YEAR 7 CAMP 2016

Dear Parent / Caregiver,

Please find below and attached information regarding the Year 7 Camp.

Date: Monday 8 February – Wednesday 10 February

Venue: OUTDOOR EDUCATION NSW
Active Education Mailing Address
Nentoura Road P.O. Box 185
Morisset NSW 2264 Morisset N.S.W. 2264
Freecall: 1800 334 994 Fax: 02 4973 1500
Email: activeed@outdooredexperience.com.au

Cost: $295.00
This includes transport, meals, accommodation and activities

Forms: Students are asked to bring the attached forms with them on Orientation Day.
→ Medical Form from Outdoor Education
→ School Permission Form

They will be collected from the students.
Alternatively, completed forms can be dropped into the School Office before the end of the year.

If you have any questions regarding the Year 7 Camp please contact Ms Briana Ritchie, Year 7 Adviser.
Participant Details
Surname: .................................................. Gender: □M / □F
Given Name/s: .................................................. Date of Birth: ..... / ..... / .......
Address: ..............................................................................
..............................................................................

Emergency Contact Details
□Parent / □Guardian / □Contact Person: ............................................................ (Name in Full)
Telephone: ........................................... ........................................... ...........................................
(Home) (Business) (Mobile)

Medical Information
Medicare No: ........................................ Ambulance Cover: □Yes / □No
Position on Medicare Card (eg. 1,2): ............... Medicare Card Expiry: ...........................................
Private Health Insurance Fund: □Yes / □No
Fund Name: .................................................. Fund Policy No: ..............................................

Please answer the following medical questions regarding your son/daughter:
1. Is your son/daughter in good health? □Yes / □No
2. Does your son/daughter suffer any chronic illness, or disability? □Yes / □No
   If yes, please specify: ........................................................................................................
   ......................................................................................................................
3. Does your son/daughter need to take any form of medication on camp? □Yes / □No
   If yes, please specify: (dose, frequency etc.) .................................................................
   ............................................................................................................................
   Does the medication need refrigeration? □Yes / □No
4. Has your son/daughter suffered from any acute illness during the past four months? □Yes / □No
   If yes, please specify: .................................................................................................
   ............................................................................................................................
5. Has your son/daughter had any major surgery (knee, back, heart, etc.)? □Yes / □No
   If yes, please specify: .................................................................................................
6. Has your son/daughter been treated by a doctor during the last four weeks? □Yes / □No
   If yes, please attach a doctors report with instruction about medical treatment and a certificate stating that the participant is fit to attend.

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7. Does your son/daughter have any allergies? (insects, food, medication, etc.) □Yes / □No
   If yes, please specify: …………………………………………………………………………………………………
   …………………………………………………………………………………………………………

8. Does your son/daughter have any special dietary requirements? □Yes / □No
   If yes, please specify: …………………………………………………………………………………………………
   …………………………………………………………………………………………………………

9. Does your son/daughter: wet the bed? □Yes / □No
   sleep walk? □Yes / □No

10. Has your son/daughter had the Diphtheria Tetanus Toxoid booster injection? □Yes / □No
    If yes, what date was the last booster given? …… / …… / ……..

11. Do you give permission for Panadol to be administered to your son/daughter if required? □Yes / □No

Activity Restrictions

All activities are instructed by qualified instructors and at all times are supervised and accompanied by your son/daughter’s school teachers.

Please read the list of activities that may be included in your son/daughter’s school camp program with Outdoor Education NSW. If you do not want your son/daughter to participate in any particular activity or activities, please write them in the space provided and notify your son/daughter of the activity or activities for which they are to be excluded:
……………………………………………………………………………………………………………………
……………………………………………………………………………………………………………………
……………………………………………………………………………………………………………………

Is your son/daughter permitted to participate in swimming/water activities? □Yes / □No
If no, please inform your son/daughter that they are not to participate in any swimming/water activities.

How do you rate your son/daughter swimming ability?
□ Non Swimmer □ Average □ Competent (swim more than 50m)

Parent or Guardian Consent

In the event of any accident or illness and I am unable to be contacted, I authorise the obtaining of such medical assistance on my behalf that my son/daughter may require. I also agree to cover medical fees and/or cost of such assistance that may be incurred while my son/daughter is with Outdoor Education NSW.

Wilful damage of property while with Outdoor Education NSW will be paid for either by the student involved or by their parent/s or guardian.

I have read my son/daughter’s sample program and have made them aware of the camp guidelines.

………………………………………………………………………………………………………………….. to attend the program run by Outdoor Education.

