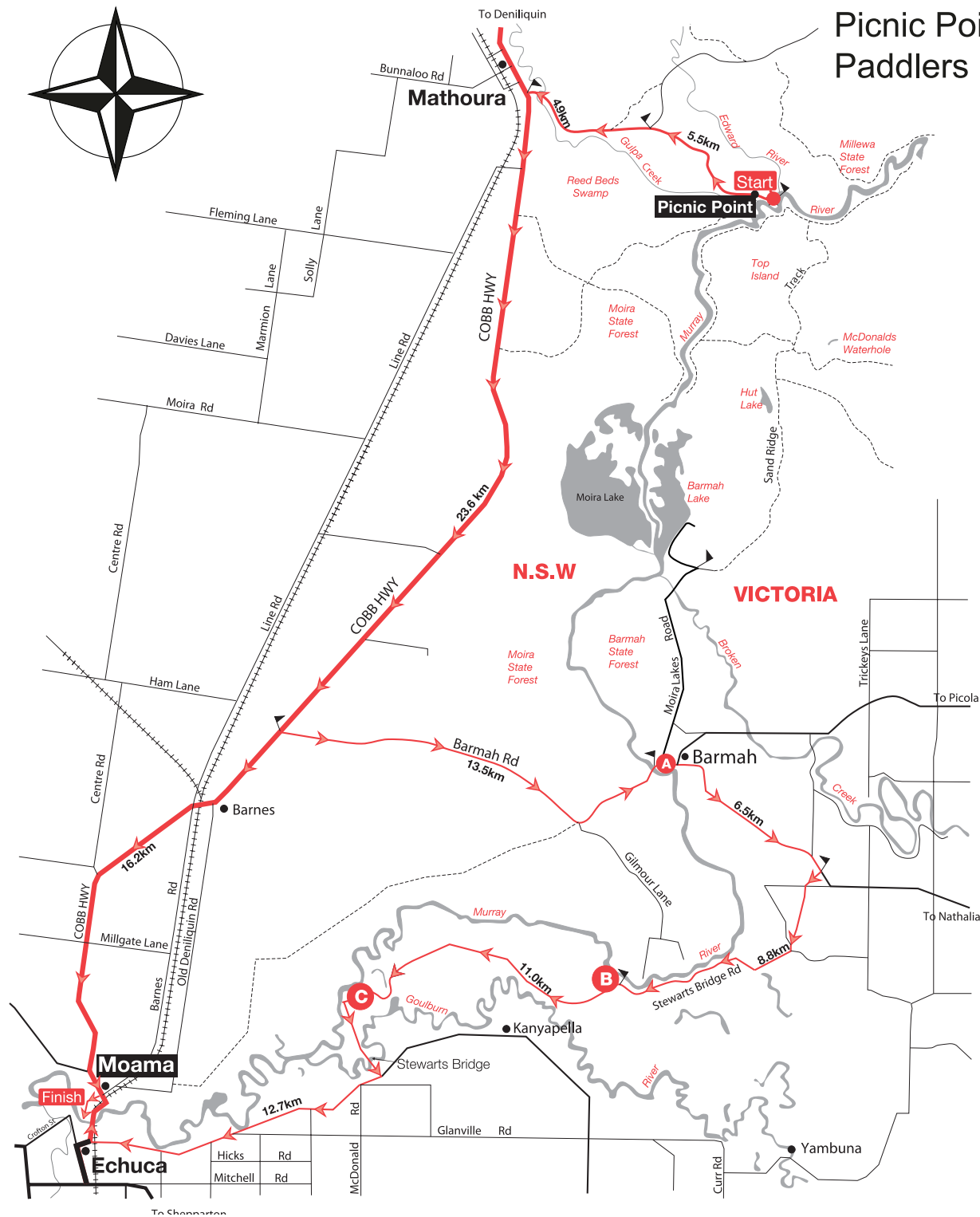
North



Massive Murray Paddle Ground Crew Maps - Day Three

Picnic Point to Moama

Paddlers Distance = 76 km



Check-points by Road - Day Three

Start

At Picnic Point Boat Ramp - 50km (one hour) from Echuca via Cobb Hwy

A Check-point Australia

Is located at the Barmah Boat Ramp - Park in the parking lot.
Please DO NOT use the NSW side of the river for your change-over.

B Check-point Baialme

Road side with easy access - Drive slowly as you are in a high dust area.

C Check-point Cummeragunja

Road side with easy access - Drive slowly as you are in a high dust area.

Finish

The finish is at Moama Beach in Moama (via Blair Street).

HINT: We have some special entertainment at the MOAMA FINISH for the afternoon from 2pm to 5.30pm.

Legend

- Highway, Freeway
- Major Road
- Minor Road
- Other Road
- River
- Railway Line
- Route Marking
- Distances
- Town, Locality
- Checkpoint
- Travel direction

Event driving route marked in RED

Follow the ARROWS



Stage:	Distance (km)	First Craft (ETA)	Check-point Closed
START to A	28km	09.30	11.00
A to B	12km	11.00	13.00
B to C	18km	12.45	15.00
C to FINISH	18km	14.30	17.30

Check Point C CUTOFF = 15.30*

NOTE:

The drive from Echuca CBD to the START LINE at Picnic Point is 50km / 40 minutes.

Please allow for this travel time and DO NOT SPEED

NOTE:

The drive from the Picnic Point Start Line to Check Point A at Barmah Lakes is 54km / 50 minutes.

Please allow for this travel time and DO NOT SPEED



Please note:

Distances given in this document are approximate and rounded to the nearest whole kilometre.

Rounding errors are likely to occur when using navigation equipment.

