

EXPERIENCE YOUR WORLD!



Temple Christian College
Year 8 Aquatics Program 2018
Normanville



STUDENT CAMP BOOKLET 2018

BENEFITS OF CAMP

Outdoor education, as facilitated through Wilderness Escape programs, helps participants develop positive relationships with themselves, classmates, school staff and the environment. Our programs allow students to be engaged in practical and active learning experiences in a natural environment which can normally not be achieved in the school classroom.

The three facets of Outdoor Education we are developing are; **Communities** (relating to others), **Individuals** (relating to self) and **Natural World** (relating to the environment). Of course there are certain "hard skills" such as camping, cooking and kayaking which are important too, as they are the tools which allow us to make such journeys.

Relating with Self:

Self-concept, values, motivation, responsibility, challenge, goal setting and reflection.

Relating with Others:

Cooperation, communication, decision making, dealing with conflict, trust, leadership.

Relating to the Natural World:

Experiencing and observing our effect on nature and its effect on us, solitude.

Throughout the program you will encounter challenges that give you real opportunities to rely on others and on your own personal resources. Challenges will come in many forms, both internally and externally. These challenges may include tired muscles, home sickness, social issues, or weather conditions. We know that these factors will take you outside of your comfort zone and that you may feel like you can't continue camp. You do have what it takes, through believing in yourself, support from friends, and encouraging staff, to push through these obstacles, meet the challenge and come out of the camp stronger and more resilient, which will help you throughout school and even into adulthood.

PROGRAM INTRODUCTION

You will soon be taking part in the Temple Christian College Year 8, Outdoor Education experience. This program is designed to help you get to know your classmates, to develop simple outdoor skills, and to expose you to a range of various aquatics based activities.

Students on camp will be split into small groups, which will rotate through the following activities:

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| 🚣 Snorkelling | 🚣 Surfing |
| 🚣 Fishing/Rock Pool Bingo | 🚣 Raft Making |
| 🚣 Beach Games | 🚣 Beach Olympics |

Each session will be an introductory session lasting approximately 3 hours and you will complete each session once only. Therefore make the most of your time.

Some activities are weather dependent and may change if we experience extreme weather conditions. However the camp will still run. Please make sure you are prepared by bringing everything listed on the packing list.

Experienced and qualified staff from Wilderness Escape Outdoor Adventures will supervise each activity during the camp. School staff members will also accompany your group to each activity.

*For more information regarding activities, associated risks, and campsites, please check our website:

<http://www.wildernessescape.com.au>



PROGRAM OUTLINE

DAY 1				DAY 2				DAY 3							
8:00am meet at School 8:30am depart on buses				Breakfast Drive to Goolwa				Breakfast Clean-up campsite							
Travel straight to activity locations Early lunch				A	B	C	D	Beach Olympics 'Rusty Person' @ Normanville Beach							
				Snorkel	Fishing	Surf	Beach Activities (Teacher)								
A	B	C	D	30min M/Tea break											
Surf	Beach Activities (Teacher)	Snorkel	Fishing	Raft Making	Rock Pool Bingo	Surf	Beach Activities (Teacher)					Lunch			
Quick A/Tea break and swap over				Lunch											
Beach Activities (Teacher)	Surf	Fishing	Snorkel	Fishing	Snorkel	Beach Activities (Teacher)	Surf	Camp conclusion Depart on buses & Return to school							
		Rock Pool Bingo	Raft Making	Rock Pool Bingo	Raft Making	Beach Activities (Teacher)	Surf								
Drive to Normanville base camp. Unload luggage, allocate dorms Free time/showers				Free time/showers								Dinner			
Dinner				Dinner											
Night Activities (run by school staff)				Night Activities (run by school staff)											

DATES AND TRAVEL TIMES

Wednesday 28 February – Friday 2 March, 2018 (Term 1, Week 5)

First day of camp: Meet at school by 8:15am

Last day of camp: Return to school by 2:00pm

*The school office will be advised of any variation in these times.

*It is important that you are not late to ensure buses get away on time.

ACCOMMODATION AND FACILITIES

We will be staying in dorm room accommodation at Dzintari Latvian Campsite and utilising Second Valley Jetty, Normanville Beach as well as a South Coast beaches for activities. The property is located in Normanville and has toilet and shower facilities, dining hall and kitchen, basketball court, grassed play area and road access.

CAMP GUIDELINES

Our aim is to minimise our impact on the environment while we are guests at our campsites and surrounding areas. The following rules are in place to ensure your own personal safety and enjoyment of the camp, as well as to ensure we are practicing principles of leave no trace.

The following rules apply:

- Do not leave the camp grounds without staff supervision
- A wide brimmed hat must be worn during daylight hours
- Enclosed shoes must be worn at all times
- Avoid walking and playing in areas of fragile vegetation
- **No** mobile phones allowed



- **ALL SCHOOL RULES APPLY**

*WEOA staff will specify these rules and any others when you arrive.

FOOD AND CATERING

WHAT TO BRING:

- Recess and lunch for the first day (pack separately in day pack)
- 1-2L Water bottle(s)

WHAT WEOA PROVIDE:

- ✓ All base camp meals including morning and afternoon teas
- ✓ A qualified WEOA cook will prepare and cook all camp meals

***PLEASE NOTE:** Any allergies or dietary requirements must be indicated when completing student's online medical information so that we are able to cater for everyone.