(Son/Daughter’s Full Name)

Signature of Parent/Guardian …………………………………………………………… Date: …… / …… / ……..
(Parent or Guardian)

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POSSIBLE OUTDOOR EDUCATION NSW ACTIVITY LIST:
CAMP ACTIVITIES WILL BE SELECTED FROM THIS LIST

Abseiling  
5m and 10m abseil tower at the centre or 5m to 50m natural cliff abseiling as part of a day visit to the Watagan Mountains  
Age dependent.  
Generally Yr. 7+  
Min. Yr. 5

Archery  
Safe and fun. Structured lesson and practice time  
All ages

Bivouac  
Offsite camping experience in tents. Combines well with Watagan Mountains day visits  
Generally Yr. 5+

Bushwalking  
Guided bushwalking experience. From 1/2 day environmental awareness to 3 day expeditions  
Age dependent  
Generally Yr. 5+

Canoeing  
3 person canoes. All students wear lifejackets. Creek or lake locations  
All ages

Challenge Ropes  
Harnessed activity. Sequential elements rising to 8m with 60m flying fox  
Min. Yr 5

Dual Flying Fox  
Harnessed Activity. Adrenaline rush flying fox down a steep slope.  
Generally Yr 5+

Fencing  
Great fun and very safe. Protective equipment used to suit all ages. Structured lesson and practice time  
All ages

Giant Swing  
Very exhilarating 15m harnessed pendulum swing  
Generally Yr. 7+  
Min. Yr. 5

High Ropes Courses  
Harnessed activity. Sequential elements at 4m, 7m and 12m (Jnr and Snr courses available)  
Generally Yr. 3+, 5+, 7+, 9+

Icebreakers  
Introductory Get To Know You and trust building activities  
All ages

Initiatives Exercises  
Student led problem solving and initiative activities  
All ages

Leap of Faith  
An adrenalin rush, leaping off a 10m pole.  
Generally Yr. 7+

Moonwalker  
Unique teamwork activity focusing on production of a quality product  
Generally Yr. 9+

Mud World  
Challenging mud course for teamwork and a lot of fun.  
Generally Yr. 7+

Multi Climb  
Harnessed pole, rope, peg and crate climbing activities. 12m.  
All ages

Navigation Challenge  
Extension of orienteering skills. Bush point to point course as part of a day visit to the Watagan Mountains  
Generally Yr. 7+

Orienteering  
Introduction to navigation. Score course or point to point courses at the centre  
Generally Yr. 7+  
Min. Yr. 5

Pioneering  
Teamwork Initiative Activity  
All ages

Raft Building  
Small group teamwork activity. Construct and race your raft  
Generally Yr. 7+

Rock Climbing  
5m and 10m rock climbing tower at the centre or 10m natural cliff rock climbing as part of a day visit to the Watagan Mountains  
Age dependent  
Generally Yr. 7+  
Min. Yr. 5

Sailing  
2 person sailing dinghies. Various locations on Lake Macquarie  
Generally Yr. 7+

Sea Kayaking  
2 person sea kayaks. Various locations on Lake Macquarie.  
Generally Yr. 7+
Snorkelling | Snorkelling at Shingle Splitters on Lake Macquarie | Generally Yr. 6+
Sports | Oval games, basketball, volleyball, table tennis | All ages
Super Drop | 8m harnessed vertical drop. | Generally Yr. 5+
Survivor Challenge | Water based teamwork activity. | Generally Yr. 7+
Teamwork Matrix | Low ropes activity to promote small group teamwork | Min. Yr. 5
Ten Pin / Laser Tag | Additional cost or alternative wet weather activity | All ages
Night Activities | Games Night, Commando Night, Trivia Quiz, Camp fire | All ages
Excursions | Old Sydney Town, Australian Reptile Park, Watagan Mountains | Age Dependent
Expeditions | Combining navigation skills, bushwalking, abseiling, rock climbing. Ranges from overnight bivouacs to 3 day expeditions | Age Dependent Min. Yr. 9+

STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

- 3 T-shirts (no mid-riff or sleeveless shirts allowed)
- 3 pairs of shorts
- 2 long sleeve shirts or jumpers
- 2 pair of long pants for cold weather
- Spare socks and underwear
- Hat or cap and beanie
- 1 raincoat
- Pyjamas
- 1 pillow and pillow case
- 1 sleeping bag or sheet/s with blanket
- Torch (make sure it is working before you bring it on camp)
- 1 water bottle (1 litre capacity minimum)
- Insect repellent and Sunscreen
- 2 pairs of sensible joggers or boots (1 old pair that you can get wet - no thongs!)
- 2 plastic bags to put your dirty or wet clothes in
- Toiletries
- 2 towels (1 for outdoors, 1 for showers)
- Swimmers
- Hair tie for abseiling (if you have long hair)
- Mess Kit - 1 plate, 1 bowl, 1 fork, 1 knife, 1 spoon, 1 cup and tea towel (mess kit)
- Optional Items – Camera, Souvenir / Shop Money

Note: In addition to the above items it is also recommended that you bring a small day pack so that personal items such as medications, water bottles, hats, raincoats, insect repellents and sunscreens can be easily carried during the day.

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Dear Parent or Caregiver,

The Year Group in which ______________________ participates will be going on an excursion:

To:   Year 7 Camp
       OUTDOOR EDUCATION NSW
       Active Education          Mailing Address
       Nentoura Road            P.O. Box 185
       Morisset NSW 2264       Morisset N.S.W. 2264

Date: Monday 8 February – Wednesday 10 February

The cost of the excursion is  $295.00

Additional information: Parents and students should refer to the Camp Information Material for information on what students should take to camp and the activities students may be involved in.

Mr J. HONG
PRINCIPAL

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EXCURSION CONSENT FORM

I hereby consent to ______________________________ participating in an excursion to Year 7 Camp on Monday 8 February – Wednesday 10 February

I have completed the Medical Consent Form and am returning it with this form.

Signature of Parent/Guardian: ______________________________ Date: _______________

Name of Parent/Guardian: ______________________________

My emergency contact number is: _____________________