



## INFORMATION PACK

### 2017 Cloughy Challenge

29 September-1st October 2017



MDUSDC in conjunction with the AUF would like to invite all AUF divers to compete in the upcoming Cloughy Challenge, to be held on 29 September 1st October 2017. The competition is zoned from Bowen to ST Lawrence, Please join us for a fantastic weekend of safe, sustainable and selective spearfishing.

The competition will begin with a registration afternoon on 29th September and weigh in will be on 1st October with a presentation dinner afterwards.

#### LOCATION:

The boundaries for the Cloughy Challenge shall be Bowen to the north and St Lawrence to the south of Mackay. Divers Leaving from Bowen in the north and ST Lawrence in the south are confined to its local waters and shall not travel beyond these boundaries 19.8989'S (Abbot Point Terminal) 22'S (Long Island, St Lawrence)

Spearfishing in the Pioneer River is off limits to all competitors, any persons found diving in excluded zones will be disqualified.

#### SIGN ON/OFF:

Friday night sign on and briefing will be held at the Mackay Aero club on Casey Avenue Sth Mackay (next to the net ball courts, near stadium). Sign on starting from 4:00pm until 6:00pm. all competitors must be signed on before cut off time and briefing will commence promptly at 6:15pm. Friday night menu is available from Mackay Aero club and a Licensed Bar is on premises.

#### NO BYO ALCOHOL

Sunday Evening sign off is also at Mackay Aero club, 3:00pm sign off with diver tag number presented to officials. Sign off time is FIRM AND FINAL.

There will be a light BBQ meal supplied whilst Sign off/Weigh in commences. Licensed Bar is also open at this time, NO BYO ALCOHOL.

Presentation will be held after completion of weigh in including allocation of prizes, alongside Roast Buffet Dinner (price of dinner included in sign on fees)

## NOMINATION

Attached is the registration form, release agreement and proposed scoresheet. To ensure a position in the competition, follow the payment and return instructions by the closing date of Wednesday 27/09/17. Late nominations will only be accepted at the discretion of the competition director/ committee.

All competitors must be financial members of the AUF.

AUF online registration is available at [www.AUF.org.au](http://www.AUF.org.au)

## YOUR CATCH

It is the responsibility of each competitor to make themselves aware of the scoresheet and Qld Govt regulations regarding minimum legal sizes, protected species and catch limits for all coral reef finfish. To be eligible for the weigh-in all fish speared must have a minimum weight of 1kg.

The Cloughy Challenge has a 3 fish weigh in being you can only with your best three (3) different species of fish to be put forward for the allocation of points.

A fourth (4th) fish may be weighed for the sole opportunity to be awarded as the Most Meritorious Fish Award,

Competitors will report to the Weigh-master, who will weigh all fish over 1kg or, if greater, the minimum legal size. The catch will be recorded on a score sheet.

Divers are responsible for their own catch and must ensure they have the capacity and facilities to keep and transport their catch after both days of competition. THERE WILL BE NO ICE SUPPLIED ONSITE

Note: Under Qld Government regulations all fish must be left whole unless a fillet of 40cm can be taken. Also, a total possession limit of 20 coral reef finfish now applies. Note that bag limits apply for individual species groups and new size limits apply. Competitors breaking the regulations will be disqualified. All competitors must make themselves aware of the rules before the competition. For a guide see <https://www.daf.qld.gov.au/fisheries/recreational/rules-regulations/size-possession-limits-tidal> for all applicable bag and size limits. For a complete list of coral reef species, download the Fisheries Regulation 2008 at [www.fisheries.qld.gov.au](http://www.fisheries.qld.gov.au).

It is the Competitors Responsibility to adhere to GBRMPR maps (available from all tackle stores and online)

## SCORESHEET / ELIGIBLE SPECIES

The scoresheet is attached below and shall be used in assessing points. Competitors are required to know the Queensland rules and regulations and adhere to them.

For more information visit:- [www.daf.qld.gov.au/fisheries/recreational/rules-regulations](http://www.daf.qld.gov.au/fisheries/recreational/rules-regulations)

Any competitor who returns with a protected species will be disqualified.

To be eligible for the weigh-in ALL fish must have a minimum weight of 1kg.

All fish taken during the competition are for human consumption and competitors found treating fish inappropriately (e.g. dumping fish) will be disqualified.

Competitors must keep the entirety of their catch.

#### SUB-JUNIORS :

It is mandatory for all sub-juniors to have a safety diver.

