Year 7 Camp 2011

Teachers attending:  Jan Lepp
                    Ben Dervish-Ali
                    Jack Pincott

Dates:  Monday 14 February to Friday 18 February 2011

Location:  Adventure Alternatives,
            Woodford Road, Woodford

Emergency numbers:
During school hours:  3906 9444  MBBC Administration
After school hours:  0419 793 628  Assistant Principal

Transport
Travelling by Sunstate Bus
Departing MBBC at:  8:00 am (please arrive by 7.45 am) Monday 14 February
Departing Woodford at:  1:00 pm on Friday 18 February
Arrive back at MBBC at:  3:00 pm (approx.)

Timeline

Permission form and medical form to be returned to class teacher

*pdf copy of medical and permission form attached.*

by Friday 4 February

Ensure forms have been received by class teacher (diary signed)

by Monday 7 February

Ensure items are purchased for camp - sleeping bag, suitable footwear

ideally before 9 February

Pack for camp (don’t forget wet weather gear and warm clothing)

ideally by 12 February

Departure for Camp from MBBC (don’t be late)

8:00 am on Mon 14 Feb

Return from Camp

by 3:00 pm on Fri 18 Feb
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OVERVIEW

Moreton Bay Boys’ College strives to be a leading school that offers its boys an innovative, broadly based educational experience. Our philosophy is built on the foundation of Christian values and aims to develop each boy’s individual abilities, equipping them with the skills necessary to be successful, productive and responsible members of society (MBBC Strategic Plan: 2007—2011)

The developmental program of outdoor education opportunities available to students at Moreton Bay Boys’ College supports the vision and aims of the College. Camp is a wonderful experience for all students and provides opportunities for personal growth and challenges as well as forging new friendships and creating great memories.
YEY 7 CAMP AIMS

Outdoor Education, Environmental Education or Earth Education is primarily run in an outdoor environment and setting. The aim of this form of education is to gain better results and outcomes than can be achieved through traditional forms. By removing the individual from their usual knowledge and comfortable environment alternative learning can be achieved.

All aspects of the Adventure Alternatives program are tailored towards individual needs and special needs can be catered for. Adventure Alternatives will do everything in their power to assist the individual to participate. At all times participation on program is completely optional, however on some “journey” type activities there may be no option but to continue with the group to the completion of the activity once the activity has commenced.

There are inherent risks in undertaking outdoor adventure based activities however Adventure Alternatives facilitators are of the belief that the risks attributed to the activity is greatly outweighed by the outcomes which can be achieved for the group and individual.

EXPECTATIONS

Students

At all times, students are expected to adhere to the College Code of Conduct. The College has high expectations of the conduct and behaviour of boys whilst on camp and representing the College.

Students are expected to:

- Follow all directions and respect the position of teachers and supervisors in charge of the group.
- Act responsibly at all times whether with the entire group or separated from supervision.
- Follow all regulations and codes specified by the camp facilitators.
- Be respectful, courteous and just to others and to respect property.
- Communicate openly and seek to build and maintain positive relationships with peers, parents and staff.
- Make the most of the educational opportunities offered by the camp experience.

Parent Helpers

Parent helpers are not required for the Year 7 Camp.
ACTIVITIES TO BE UNDERTAKEN ON CAMP

Below is a list of some of the possible activities that may be undertaken during the course of the camp. A very important part of any school camp is that all activities are subject to weather conditions. Student safety is of the upmost importance and changes in daily itineraries will be at the discretion of the camp facilitator.

Abseiling and Climbing
Abseiling is an activity where ropes and equipment are used to descend a cliff or structure from a height. It is a relatively safe activity as long as all the procedures and directions are followed. Climbing, is similar to abseiling except that the belay systems are different and participants move from the bottom of the cliff to the top and then lowered to the ground. All participants, staff, teachers, parents and assisting leaders are required to UIAA approved rock climbing helmets and harnesses.

Industry standard equipment is used and the procedures are reviewed constantly to minimize any foreseeable risks.

Other Roped activities
In Rope courses (High and Low Ropes, Flying fox, Glider Possum, Pamper pole and Milk Crate Climb) and other roped activities the facilitator will conduct a detailed briefing. These activities require participants to wear harnesses, helmets and assist in their own and other safety through belaying. Safety checks are carried out before each participants leaves the ground.

