Outdoor Education Programme

Year 10 Camp 2016

Information Booklet for
Parents and Students
16 October 2015

**From the Dean of Students**

I am writing to inform you of the continuing Outdoor Education Programme for your son/daughter at Macarthur Anglican School. The Outdoor Education programme is integral to the curriculum and as such cannot be considered an optional extra. Each camp seeks to give students an opportunity to experience a temporary community where they can learn to co-exist and develop an ongoing relationship with each other in their peer group and with their teachers in a Christian context. It also allows them to face challenges they would not otherwise have and grow as individuals as a result.

Through participation in the Outdoor Education Programme students will be given an opportunity to develop and refine their skills in a wide range of activities. Such activities include Group Skills, Bush Walking, Navigation, Canoeing, Abseiling and Rock Climbing. The Outdoor Education Programme rewards students who achieve across a number of outcomes and therefore become eligible to receive an award, beginning with the Camp Participation Award and culminating in The Macarthur Award of Outdoor Education.

The Year 10 Camp will be held from Monday 1 February 2016 to Friday 5 February 2016 and is based at Bungarra Alpine Centre, which is situated near Jindabyne in the Snowy Mountains. Further details about the programme can be found on the next page.

Your child’s outdoor experience will include a one-day return hike to the summit of Mount Kosciusko, a half day of river sledding on the Snowy River and a day of mountain bike riding. Each student will need to carry some essential items and should bring their own day pack and several strong plastic bags.

Further information regarding the aims and objectives of Macarthur’s Outdoor Education Programme can be found in the Student Diary. Please discuss the responsible behaviour expected during the camp with your child and the understanding also that any unreasonable damage to camp property will need to be paid for.

Please note a list of activities that each child will be taking part in during the Year 10 Programme and an equipment list are provided in this booklet.

Timothy Cartwright
Dean of Students
Year 10 Camp 2016

Programme Descriptors

Outlined below is a brief description of the activities Year 10 will undertake during their camp. The activities are planned in such a way so that students begin or further develop particular skills as they progress through the sequential programme for Years 3 – 12. There is no expectation, however, that new students entering the School in 2016 will have participated in an Outdoor Education Programme and activities are planned accordingly.

For each activity undertaken a member of staff from Macarthur will be present as the overall co-ordinator and supervisor. Appropriately qualified instructors, provided by Action Learning Initiatives, will undertake the instruction, safety briefing and specifics of the activities.

- **Abselling** – students will be taught by a qualified instructor to a maximum of 15 metres. Students will also review and use belaying skills and will be fitted with a safety harness and helmet.

- **Bush skills** – Particular focus will be upon protection from both fire and harsh weather. Students will then plan for a maximum fifteen-kilometre expedition.

- **Summit walk** – students will participate in a fifteen-kilometre hike to the peak of Mt Kosciusko and then take the Thredbo chair lift down to the base.

- **Sledding** – qualified instructors will revise basic safety procedures and strokes with all students. They will then participate in whitewater sledding in water with a maximum of Grade 3. All students will be fitted with a Personal Flotation Device and Helmet.

- **Mountain biking** – Students will be instructed in the need to care for the environment and the safety precautions needed in this activity. Helmets and gloves are supplied and it is mandatory that they be worn during the activity.

- **Initiatives** – Students will work together in teams to solve a variety of issues including crate climbing and survival planning. This will involve an element of height work and the students will be required to wear helmet and safety harness.
**Year 10 Outdoor Education Programme 2016 Details**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Monday 1 February to Friday 5 February 2016</th>
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<tbody>
<tr>
<td>Leader</td>
<td>Mrs Nadine James</td>
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<tr>
<td><strong>Time of Departure</strong></td>
<td>7.00am – Monday 1 February – at the School</td>
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<tr>
<td>Parking and drop off areas will be clearly marked and staff will be available to direct you. These times may not coincide with current public transport schedules and it is suggested that parents arrange to drive their child(ren) to the School. Students should arrive 30 minutes before departure time. <strong>Note:</strong> Students require their own money for lunch.</td>
<td></td>
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<tr>
<td>Return Time</td>
<td>5.00pm – Friday 5 February</td>
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<tr>
<td>Location</td>
<td>Bungarra Alpine Centre, Jindabyne</td>
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<tr>
<td>Bungarra Alpine Centre is located at Barry Way Jindabyne</td>
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</table>
| Programme                     | • Supervised by staff of Macarthur Anglican School
|                               | • Skills activities run by trained staff of Action Learning Initiatives, which operates the Bungarra Alpine Centre. |
| What to wear and what to take | Casual clothing suitable for a camp – see also the enclosed Camp Equipment List |
| Activities                    | Abseiling, Rock climbing, Sledding, Swimming, Bushwalking, Mountain Biking, Initiatives and Camp Out
|                               | For more details, see The Action Learning Website: www.action-learning.com.au (User name: mas student, Password: ali121) |
| Forms to be completed          | 1. Confidential Medical Information Form (Pink - Check both sides) *
|                               | 2. Parent Declaration – Camps (Blue) |
| Return of Forms               | Please return Pink and Blue forms to the Administration Centre by **Friday 6 November 2015**. If medication is to be administered on camp - Medication/Asthma Management Plan (Yellow) is to be downloaded from the Macarthur Website (Parents/Camps) and returned on the day of departure only. |
Year 10 Camp 2016 – Equipment List

