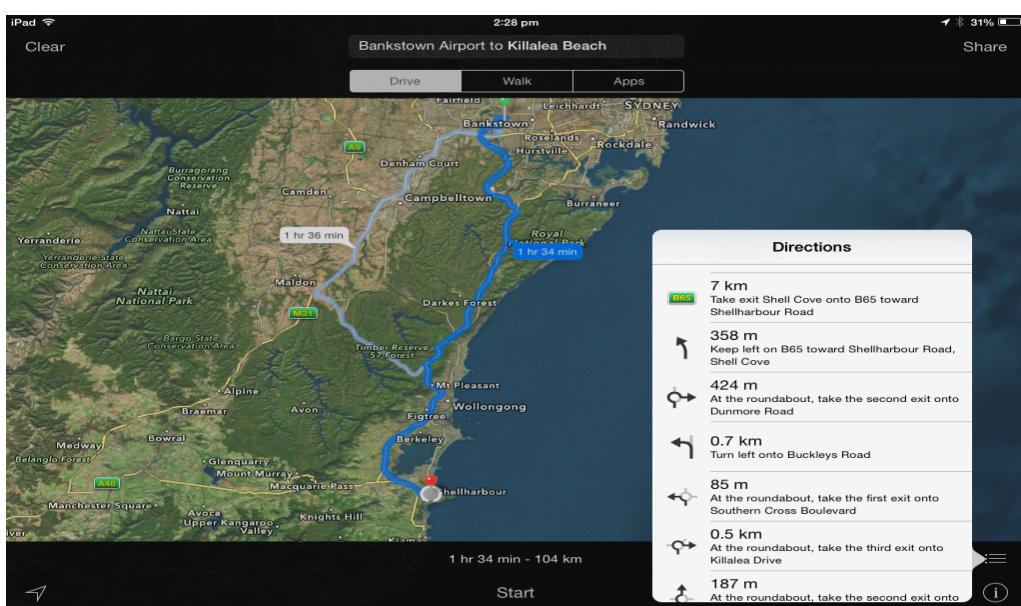
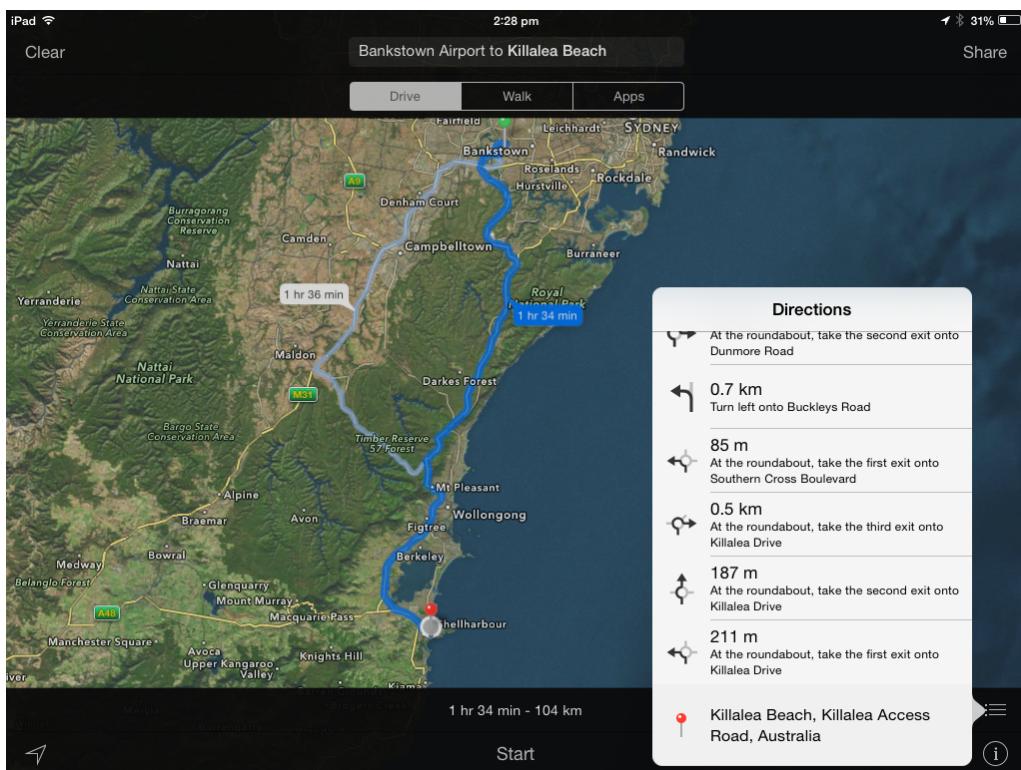


