

LAKE BARRINE – CRATER LAKE NATIONAL PARK
GILLIES HIGHWAY, ATHERTON TABLELANDS

Sunday 16 February 2025

CRATER LAKE SWIM CLINIC



EVENT GUIDE



Entries Open: Saturday 4 th January 2025	Club Contact:	MSQ Sanction Number: Q15/25
Entries Close: Friday 14 th February 2025	Theresa Donnelly	Register: Swim Central
Check-in: 8:30 – 9:00am	m: 0408 471614	Cost: \$40 (plus fees) MSQ Members
Clinic start: 9:00am Finish: 11:00am	e: cairnsmudcrabs@gmail.com	\$45 (plus fees) Non-MSA Members

Welcome – Our swim clinics

Our clinics are where you develop an understanding of the crater lake environment and learn the skills required to become a confident lake swimmer. The Lake and surrounds are protected within the Crater Lake National Park. Lake Barrine was formed over 17,000 years ago when a large volcano erupted, leaving a crater that filled up with water over time to create a lake.

The crater lakes can be an intimidating place, but it doesn't have to be. In this introductory, 2-hour clinic we will familiarise you with the basics of open water swimming and give you an abundance of skills to start you on your lake swimming journey.

The Cairns Mudcrabs Masters Swimming Club provides a safe and encouraging environment to help you overcome any hesitation. Since 1983, the Muddies as we are affectionately known throughout the masters swimming fraternity, have been coaching and educating adults about the benefits of swimming. In 2008, the Muddies held their first 'Come and Try' day at Lake Eacham and have continued to hold social lake swims and competitive events at the crater lakes. There's no better all-round fitness activity than swimming. But 50m back and forth, back and forth in a pool staring at a black line isn't for everyone.

Whether you've just got back into swimming or you're a competitive swimmer, this is the perfect confidence builder for your first open water swim.

Who is this clinic for:

This clinic is for pool-loving swimmers who would like to gain a greater awareness of the crater lake environment and grow their confidence in deeper open water.

In two fun, action-packed hours you'll get to know the lake environment and then step your way through practical water-based activities to develop your skills and confidence.

With your newfound lake confidence your summer swimming will take on a new dimension!

How you'll benefit:

- Find out the lake isn't as scary as you thought!
- Be surprised at what you can achieve after just one clinic
- Gain confidence to enjoy swimming safely at the crater lakes
- The ability to see the lake as an environment you can have control in
- Have the foundation knowledge and skills you can continue to build on

What you'll learn:

- How to identify and avoid risks and basic lake safety survival options
- How elements such as weather and other lake users play a major part in your lake experience
- Foundational open water swimming skills such as sighting, overtaking, round buoys & adapting stroke.

Included:

- 2-hour practical clinic including an abundance of tips & techniques
- Simulated open water swim around a 500m course with marker buoys
- A minimum of two instructors + swim buddy to accompany small groups
- Experience & tips in using a swim tow float
- Post clinic advice and support
- Insurance, fruit & water

Group size: Maximum of 30 participants only.

Pre-requisites: This clinic is for confident pool swimmers. If you do not meet these pre-requisites, please do not register for this clinic. Not sure if you're at the right level? Contact us!

500m swim: You can swim a minimum of 500m continuously using any stroke

1 min tread: You can tread water continuously for a minimum of 1 minute

1 min float: You can relax and float continuously for a minimum of 1 minute

Cost: \$40 Masters members / \$45 Non-Masters (plus transaction fees)

What to bring: Swimwear, swim cap, goggles, sun protection, towel, change of clothes

Permitted / Optional: Wetsuit, fins, pool buoy, nose clip, ear plugs.

Swim Secure Tow Floats: we encourage all open water swimmers to invest long-term in their open water safety and purchase a swim tow. We will have some swim tows available to try at the swim clinic, but these will be shared. We use Swim Secure tow for their durability and affordability. The Swim Secure tows can be purchased locally from Barry Paul, e: barrypaul128@gmail.com or m: 0437 914 895.



Swim Buoy Tow Float



Tow Donut

Eligibility: This event is open to Masters Swimming Queensland (MSQ) registered swimmers, and swimmers registered with other Masters Swimming Australia (MSA) affiliated clubs. Non-MSA members are also welcome to register for this clinic.