Safety divers for sub-juniors CAN assist in the water, i.e. tow floats, load guns, burly, etc.

Safety Diver must be allocated on Registration form

#### DIVE TAGS

Each competitor will be provided with numbered identification tags at the initial registration.

One tag must be attached to the competitor's float and presented at weigh in along with fish to be weighed.

It is the responsibility of a competitor to secure their fish with their identification tag/s and to ensure their fish remain secure up to the weigh-in location. Any loose or untagged fish WILL be ineligible for weigh-in.

#### Sun Safe Cloughy Challenge Competitor Shirts:

Available to purchase (\$45) along with sign on fees, limited number available, sizes must be included with nomination form. sizes from XS-XXXL.

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Mackay Down Under Skindiving Club  
ACKNOWLEDGEMENT OF RISKS AND DISCLAIMER



I \_\_\_\_\_ of \_\_\_\_\_ acknowledge that prior to signing this Acknowledgement of Risks and Disclaimer, I have been advised by Mackay Down Under Skindiving Club (the 'Club') and acknowledge that:

1. Snorkelling is a strenuous, physical activity and may increase the health and safety risks for persons suffering from:
  - a. Any medical condition that may be made worse by physical exertion, for example, heart disease, asthma and some lung complaints; or
  - b. Any medical condition that can result in loss of consciousness, for example, some forms of epilepsy and some diabetic conditions; and
  - c. Asthma can be brought on by cold water or salt water mist

d. If I suffer from any conditions referred to above, that I should tell the lookout, snorkelling supervisor or snorkelling guide about those conditions prior to participating in any activities controlled by the Club.
2. Snorkelling in a pool, other aquatic environments including open water, or any other activity organised by the Club may expose me to a number of hazards and obvious risks, including:
  - a. Equipment related risks;
  - b. Environmental risks arising from conditions (eg. Tides, currents, visibility, solar); and
  - c. Biological hazards (eg. Sharks, marine stingers)
3. Aquatic activities, including but not limited to participation in Underwater Hockey and other water sports, either in a pool or open water may expose me to a number of hazards and obvious risks, including:
  - a. Physical contact with other participants and or referees resulting in personal injury;
  - b. Equipment related risks;
  - c. Environmental risks arising from conditions (eg. tides, currents, visibility, sola); and
  - d. Biological hazards (eg. sharks, marine stingers, oysters).
4. A copy of the Queensland Government Workplace Health & Safety Alert dated 03.01.02 titles "Hypoxic Blackout at Recreational Snorkelling Workplaces" is attached to this document and that I have read the Health & Safety Alert and understand how "hypoxic blackout" also known as "shallow water blackout" can be caused and that, that condition may lead to unconsciousness, drowning, serious injury or death.
5. At all times, I must obey and direction given or request made to me by any authorised officer of the Club.

Disclosure

I am also aware that if I suffer from any health or physical disability that may hinder my participation in the activities of the Club, I must disclose those disabilities to the Club prior to undertaking any such activity. Therefore, in signing this document, I state that:

- a. I am not suffering from any physical or mental condition that may prevent me from participating in any activities of the Club,
- b. I can swim unaided, and
- c. I am able to tread water to maintain buoyancy.

I am also aware that I must disclose to the Club, any disability that my children or any child in my care and control (the "child") may have prior to their participation in any activity organised or conducted by the Club. Therefore in signing this document, I state that the child does not suffer from any physical or mental condition that may prevent the child's participation, and that the child can

- i. Swim at least 25 metres unaided, and
- ii. Is able to tread water to maintain buoyancy.

I acknowledge that the Club may at the Clubs sole discretion, refuse to allow the child or myself or any other person to participate on the grounds of an unacceptable risk to any persons safety. Should the Club require Documentary evidence of the child's competencies as outlined at i. and ii. Above I agree to provide the requested evidence.

For the consideration of the facilities, equipment and services provided by Mackay Down Under Skindiving Club , I am for myself and my executors, administrators and assigns hereby absolutely release and discharge the Mackay Down Under Skindiving Club , their appointees and assigns, from and against all claims whatsoever arising out of death, personal injury, loss of, or damage to personal property, that I may suffer or sustain in any way connected with the Club activities and I hereby indemnify and agree to keep indemnified the Mackay Down Under Skindiving Club , their appointees and assigns against all claims whatsoever by me in any way arising, and this discharge may be pleaded in a bar to any such claim.

I confirm that I have been afforded the opportunity to obtain independent legal advise as to the effect of this Acknowledgement and Disclaimer on my rights.

Name:.....