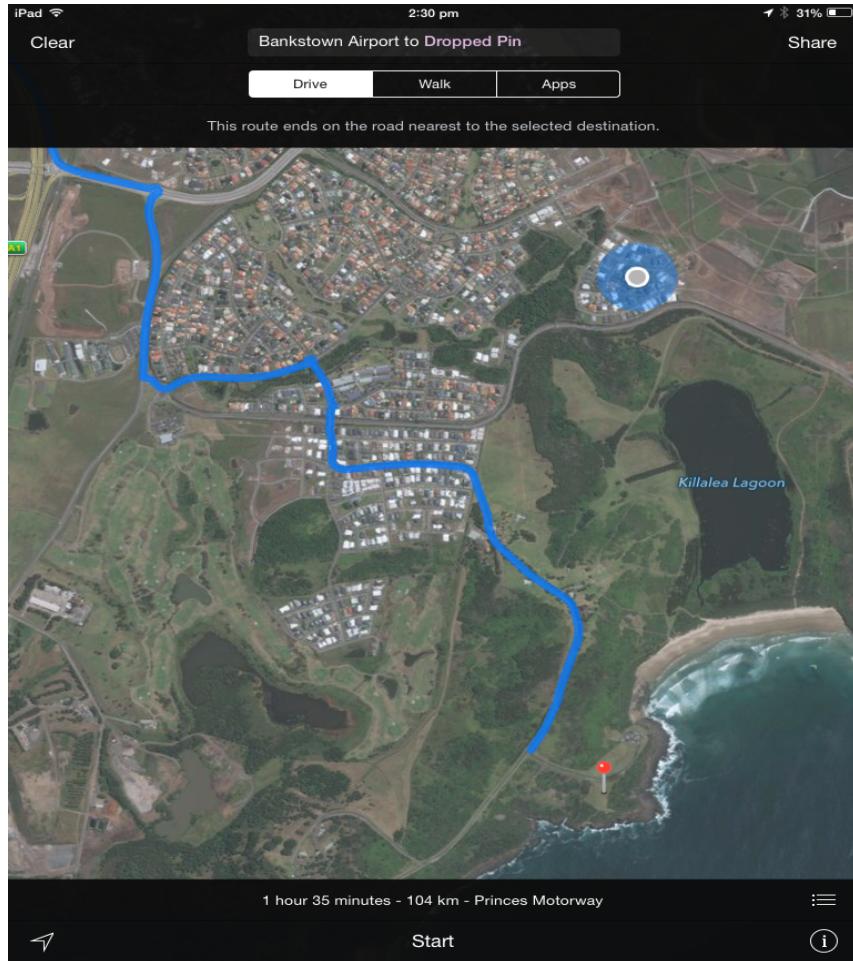
CGD September 23rd 2015

Killalea State Park

Location

Killalea Road, Killalea





Drive time from Bankstown 1.5 -2 hours depending on traffic.

Preamble

Killalea State Park is a known training area for Wollongong HEMS. It is a very popular tourist spot for surfers, hikers, rock fisherman, campers and sightseers. Approximately 400,000 people visited the area last year. In the last six months there have been 2 winch missions and two fractured legs accessed by local Paramedics and Rescue services at this area. It is a spectacular area but a very exposed part of the southern coast line and requires respect and diligence from all persons that visit the area.

The area we will be working in will be on a rock platform that is rough, rugged, slippery and undulating underfoot. Good foot wear and vigilance when walking on the rocks is required especially when carrying equipment.

Timings

0900	Safety Briefing
0930	Scenarios /Sessions commence
1030	Scenario / Sessions complete
1045	Scenarios /Sessions commence
1145	Scenario / Sessions complete
1145-1215	Lunch
1230	Scenarios /Sessions commence
1330	Scenario / Sessions complete
1345	Scenarios /Sessions commence
1445	Scenario / Sessions complete
1500	Debrief/Clean up
1530	Complete

PPE/Clothing/equipment

Flight Suits

Suitable shoes for walking on wet slippery rocks eg work boots.

Hat

Sunblock

Warm clothes eg thermals

Spare Clothes

Swimmers/Surfboard (maybe time after if you are keen)

Food

There will be a BBQ on the day e.g. sausage sandwiches

Soft drinks

Water

Toilets

There are toilets 2 minute's drive from the area at "The Farm"