



Prince Alfred College

Year 6 Eco-Adventure Camp *(Personal Perspective)*



Scotts Creek Outdoor Centre
2009

February 2009

Dear Parents,

Your son will soon be taking part in the year 6 Eco-Adventure Camp at Scotts Creek. A major focus of the program will be the aquatic based activities. Boys will be taught the fundamental skills and safety procedures of canoeing and river rescues. Boys will work together in small activity groups understanding basic ecological concepts.

Scotts Creek is located 7km South of Morgan on an anabranch of the Murray River. It provides a wonderful opportunity for outdoor and aquatic activities. We hope that your child's experience at Scotts Creek is both enjoyable and valuable.

To help your son prepare for this camp, please note the following.

Clothing – see the attached sheet for a list of clothing. Make sure clothing is included which can get wet or dirty. Please see that all things listed are brought along and suitably named.

Medical & Consent Forms – Please fill in the update sheet and return as soon as possible. Please inform the Class Teacher of any current medication or special concerns. Medication required on camp must be clearly named and instructions stated specifically.

Please do not allow your son to bring mobile phones, MP3 players, electronic games, lollies or money. We would like to get away from our normal high-tech style of living for a couple of days. We encourage your child to bring a musical instrument.

Our Outdoor Education Staff are looking forward to working with your son. We believe the program is an exciting learning experience that will be enjoyed by all. We trust that boys will take this opportunity to strengthen existing friendships and establish new friends. Cooperation, consideration and respect for others and our environment are central to the success of this camp.

Every effort should be made to learn new skills and acquire attitudes during this camp that are positive, thoughtful and constructive. Hopefully they will stay with each student throughout school and adult life.

Please contact me personally on 8540 2231 (Scotts Creek Outdoor Centre) or email pnoble@pac.edu.au if you require any further information.

Yours sincerely,

Phil Noble
Coordinator – Outdoor Education

Intended Program

Prince Alfred College Year 6 Eco – Adventure: <i>Personal Perspective</i>					
	Tuesday	Wednesday	Thursday	Friday	
7.00am	8.30am depart Dequetteville Terrace.	Wake up Fishing	Wake up Pack up Camp	Wake Up	
7.15am		Wake Up	Walk back to SCOC	Duties	
7.45am		BREAKY		BREAKY	BREAKY
8.00am		Arrive SCOC	Earth Cycles	Clean Up	Pack up
9.00am					Free Time
10.00am			Water Orienteering	LUNCH	
10.30am	Settle into dorms				Depart SCOC
11.00am		LUNCH	Arrive PAC		
12.00pm	Canoeing & Land Orienteering			Web of Life Game	
1.00pm		Preparation for Campout in the Mallee	Solitude Time		
2.00pm	Walk to Campsite			Free Time/Fishing	
3.30pm		Set up tents	Duties		
4.00pm	BBQ Dinner			"Escape From Kamp Krusty"	
4.30pm		Star Gazing	Supper		
5.00pm	Traverse Wall			Lights Out	
5.45pm		Trangia Use	Torches Out		
6.00pm	Supper			Lights Out	
7.00pm		Lights Out	Lights Out		
7.30pm	Lights Out			Lights Out	
9.00pm		Lights Out	Lights Out		
9.30pm	Lights Out			Lights Out	

Dates & Times

The bus will depart from Dequetteville Terrace at 8.30am. Students are asked to arrive at 8.00am.

The bus will return to PAC from Scotts Creek at 3.00pm Friday

The Year 6 Camps are on the following dates:

- 1) 6S Tuesday 10th – Friday 13th March
- 2) 6P Tuesday 17th – Friday 20th March
- 3) 6D Tuesday 24th – Friday 27th March

General Aims

Each Program has specific learning outcomes but in broad terms we aim to develop in students:

- Increased understanding of ecological systems
- The ability to problem solve and make choices about their lifestyles
- Social understanding in a residential situation which will help boys develop tolerance and consideration for others
- Skills which will enable boys to go safely into natural areas with minimum impact and maximum satisfaction and appreciation
- Skills and abilities to make informed choices about sustainable environmental development
- Independence and Self confidence

Specific Objectives

Students should be able to:

- Demonstrate skills and knowledge in basic ecological concepts
- Demonstrate basic skills and knowledge in canoeing and minimal impact camping.
- Demonstrate positive attitudes and behaviour towards the natural environment
- Develop awareness of potential hazards and risks in the outdoors, and take the necessary precautions
- Learn, as part of the practical activities, about aspects of the natural environment
- Demonstrate a sense of responsibility towards other people, and be aware of the need for group members to rely on each other in the outdoors
- Be familiar with appropriate equipment, as well as techniques for the safe use, care and maintenance of that equipment in the selected outdoor activities.