Date:.....

Signature:.....

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CLOUGHY CHALLENGE 2017 ENTRY FORM

Completed entry form, along with payment must be sent to the address below or emailed to Adon Jorgensen ([jorgo93@outlook.com](mailto:jorgo93@outlook.com)) before Monday 18th September 2017, Participants must be AUF members to compete.

**Name** \_\_\_\_\_ **DOB** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Post Code** \_\_\_\_\_

**Mobile Phone #** \_\_\_\_\_ **Phone Number** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Club Affiliation** \_\_\_\_\_ **AUF #** \_\_\_\_\_

**AGE CATEGORIES**

Open Men (18 yrs -99 years)

Women

Junior (15-18yrs)  Sub Junior (under 15)

Age Categories	Number	Cost	Shirt (optional)	Shirt Size	Total Cost
Adult Competitor (+18yrs)		\$90	\$45		
Junior Competitor (13 to 18yrs)		\$70	\$45		
Sub Junior (0 – 12yrs) <i>To be accompanied by a paying adult/ guardian</i>		Free	\$45		
Additional Adult Dinner Ticket		\$35			
Additional Child Dinner Ticket		\$15			
		<b><u>TOTAL EXPENSE</u></b>			

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I assume entry into this event at my own risk. In consideration of my participation, I intend to be legally bound. I do hereby for myself, my heirs, executors, administrators and assigns, release and forever discharge any and all rights and claims of damage I may have or hereafter accrue to me against the organising committee members, Mackay Down under Skin-diving Club members and executive, sponsors or any other individuals or groups involved in coordinating and organising this event, for defamation, and any and all damages/injuries which may be sustained by me in connection with participation in any "Cloughy Challenge". I further attest and verify that I am physically fit, am enjoying good health, and have sufficient expertise for participation in this event. I acknowledge that the sport of spear fishing has inherent dangers, such as shallow water blackout, marine creature's bites and stings, the danger of other boats colliding with mine, and the risk of injury to me whilst diving.

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SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

If the applicant is under the age of 18 years, a parent/guardian is to co-sign the application form. Parent and/or guardian agree to indemnify and hold harmless all persons and groups/ organisations as noted above from any and all damages received in the event if the entrant is a minor.

PARENT/GUARDIAN \_\_\_\_\_

**AUF MEMBERSHIP** To compete in the 2017 'Cloughy Challenge' all competitors need to have current AUF membership. This year each diver will be responsible for their own AUF membership. AUF membership available on the AUF website [www.auf-spearfishing.com.au](http://www.auf-spearfishing.com.au)

All competitors MUST personally sign on, with proof of AUF membership.  
Friday 29th September between 4-7 pm, dive briefing starts at 6:30 pm

Time is FIRM AND FINAL

Sign off is at the weigh in area at on the 29th September 3:00 pm sharp no later or competitor will be disqualified! (pending dire circumstance at discretion of weigh masters)

Maps to the venue, competition rules & regulations, info sheets and points sheet are all on the Facebook page (Mackay Down Under Skin Diving Club) under files.

#### **PAYMENT & RETURN**

(Cheque or Money Order)  
Mackay Down Under Skin Diving Club  
12 Pardoe st Bucasia  
(Direct Debit)

**BSB#** 645 646      **ACC#** 601 711 408      **Reference**      **AUF #**

Email signed entry form and copy of AUF card to Adon Jorgensen ([jorgo93@outlook.com](mailto:jorgo93@outlook.com))

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## Hypoxic Blackout at Recreational Snorkelling Workplaces

03-I-02

### Definitions

Where a person holds their breath on the surface, the irresistible urge to breathe is initiated mainly by a rise in CO<sub>2</sub> levels and to a lesser extent by a fall in arterial O<sub>2</sub>. If a person's arterial O<sub>2</sub> levels drop below a critical level, hypoxia will develop and the person will suddenly lose consciousness and "blackout".

The term "shallow water blackout" is often used to describe this condition but is also used to describe a condition associated with closed circuit rebreathers. Hence the expression "hypoxic blackout" is used here.

In recreational snorkelling, there are two causes for this condition that can affect a "breath hold diver" who leaves the surface with a single breath. They are hyperventilation and ascent. These conditions may occur concurrently or independently.

Hyperventilation occurs when the person takes repeated deep breaths before descending. This affects the relative balance of CO<sub>2</sub> and arterial O<sub>2</sub> and can reduce the person's urge to breathe. It is a condition that is independent of depth and has been recorded in swimming pools.