The following list is the minimum equipment required for your camp. Please ensure that you are adequately prepared.

Be sure that your name is clearly marked on all items that you take with you.

- Bible
- Sun hat with brim
- Socks (5-6 pairs)
- Long pants (two pairs)
- T-shirts with sleeves (4 or 5)
- Long-sleeved shirt (2)
- Shorts (3 pairs)
- Underwear
- 2 Sloppy joes – must be polar fleeced or wool (not cotton)
- Swimwear - must include a rash-vest or swimming shirt
- Sleeping bag
- Liner for sleeping bag or sheet
- Pillow
- Sleepwear
- Sunscreen SPF30+
- 2 Water bottles (1 litre MINIMUM size each)
- Daypack (similar to the one used for school)
- Walking Shoes (comfortable and worn in)
- Sandshoes for all other activities
- Water shoes (an old pair of sandshoes that can get wet and perhaps thrown away)
- Torch and spare batteries (not too big, but tough)
- Track pants
- Personal toiletries (including insect repellent)
- Towels (2), one large for use in camp, one for water activities
- Waterproof jacket with a hood
- Garbage bags for dirty clothes
- Personal medicines (eg. Ventolin)
- Mess Kit (Knife, Fork, Spoon, Plate, Bowl, Mug in a separate bag)
- Beanie and gloves
- Thermals – pants and long sleeve top (wool or polypropylene, not cotton)
- Sunglasses

Please Note:

Students must NOT bring singlet tops. Only T-shirts with sleeves are acceptable because of the risk of sunburn. Do not bring cotton clothing, short shorts, hoodies or mobile phones. The weather in the Snowy Mountains can change rapidly, it may be very cold and it could even snow or it may be very warm, students are required to bring suitable clothing for this environment.
**MACARTHUR ANGLICAN SCHOOL**

Established traditions, proven success!

**Year 10 Camp 2016**

**Parent Declaration**

**MEDICAL ASSISTANCE**

In the event of injury or illness, I acknowledge that Macarthur Anglican School will endeavour to contact me on the telephone number/s provided on the Confidential Medical Information sheet. In the event of a medical emergency, I authorise Macarthur Anglican School to obtain all necessary medical assistance, including ambulance transport and hospital accommodation, and I agree to pay for all related fees and expenses.

I also undertake to inform Macarthur Anglican School in a timely fashion prior to commencement of the camp of any medical or other condition which would affect the student’s full participation in the activities on this camp.

**RISK WARNING**

I understand that the camp and associated activities organised by Macarthur Anglican School will include those specifically listed on the attached programme, and that some of these activities are of their nature inherently dangerous.

I permit my son/daughter to participate in the camp and associated activities provided to the extent I have indicated he/she is able, and on behalf of the student, in signing this declaration I acknowledge that the paragraph above constitutes a risk warning under the terms of the Civil Liability Act 2002 (New South Wales), and I hereby release Macarthur Anglican School, its officers, employees and volunteers from liability to the extent permitted under the terms of that Act.

**RULES**

I, on behalf of (student name) ________________________________, agree to abide by all the School rules as they apply to camp. I, on my own behalf and on behalf of the student named above, accept all the terms and conditions set out and referred to here.

________________________________________

Signature: ________________________________

Parent/Guardian

Date: ____________________

Please print name: Parent/Guardian above
PERMISSION TO USE PHOTOS

During our programs staff will occasionally take photos or video recordings of students whilst they are mastering the mountain bikes, carving up the water in their canoes, taking on the overhang whilst abseiling or hiking to Mt Kosciuszko - the top of Australia!

These photos and recordings are occasionally used in promotional material for prospective customers and of course as memory for us of the fun and adventures had on programs.

We would like the school to insert the information contained in the box below into their permission note for their ALI camp (just select the box and copy and paste). This will enable parents of your students to give their consent.

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I agree to allow Action Learning Initiatives to use my child/s name and any photographs or video recordings taken of my child during their program for use in promotional photograph collections/recordings occasionally distributed to both current and future clients.

Full name of parent or guardian

Signature

Date

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