Catering

Scotts Creek provides a large diversity of foods during the time that your son is on camp. Meals are healthy, nutritionally balanced & plentiful. If your son has any special dietary requirements please outline this on the consent form.

Accommodation

The campsite contains facilities that consist of three sub-divided dormitories, each containing 20 beds. Beds are bunk style with comfortable mattresses.

During campout programs students will be accommodated in lightweight camping tents that provide protection against insects and inclement weather.

Communication Systems

The campsite has a direct phone line for emergency communication. On trips away from the residential camp, Next G mobile phones are used for emergency communication.

Mosquitoes and Ross River Fever

Living and working near a body of water such as Scotts Creek and the Murray River always brings the possibility of mosquitoes being present around the campsite. There is no effective way of ensuring a mosquito free environment and therefore, as there is no guaranteed safe means of co-habiting with mosquitoes, it is recommended to staff and students that they take as many practical preventative measures as possible. We recommend the following:

- Wear long sleeve shirts and pants particularly at dusk
- Use tropical strength repellent

Daily Duties

One of the many activities that we participate in whilst on camp is the care and maintenance of the space in which we live. It is important to realise that these jobs are not chores, but activities that are vital to the care and well being of the campsite and the people we are camping with.

Initially, individuals are responsible for the tidiness and cleanliness of their own bed and personal gear. The members of each dormitory are responsible for sweeping and cleaning their room and surrounds. This includes emptying bins and ensuring that the campsite area is free of litter.

During the camp, boys will be expected to complete individual duties. These tasks are completed on a rotational basis, ensuring everyone gets a fair and equal opportunity to have input into the smooth running of the camp. At Scotts Creek, the old proverb "Many hands make light work" is evident.

Staff

PAC Outdoor Education Staff are highly qualified and experienced outdoor instructors. Staff are trained in Wilderness First Aid and are familiar with the Scotts Creek environment.

Phil Noble – Coordinator of Outdoor Education

Belinda Beisiegel - Outdoor Education Teacher

Micha Jensen – Outdoor Instructor

Chris Detmar – Cook/Outdoor Instructor

Tim Maeder – Outdoor Instructor

Boundaries

One of the features of Scotts Creek is its areas of open space. These areas are sufficient for all of the Centre's activities. There should be no reason for students to leave the Centre, unless under the direct supervision of a staff member.

Safety Considerations

The staff at Scotts Creek are very keen to ensure the complete safety of the students at all times. Students can aid the staff and be responsible for their own well being by following these "common-sense" rules. The Murray River represents a unique, natural environment in which to adventure. There are however dangers inherent with this area. The river has a fluctuating water depth and has numerous underwater obstructions. These can aid in injuring swimmers. With this in mind, we ask that parents help reinforce the importance of the following rules with their son:

- Boys will be expected to wear a Personal Floatation Device in the water at all times.
- Boys will be expected to wear shoes whilst involved in all aquatic activities and around camp.
- Boys can only go down to the landing and water front area if a SC staff member, or a supervising teacher accompanies them.
- Boys must never dive from the bank.

General Camp Expectations

We want the camp to be fun, enjoyable and safe for everyone. Therefore all school rules apply.

1. Listen carefully to and follow instructions given by all staff.
2. Be courteous to all adults and boys.
3. Allow everyone to feel safe.
4. Respect other people's property.
5. Be responsible for your own belongings.
6. Stay on camp property unless with a staff member.
7. Take care of the natural environment.

Fire Extinguishers

Fire Extinguishers are an important and expensive piece of safety equipment. The Centre has numerous fire extinguishers, placed strategically in case of emergency. Students must not tamper with these devices. Boys involved in tampering or improper use of the fire extinguishers will be billed for their repair or replacement.

Any boy who chooses not to follow these essential rules and expectations will be sent home at their parents' expense

Emergency Procedures

In the unlikely event of a serious accident or incident the Centre has an extensive and detailed Emergency Management Plan.