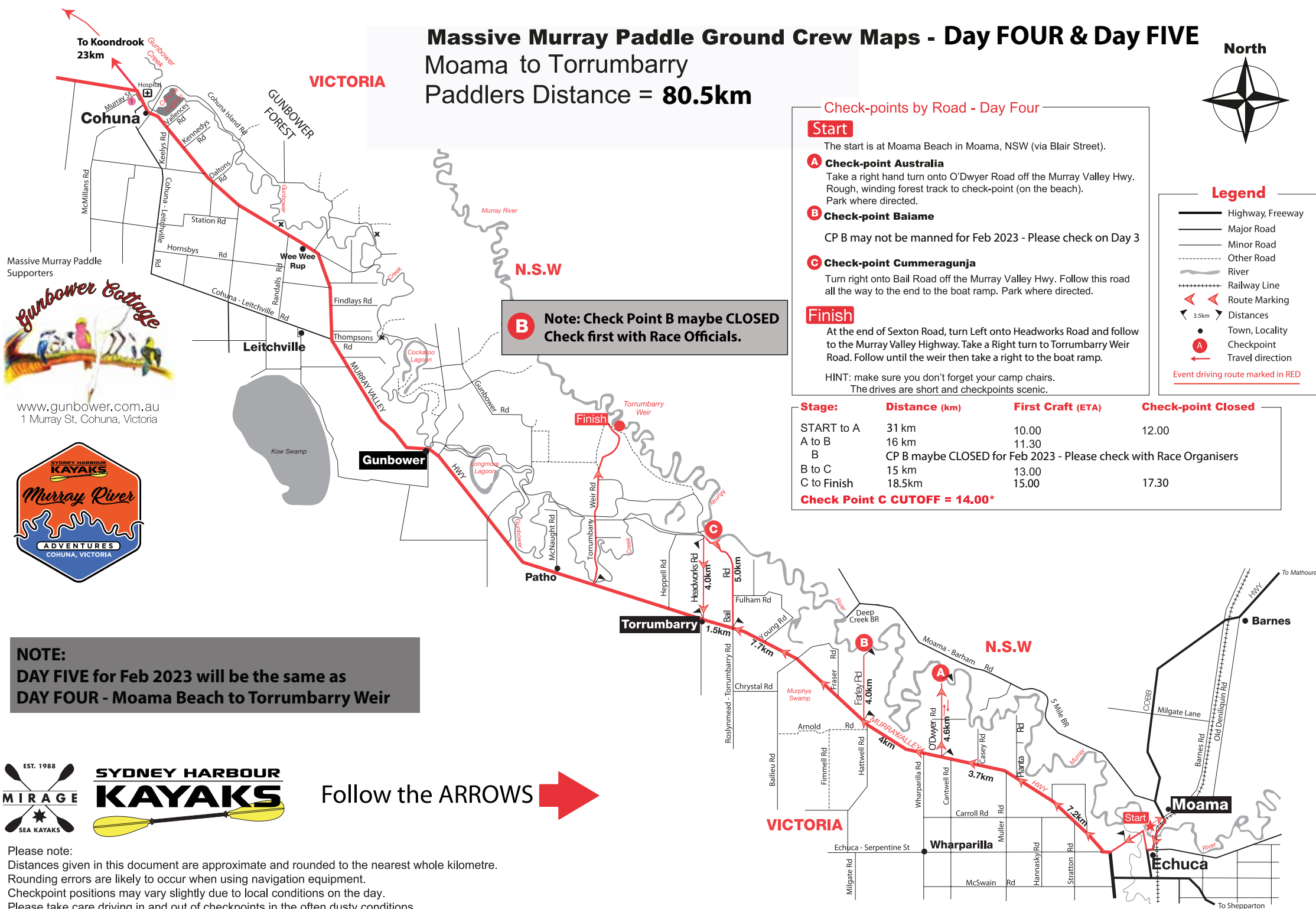
Checkpoint positions may vary slightly due to local conditions on the day.

Please take care driving in and out of checkpoints in the often dusty conditions.

DRIVERS: NEVER SPEED - BE SAFE & help keep the Massive Murray Paddle accident free.

Massive Murray Paddle Ground Crew Maps - Day FOUR & Day FIVE

Moama to Torrumbarry
Paddlers Distance = **80.5km**





The Massive Murray Paddle / 415km / 5 Days is an event that allows paddlers to achieve their own personal goals; it is not necessarily about a final kilometer.

Based on this philosophy, we have always granted FINISHING medallions to all paddlers that completed their own goals.

The February 2023 race, will not lose sight of this and we strongly encourage everyone to attack their own goals with gusto.

We will however have a second FINISHERS medallion that will be awarded to those paddlers that complete 415km as a solo paddler or in a double kayak. 415km is a massive task, that will require a lot of preparation; especially with nearly 100km on the fifth day.

We will keep record of this solid paddling achievement.

See you on the river.

Train hard and be prepared for 415km over 5 days.

Official MMP Merchandise

Cash or Credit Cards



Buff / Bandana -
\$12.00



TShirts - \$35



415 Sport Caps - \$25.00



Belt Buckle - \$30

Zip-up Hoody - \$50

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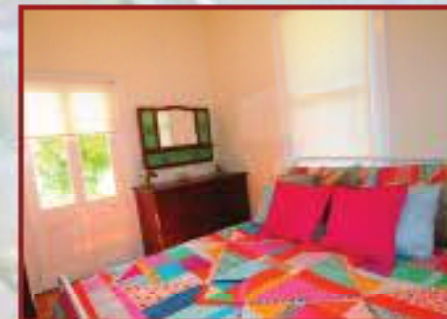
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