Bushwalking
Bushwalking is undertaken in a number of environment types from open paddocks to dense rainforest. At time participants will be required to travel through areas that would be considered by some to be wild, however all areas which are used by Adventure alternatives have been well researched and adventured in before. All areas have emergency exit points and can be accessed by vehicles at points along the trail.

Canoeing
Open top Canadian style canoes are used in the majority of programming. All participants are fitted with appropriately sized PFD’s (Personal Flotation Devices) and paddles. A full safety brief and training is carried out on dry land before entering the water.

Cycling and Mountain Biking
Cycling and Mountain Biking trips are conducted on sealed and unsealed roads and tracks. Groups are given full particulars and coaching before riding which outlines road safety, emergency braking and traveling as a group prior to riding. Each participant is fitted with appropriately sized bike helmet which meets Australia Standards. There is always an facilitator with each group.

Team Games and Activities
Team games and initiative activities have various risks often involving lifting people or being lifted, passing, throwing or catching objects, running, jumping, hopping, swinging on ropes and other risks which may present itself during the activity. Participants must assess their personal contribution to each activity in line with their skills, strengths and weaknesses and any physical disabilities or previous injuries.

Camping and Camp Activities
Camping and camp activities can be undertaken in a variety of different environments which may include, semi urban, rural or bush based. This may occur in tents, tarp, under plastic sheets or other similar structures. All participants are briefed at each camp site as to protocols for that given camp site. All camping sites and activities are monitored by the facilitator with support from teachers, parents or assisting leaders.

EQUIPMENT CHECKLIST AND PACKING LIST

Parents should assist their children to pack the most appropriate equipment for the weather and time of year. Locations for Year 7 camp can be considerably colder or hotter, depending on the season, than in the built up coastal areas. Please ensure that students use a storage bag which is an appropriate size for them to carry, as they will have to carry it themselves once they reach the site at Woodford. Please ensure that your son’s items are clearly labelled so that misplaced items can be promptly returned.
EQUIPMENT CHECKLIST AND PACKING LIST

Please note items such as iPods, MP3 players, mobile phones, radios, spending money, digital cameras, aerosols, chewing gum, lollies and GPS units are NOT to be taken on camp. Adventure Alternatives does not except any liability for loss of personal items.

Items to be packed *(it helps to tick as you pack)*

<table>
<thead>
<tr>
<th>Item</th>
<th></th>
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<tbody>
<tr>
<td>1 sleeping bag - preferably with a stuff sack</td>
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<tr>
<td>1 pillow and pillowcase and pyjamas</td>
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</tr>
<tr>
<td>Bowl, Plate, Cup, Knife, Fork and Spoon</td>
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<tr>
<td>4 sets of clothes for outdoor activities <em>(shorts and T shirts - with collar and sleeves)</em></td>
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</tr>
<tr>
<td>2 sets of very old clothes <em>(may get wet and muddy)</em></td>
<td></td>
</tr>
<tr>
<td>1 pair of old closed in shoes <em>(may get wet and muddy)</em></td>
<td></td>
</tr>
<tr>
<td>1 pair of sandshoes for outdoor activities</td>
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</tr>
<tr>
<td>2 sets of warm clothing <em>(jumper, long sleeved t-shirts and 1 tracksuit pants)</em></td>
<td></td>
</tr>
<tr>
<td>Beanie</td>
<td></td>
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<tr>
<td>Underwear and socks for 4 days</td>
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</tr>
<tr>
<td>Swimming togs</td>
<td></td>
</tr>
<tr>
<td>2 towels for shower and swimming</td>
<td></td>
</tr>
<tr>
<td>3 strong plastic bags <em>(for waterproofing and storing wet or dirty clothes)</em></td>
<td></td>
</tr>
<tr>
<td>1 hat with wide brim <em>(essential)</em></td>
<td></td>
</tr>
<tr>
<td>Water bottle</td>
<td></td>
</tr>
<tr>
<td>Small torch</td>
<td></td>
</tr>
<tr>
<td>Tissues or handkerchief</td>
<td></td>
</tr>
<tr>
<td>Insect repellent <em>(non-aerosol)</em></td>
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<tr>
<td>Raincoat <em>(available from the Uniform Shop)</em></td>
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<tr>
<td>Camera <em>(disposable only no digitals)</em></td>
<td></td>
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<tr>
<td>Pens and Pencils</td>
<td></td>
</tr>
<tr>
<td>4 pegs <em>(to hang up wet clothes)</em></td>
<td></td>
</tr>
<tr>
<td>Personal items : soap &amp; container and washer</td>
<td></td>
</tr>
<tr>
<td>toothpaste and toothbrush</td>
<td></td>
</tr>
<tr>
<td>Shampoo and sunscreen</td>
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</tbody>
</table>