In the event of a fire at the Centre, a long and continuous siren will be sounded. Students and staff are expected to move to the meeting area immediately. A roll will be called to account for every member of the camp. Once this has been completed the staff of Scotts Creek have specialised tasks to bring the emergency under control quickly.

The staff at Scotts Creek have developed expeditions that match the boys' level of experience. The Staff are trained and qualified in all outdoor activities, and have means to evacuate students if the need arises.

Living Lightly at Scotts Creek

- Turn off the light when you are the last one to leave
- Have short showers
- Use the rainwater tanks for drinking only
- Turn the water off when brushing your teeth

All these help us to use less energy and materials that lesson our impact on the earth.

ACT LOCAL

THINK GLOBAL



REDUCE, REUSE, RECYCLE

Living Together

Respect for each other is important in a community living together and in a camp environment. It is important to respect the privacy of others. This means that the dormitories of other boys must not be entered at anytime and that personal equipment of others must not be tampered with.

Gear and Equipment List

Around the camp ...

- Broad brimmed hat
- Two pairs of shoes
 - an old pair for aquatics
 - a comfortable pair for around the Centre and camp
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three T-shirts
- Bathers/ board shorts
- Track pants
- Jumper
- Towel
- Toiletries
- Sunscreen, lip balm
- Waterproof jacket (parachute style material not appropriate)
- Water bottle
- Personal First Aid Kit*
- Warm polar fleece or woolen jumper

At night...

- Small, compact torch with **spare batteries**
- A compact, warm sleeping bag (Bring extra blankets if you don't think yours is warm enough)
- Pyjamas
- Beanie
- Pillow / Pillowcase

** Personal first aid kit includes band-aids, adhesive tape, insect repellent. Personal medication can be carried and administered by the students (asthma puffer), or by the staff (antibiotics), at the parents' discretion and should be noted on the consent form.*

Items we encourage you to bring...

- ✓ Fishing Gear (hand reels are more manageable for students)
- ✓ Camera
- ✓ Musical Instrument
- ✓ Binoculars

Items to leave at home...

- ✗ Electronic equipment - MP3 players, mobile phones, games.
- ✗ Junk food (chips, soft drink, lollies etc)
- ✗ No pocket money is required whilst you are at the Centre (there is no where to spend it!)

CONSENT FORM FOR CAMP EXCURSION
** Please use block letters when filling out this form*

As a Parent/Guardian of:(Student's Name)

I:(Your name)

Have read all information contained in the booklet and give consent for my son to participate in the Year Outdoor Education Program.

Year 3: I give consent for my son to participate in all activities including **CHALLENGE HILL** at that camp.
 Year 4: I give consent for my son to participate in beach and aquatic activities at that camp
 Year 5 - 8: I give consent for my son to participate in canoeing & aquatic activities including **CAPSIZING**.

At: Toc H / Scotts Creek / Woodhouse Campsite (**Please circle**) from..... To..... (**Insert dates**)

Details of planned activities; transport arrangements and supervising teachers/instructors are provided in the program booklet.

Agreement

- I agree to delegate my authority to supervising teachers/instructors. Such supervisors may take whatever disciplinary action they deem necessary to ensure the safety, wellbeing and successful conduct of the students as a group and individually.
- In the event of an accident or illness and contact with me being impractical or impossible, I authorise the teacher-in-charge to arrange whatever medical or surgical treatment a registered medical practitioner considers necessary. I will pay all medical and dental expenses incurred on behalf of my child.
- I have previously verified the accuracy of medical information held by the school, and will update that information if there is any change prior to the camp. I also consent to my child's doctor or medical specialist being contacted in an emergency.
- The information given is accurate to the best of my knowledge.

Signed : Date...../...../.....

Emergency contacts

Medicare Number.....

Parent/Guardian

(Address)		
(Telephone) Home :	Work :	Mobile :

Dietary Requirements

Further information or special instructions

(e.g. Vegetarian) (Food allergy)	YES / NO	
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Any healthcare information given will not prevent your child participating unless further medical advice warrants exclusion. The information requested on the student healthcare information sheet will be treated confidentially. Such information is sought in order to protect and assist the student so the activity may be a safe and enjoyable experience. Please attach extra sheets if required and contact the teacher-in-charge if you wish to discuss any student healthcare problems.