Age: As at the 31 December 2025. Minimum age is 18 years as of 16 February 2025.

How to Register: Online via [Swim Central](#). Entries will open on 4th January 2025. Entries close Friday 14th February 2025.

Instructions for Non-Masters members to enter can be found here:

1. Register a Swim Central account (if you do not have one already) and log in with your email address
2. Purchase an event membership of \$5 (plus fees)
 - a. Click on Store in left menu
 - b. Click Memberships link
 - c. Search for “Masters Swimming Queensland” in Find a Club
 - d. Add “QCN Clinic Non-Member 2025” membership to your Cart and purchase
 - e. Once purchased, you will be able to enter the meet via your home page or the Events link
3. Enter the event paying the applicable entry fee

Multi Class Swimmers: Multi Class swimmers are welcome to register.

Clinic Schedule

8:30am	Check-in opens - Ground floor, Teahouse
9:00am	Clinic welcome & safety briefing
9:15am	Practical - Drills & Skills
10:30am	Practical – 500m course swim
11:00am	Finish session

Changes, withdrawals and refund policy

A swimmer may withdraw from the clinic in Swim Central up until the closing date. A refund will only be considered prior to the closing date. You will lodge your request in Swim Central against your registration. Go to your profile, to the event, and click the ‘Request Refund’ link, and the Meet Entry Fee, (where applicable), then provide a reason. This requires approval before a refund will be granted, minus the administration fee(s).

On water Safety

Sufficient safety will be provided for the number of swimmers when known including powered craft and kayaks.

Emergency Evacuation

By nominating to participate in this swim meet, all swimmers thereby authorise the Event Director and Cairns Mudcrabs Swim Club volunteers to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for all costs arising from such action.

In case of an emergency, swimmers will be directed by water safety to leave the water and go to the appropriate muster point and await instructions. If asked to evacuate, please do so immediately.

Photo/video release

All attendees agree that they may be photographed or videoed, and that the material may be used by the Mudcrabs and MSQ at their discretion, or by others to promote activities of a club or branch, or for personal use including social media. If you’d prefer not to have your image used for promotional and/or social media purposes, please let Mark know.

Severe Weather Policy

MSQ recognises the dangers of extreme weather in Queensland and the need to ensure that all staff and users of facilities take the correct precautions in the event of extreme weather. Extreme weather includes unexpected, unusual, severe, or unseasonal weather that may pose a safety risk to users including rain, drought, wind, flood, storms, dust, hail, and extreme temperature. If the meet is affected by extreme weather, a mandatory safety suspension of events will be imposed. This may require a shortened event format which will be determined by the Meet Director. No refund of entry fees will occur under such circumstances.

First aid

No lifeguards will be in attendance however qualified First Aid club members will be available. Any accident or injury should immediately be brought to their attention and to the attention of the Event Director.

Other important information

- Open water swimming has risks and dangers. All swimmers participating do so at their own risk.
- Cairns Mudcrabs note that the information provided is correct at the time of publishing, however, is subject to change.

Venue Facilities & Parking:

- Use car park as signage directs on the day
- Public toilets are located near the top car park.
- Domestic animals are **not permitted** in Crater Lakes National Park.
- Never feed wildlife. Human food can be harmful to wild animals.
- Camping is **not permitted** in Crater Lakes National Park.
- Lake Barrine Teahouse is licensed, no BYO alcohol is permitted.
- Swimmers must be completely dry before entering the Teahouse for safety reasons.

How to get to Lake Barrine from Cairns: Lake Barrine is about 60km or 1 hour's drive from Cairns via the Gillies Highway. Approximately 5 minutes after reaching the top of the Gillies Highway, turn left at the "Lake Barrine National Park" sign.

How to get to Lake Barrine from Atherton: Lake Barrine is about 22km or 20 minutes from Atherton via the Gordonvale Atherton Road. Approximately 8km past Yungaburra, the turnoff to Lake Barrine National Park is on your right.



Contacts

Meet Director cairismudcrabs@gmail.com
MSQ Business Manager..... admin@mastersswimmingqld.org.au
MSQ website <https://mastersswimmingqld.org.au>
Event Entry..... [Swim Central](#)