Hypoxia of ascent occurs when the person descends to depth. There the elevated partial pressure of O<sub>2</sub> is sufficient for the person whilst they remain at depth, but falls rapidly to critical levels as the person ascends. This condition is more prevalent in persons who train to extend their breath hold and who dive deep, such as competitive breath hold divers, spear fishermen and photographers. Deaths have been recorded in depths from 3m to 30m.

### Background

In December 2002 and January 2003 two breath hold divers died in separate incidents at recreational workplaces off the Queensland coast. Although post mortem examination reports have not been completed there is some evidence to suggest that both incidents were caused by hypoxic blackout leading to drowning.

Both men were well equipped and experienced snorkellers, one being a recreational dive instructor. One person was wearing a weightbelt and neither was with a buddy immediately to hand at the time of the incident.

The advice given to prospective recreational snorkellers in the Compressed Air Recreational Diving and Recreational Snorkelling Industry Code of Practice 2000, sections 3.2.2, 3.2.5 and 3.2.6 focuses primarily on other areas of risk to recreational snorkellers, those being:

- Medical conditions and fitness
- Inexperience and technical inability
- Lack of English language ability.

This advice is typically provided by recreational snorkelling operators using a combination of media including briefings, demonstrations, written materials, illustrations and videos.

### Recommendations

Workplaces conducting recreational snorkelling activities should provide the following advice to prospective snorkellers who intend to breath hold dive:

- The risk posed to breath hold divers of hypoxic blackout that may lead to unconsciousness, drowning, serious injury or death.
- This risk is increased significantly for breath hold divers who hyperventilate by taking repeated deep breaths before descending or who do deep dives. Consequently divers are strongly advised not to hyperventilate.
- Experienced breath hold divers are at particular risk in that they have the ability and technique to do long and deep dives.
- Breath hold divers should always dive in buddy pairs where one buddy remains on the surface and observes the other buddy whilst they are diving.

## "Cloughy Challenge" Weigh Recorders Form 2017

Only fish species on this sheet can be weighed in ( except for most meritorious )

Category	Species	Target	Weight	Points	Category	Species	Target	Weight	Points
<b>Cod</b>	Cod-Maori	0			<b>Parrotfish</b>	Bluebared Orange Parrot	6.5		
	Cod-Occerlated	4				Parrot- All other Species	6		
	Cod-White Lined	2.5			<b>Pelagics</b>	Diamond Trevally	14		
	Tripletail Jumping Cod	5				Golden Trevally	12		
	Red Flushed Cod	4				Bludger Trevally	10		
<b>Coral Trout</b>	Purple Cod	5			Trevally-All Other Species	12			
	Coastal Trout	8			Oyster Cracker	10			
	Leopard Trout	8.5			Queenfish	10			
	Passionfruit Trout	4			Spanish Mackerel	30			
	Coronation Trout (minimum 55cm)	6			Grey Mackerel	10			
					Spotted Mackerel	8			
					Doggie Mackerel	5			
<b>Tropical Snapper</b>	Green Jobfish	8.5			Shankie Mackerel	12			
	Mangrove Jack	8.5			Wahoo	10			
	Moses Perch	2.5			Northern Blue Fin Tuna	12			
	Blue Line Sea Bream	4			Mackerel Tuna	7			
	Spotted Scale Sea Perch	8.5			Leaping Bonito	3			
	Snapper-Squire	6			Dog Tooth Tuna	30			
	Stripey	3			Yellow Fin Tuna	12			
	Red Emperor	8.5			Sail Fish	35			
	Large Mouth Nannigui	7			Black Marlin	80			
	Small Mouth Nannigui	5			Striped Marlin	40			
<b>Emperor</b>	Red Throat	5			Dolphin Fish	3			
	Spangled Emperor	7			Cobia	15			
	Long-Nosed Emperor	8							
	Yellow-Lip Emperor	5							
	Grass Sweetlip	5							
	Buffalo Emperor	7.5							
	Barramundi (max length applies)	15							
	Blackspot Tuskfish	10			<b>Crustaceans</b>	Crayfish	4		
	Venus Tuskfish	5			<b>Cephalopod</b>	Squid	3.5		
	Black Wrasse	4				Cuttlefish	8		
<b>Jew, Salmon &amp; Herring</b>	Graphic Tuskfish	2			<b>Flathead</b>	Fringe-Eye Flathead	3.5		
	Black Jew	21				Black Flathead	3.5		
	Salmon	10				Bar-Tail Flathead (max length )	3.5		
	Milk Fish	12							