BASE CAMP MENU

	Monday	Tuesday	Wednesday
Breakfast		Cereal, toast, fruit & yoghurt, fruit juice	Cereal, toast, fruit & yoghurt, fruit juice
Morning Tea	BYO from Home	Fresh fruit & honey crackles	Fruit platter & cake
Lunch	BYO from Home	Fresh salad rolls With deli meats, cheese & assorted salad fillings	Chicken salad wraps with assorted salad fillings
Afternoon Tea	Lamingtons & whole fruit	Biscuits & fruit platter	
Base Dinner	BBQ with assorted salads	Spaghetti Bolognese with assorted salads & garlic bread	
Dessert	Ice cream sundaes	Apple crumble & custard	

PERSONAL CLOTHING AND EQUIPMENT

- It is vitally important, for your safety and enjoyment that you take with you everything that is on this list. And of course that you don't take things that you are asked not to bring.
- If there is anything you do not understand or are having trouble finding, talk to your friends, school staff and your family.
- Don't forget to pack your recess, lunch and a drink for the first day into your daypack.
- You should pack all clothing and equipment in a sports bag (or similar), and into your daypack. Please make sure it is labelled. Do not bring excess gear as luggage space is limited.



- In a nutshell, all your clothing needs to serve 4 basic functions;
 - ✓ **It must keep you warm**
 - ✓ **It must keep you and your gear dry**
 - ✓ **It must be as light as possible**
 - ✓ **It needs to be suitable for a range of weather conditions**

Essential Equipment

- Day pack with shoulder straps
- Pillow
- Sleeping bag (with hood preferred, rated to 0°C)
- Head torch or a small torch (with spare batteries)
- Toiletries (toothbrush, toothpaste, deodorant, etc. - **NO AEROSOLS PLEASE**)
- Water bottle (1L capacity)
- Plastic bag(s) (for wet clothes etc.)
- Sunscreen and insect repellent (no aerosol)
- Personal First Aid Kit (band aids, etc. including any required medication)
- 2 x towels (1 for beach, 1 for showering)

Optional Equipment

- Camera (waterproofed)
- Fitted sheet for bunk bed
- Book to read
- Pyjamas, tracksuit or thermals for sleeping
- Cards/games
- Sunglasses
- Thongs (for showering only)

Essential Clothing

- Sturdy enclosed shoes (NO sandals or thongs)
- Aquatic shoes (or old shoes to get wet)
- 2 x Shorts (quick dry preferable, e.g. nylon)
- Board shorts/bathers and rash top for aquatics (or long sleeve cotton top)
- 2 x Long sleeved tops/jumpers (wool or polypropylene is ideal)
- 3 x shirts (with collars, preferably long sleeve)
- Socks and underwear for each day of camp
- WIDE** brimmed hat (No baseball caps)
- Sunglasses
- Towel (base camp showering)
- Warm Jumper (Wool or Polar Fleece - preferably **no** cotton)
- Warm hat/beanie
- 2 x Long pants (Fleece or track pants, **no** jeans)

WHAT WEOA PROVIDE

- ✓ Fishing rods, tackle and bait
- ✓ Wetsuit, Mask, Snorkel and Fins
- ✓ Wetsuits and surfboards

PLEASE DO NOT BRING THE FOLLOWING

- | | |
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| <ul style="list-style-type: none"> × Mobile phones × MP3 players / iPods / iPads × Electronic games × Aerosol sprays (e.g. deodorant, repellent, etc. "roll-on" only) | <ul style="list-style-type: none"> × Wrapped lollies × Soft drinks × Pocket Knives × Nuts or nut products × Any items that are against school rules |
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GENERAL CAMP HAZARDS

The camps we conduct have been designed to provide a level of mental, emotional and physical challenge to participants. With all activities come specific hazards as well as general camp hazards which need to be noted.

Wilderness Escape camps are held outdoors throughout many different areas of South Australia's wilderness. While our staff minimise each activities risk there are some variables which are out of our control such as the environment and weather. Participants need to be aware the planned activities will still run during weather which may not be ideal e.g. heat, cold, wind, or rain. Some activities do have contingencies for extreme weather. While the weather or conditions may not be ideal during your camp this is a part of the experience of camp and learning to work with each other and pushing comfort zones.

More information regarding risk management strategies is available at our website:

<http://www.wildernessescape.com.au>

MEDICAL INFORMATION

Ensure that your medical information is handed in before the trip and that the school staff are aware of any medication you are taking. Your medical information remains confidential and is not supplied to other students. Bring any medication you require with you to camp and you must always inform a school staff member before taking any of your medication.

Wilderness Escape Outdoor Adventure staff members will carry Group First Aid kits during the activities, and journeys away from camp. A school first aid kit will also be available while on camp.

***PLEASE NOTE:** You are not permitted to supply any medication to other students.

CONTACT US

Temple Christian College staff and Outdoor Education staff from WEOA are looking forward to working with you and your class mates. We believe Wilderness Escape programs are an exciting learning experience that will be enjoyed by all and provide memories that will stay with you and your friends for a lifetime.

If you require any further information about the program, please contact the school staff or **Emily Gregor** at WEOA during office hours on the details listed below.

The WEOA Management Team

Wilderness Escape Outdoor Adventures

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