Please ensure all items are clearly marked with your son’s name.
ACCOMMODATION

Accommodation at Woodford is in bunk-style tents which sleep approximately 12 students. The tent has a hard floor and bunks have a waterproof mattress provided, however students will need their own bedding, and pillow - *please see the equipment list.*

CATERING

Adventure Alternative offers a wide and comprehensive menu each day. Students who have specific dietary requirements can be catered for and should specify their requirements on the attached medical, dietary and permission form.

TABLE MANNERS AND ETIQUETTE

- Wait until everyone is seated before you begin to eat.
- Place your napkin on your lap.
- Learn to use a knife and fork correctly.
- Chew with your mouth closed and keep your elbows off the table.
- Don’t reach across other people or things. Ask someone to ‘please pass’ it to you.
- If you don’t like what is being served, simply say ‘No thank you’, but remember that Camp is an opportunity to try new things, and a small serving of new foods is encouraged.
- When you have finished eating, place your utensils on your plate and napkin beside your plate.
- Ask to be excused before you leave the table.
- ‘Seconds’ may be offered, but you will need to be patient and ensure that everyone has enjoyed their meal, then wait to be invited for a second serving.
- Help in clearing the table.
- Learn to make pleasant table conversation.
- Take the time to show your appreciation to those people who prepared the meal.
- If you have time, always offer to help with the washing up!

AT THE END OF CAMP

*At Camp*

- Be responsible for your belongings.
- Any wet clothing should be packed into plastic bags.
- Help in cleaning the accommodation and account for any lost property.
- Assist others where you can to ensure a prompt departure.
• Thank the camp facilitators as to your positive experiences while on camp.

Upon returning to MBBC

• Take the time to personally thank the accompanying staff.
• Ensure you (or your parents) collect any medication from staff prior to leaving College.
• Encourage your son to reflect on his camp experience and share the positive experiences he had.

RISK ASSESSMENT

Operating procedures and Risk Management assessments for the activities to be undertaken whilst on the Woodford camp have been provided to the school and accompanying staff. All Adventures Activities have risks, participants (students) and parents must be aware that these risks exist and that they must be willing to accept that such risks are an aspect of participation in the listed activities.

Teachers will brief the students on any other risks involved (e.g. sun safety, safe bus travel) in preparation for the camp. If you have any concerns, please see your son’s classroom teacher in the first instance.

Adventure Alternatives use systems, equipment and site checks, Instructor training and Risk Management protocols to minimize the possibility of incidents or accidents occurring. Good footwear, care and observation, being prepared, listening and following instructions on the part of the student will also help to minimize the risk of incident and accidents from occurring.

Pictures from Year 10
Woodford Camp 2010
<table>
<thead>
<tr>
<th>Student Details</th>
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</thead>
<tbody>
<tr>
<td>Surname</td>
<td>Given Name</td>
</tr>
<tr>
<td>Date of Birth</td>
<td>Year Level/Class</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medicare/Health Insurance</th>
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<tbody>
<tr>
<td>Medicare Number</td>
<td>Position on Card</td>
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</table>

<table>
<thead>
<tr>
<th>Doctor Details</th>
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</thead>
<tbody>
<tr>
<td>Doctor’s Name</td>
<td>Phone number</td>
</tr>
<tr>
<td>Medical Centre</td>
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</table>

<table>
<thead>
<tr>
<th>Emergency Contacts whilst on Camp</th>
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<tbody>
<tr>
<td>(these can include parents)</td>
<td></td>
</tr>
<tr>
<td><strong>1. Name</strong></td>
<td></td>
</tr>
<tr>
<td>Relationship to student</td>
<td>Home number</td>
</tr>
<tr>
<td>Work number</td>
<td>Mobile number</td>
</tr>
<tr>
<td><strong>2. Name</strong></td>
<td></td>
</tr>
<tr>
<td>Relationship to student</td>
<td>Home number</td>
</tr>
<tr>
<td>Work number</td>
<td>Mobile number</td>
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</tbody>
</table>

Please complete this medical form and ensure you sign the permission slip on the back page tear-off section.

An Action Plan must be attached to this form if your son requires any medication during Camp. Two sets of medication should be taken to Camp - one for teaching staff and one for the student. Ailment, medicine and dosage should be clearly stated on the tear-off section end of this form which is to accompany all medication taken to Camp.
Medical Information

Does your son have any of the following? :

1. Asthma
   - Yes
   - No

   Medication/preventer/reliever taken for asthma ________________________________

   How often is medication required? ________________________________

   Please list known triggers: ________________________________

   Does your son have an action plan for asthma?
   - Yes
   - No

   2. Has your son at any time in the past suffered from the following:
      - An anaphylactic reaction
        - Yes
        - No

         (Emergency situation - severe breathing difficulties, localised swelling of body)

      - A systemic reaction
        - Yes
        - No

      - A localised reaction (rash/itching/swelling)
        - Yes
        - No

      Does your son require adrenalin (EpiPen) for his allergy?
      - Yes
      - No

      What other medication, if any, does your son take for the prevention or management of his allergic reaction? ________________________________

3. Does your son have diabetes?
   - Yes
   - No

   If yes, please provide details and attach a management plan ________________________________

4. Does your son have epilepsy?
   - Yes
   - No

   If yes, please provide details and attach a management plan ________________________________

5. Has your son had any recent illnesses, operations or serious accidents?
   - Yes
   - No

   If yes, please provide details: ________________________________

6. Does your son have any other medical condition?
   - Yes
   - No

   If yes, please provide details: ________________________________

7. Please list any prescriptive or non-prescriptive medication your son requires and the dosage: ________________________________

<table>
<thead>
<tr>
<th>medication</th>
<th>dosage</th>
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</tbody>
</table>
8. Does your son suffer from travel sickness?
   Yes  No

   If yes, please provide details: ____________________________________________

9. Allergies
   Yes  No

   If yes, please complete the following:

   - Medications  Yes  No  Details: ____________________________________________
   - Insects  Yes  No  Details: ____________________________________________
   - Nuts  Yes  No  Details: ____________________________________________
   - Dairy  Yes  No  Details: ____________________________________________
   - Seafood  Yes  No  Details: ____________________________________________
   - Other  Yes  No  Details: ____________________________________________

   If you answered yes to any of the above, please complete the following:

   Has your son been hospitalised due to allergies?  Yes  No

   Details: __________________________________________________________________

   Signs and symptoms of reactions: __________________________________________________________________

10. Dietary Information

1. Does your son have any special dietary requirements?
    Yes  No

    If yes, please provide details:

    - Vegetarian  Yes  No  Details: ____________________________________________
    - Coeliac  Yes  No  Details: ____________________________________________
    - Lactose Intolerant  Yes  No  Details: ______________________________________
    - Diabetic  Yes  No  Details: ____________________________________________
    - Gluten Free  Yes  No  Details: ____________________________________________
    - No Pork  Yes  No  Details: ____________________________________________
    - Other  Yes  No  Details: ____________________________________________

    If yes, please provide full details: ____________________________________________
CAMP PERMISSION FORM - Year 7 Camp

I give permission for my son to attend the Year 7 Woodford Camp from Monday 14 February to Friday 18 February 2011.

Signature of Parent / Legal Guardian

Name of Parent / Legal Guardian

DATE OF BIRTH

SURNAME

MEDICATION REQUIREMENTS - Year 7 Camp

- **Two** sets of medication are be taken to Camp - one for teaching staff and one for the student.
- **Ailment**, **medicine** and **dosage** should be clearly stated on this tear-off section which is to accompany all medication taken to Camp.
- **Medication** is to be given to the MBBC staff in charge prior to departure.

Surname:  
Given Name:  
Date of Birth:  
Year Level/Class:  

Ailment:  

Medicine:  

Dosage:  

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Other Information

Is there any other information the Camp Organisers should be aware of that could affect their Duty of Care for your son, or restrict his participation in certain Camp activities?

- [ ] Yes
- [ ] No

If yes, please provide full details:

_____________________________  
_____________________________  
_____________________________  

Signature of Parent / Legal Guardian  
Date  

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QLD 4178 Australia

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