



Moreton Bay Boys' College

Year 9 Parent  
Camp Booklet 2017





## YEAR 9 CAMP 2017 Expedition Campout

**Dates:** Monday 13 March 2017 – Friday 24 March 2017

**Location:** Adventure Alternatives Outdoor Education Program

The drop off and pick up location is at Woodford being: 283 Woodrow Road, Stanmore Qld 4514.

The camp will involve an expedition through Bellthorpe National Park and Glasshouse National Park.

**Activities:** Hiking, Sustainability, Milk Crate Climb, Mountain Biking, High Ropes, Abseiling, Orienteering, Summit Glasshouse Mountains.

### Emergency numbers:

The emergency contact numbers are:

- Adventure Alternatives: 0412 485 582
- School: 3906 9443
- Mr Jason Day: 0478 667 572

### Communication with students:

The telephone at Adventure Alternatives is not available for communication with students, except in case of emergency. Please use the College contacts in the first instance. A very important feature of the centre is the remote living aspect and therefore it is inappropriate for parents to phone students.

**Transport:** Mt Gravatt Coaches



## OVERVIEW

### YEAR 9 CAMP: TRAFFIC LIGHT DECISION MAKING

The program is based on the process, coined by Murray Toft of the Canadian Calgary University, "Traffic Light Decision Making". This model encourages students to think deeply about the foundation on which their decisions are made. The traffic light model is a clear demonstration of aligning the thinking process with appropriate action. Its strength is found in slowing down the decision-making process. Developing this thought process is vital for students in this age bracket as freedom in society and social outings all start to become apparent.

### ADVENTURE ALTERNATIVES EDUCATION PROGRAM

The Year 9 program allows the students to participate in a variety of new activities, requiring them to explore natural environments, and engaging them in a new-found responsibility for each other's safety and their own.

An example of this process in practice is a hiking activity where this model is adopted. Students may travel along a wide path and identify sections which are flat, clear of snakes and therefore safe and note: "if it's green, let's get keen." As the terrain gets hilly and rocky, students learn that their actions, speed and/or technique may need to be modified to avoid injury: "if it's yellow, let's get mellow." Where real danger might appear on steep or rugged terrain, students learn: "if it's red, I could be dead." The traffic light thinking process enhances the natural thought process and encourages students to take responsibility for personal outcomes. In terms of self- management, students can recognise and observe risk in environments, relationships, groups and in their surrounds.

### YEAR 9 CAMP AIMS

- Enhance thinking processes.
- Observe risk in environments, relationships, groups and in their surrounds.
- Engage students to take responsibility for self and others.
- Align thinking process with appropriate actions.

### OUTCOMES

The stated major goals of the centre are to foster each student's development by providing them with the opportunity to:

- Develop awareness, appreciation and understanding of themselves and their classmates.
- Personal group challenges, which are physical, mental and emotional and which promote responsibility and respect of self and others
- Independence and self-reliance
- Relationship development and maintenance
- Confront challenges and learning new skills.



# Moreton Bay Boys' College

The specific aim of the program is to establish an acute awareness of the natural environment which is often lost in this high- tech world. The camp will challenge students to leave the comforts of everyday life behind, and explore their own environment with personal and group challenges.

## 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.

## INFORMATION FOR STUDENTS AND PARENTS

The aim on Camp is to inspire students to drive their own learning, to challenge their concept of the norm, their comfort zone, their beliefs of other's and their own ability. Adventure Alternatives want you to explore, discover and marvel at the environment and adventure in and find comfort in the unknown. Outdoor Education, is a platform which allows students to explore and discover aspects of their own personal development through adventure based activities in a natural environment. Students will be exposed to an array of experiential adventure based activities which have the potential to make them laugh, cry, will challenge their resilience and encourage their independence and interdependence. Camp will allow them to build on and practice knowledge and concepts learnt at School.

## ACCOMMODATION

Students will get to leave the world of school and home behind them to experience the wonders of the outdoors. Students will be camping which may vary from sleeping on the ground in tents, tarps or bivvies to sleeping on a mattress in a rustic cabin. Whatever the sleeping experience they will be surrounded by the elements of nature. Students days will be filled with adventurous activities to allow them to explore different communication styles, leadership theories and be given time to bond with their team, friends and other students you may not have had the opportunity to know.



## Adventure Alternatives ask that students take full responsibility for the following points:

- **PERSONAL BELONGINGS:** The safety and security of personal belonging the student's responsibility. Adventure Alternatives does not except any liability for loss of personal equipment.
- **STAYING WITH THE GROUP:** It is paramount that students stay with the activity group and do not leave for any reason without asking permission of the facilitator.
- **FOLLOW DIRECTIONS:** At all times students are to follow the directions of the facilitator.
- **SAFETY EQUIPMENT:** All Safety equipment is to be worn as directed by the facilitator.
- **CLOTHING:** Students are to provide their own clothing and footwear appropriate to the activity. (Please refer to "What to Bring on School Camp Factsheet" for information).
- **WATER:** Students will need to carry and drink an adequate amount of water on a regular basis to prevent dehydration.
- **PREVIOUS OR EXISTING INJURIES / DISABILITIES:** These may not preclude participation but students must advise Adventure Alternatives prior to the activity so that appropriate measures may be put in place to assist in your safe involvement (e.g. notification of medical/dietary information). Students must, however, take full responsibility for any aggravation of such an injury and must decide for themselves in regard to their level of participation.
- **MEDICATION:** The teacher supervising the group will carry any of the students prescribed medication (except epipens or asthma puffers, as needed).



## ACTIVITIES TO BE UNDERTAKEN ON CAMP

All Adventures Activities have risks, students must be aware that these risks exist and they must be willing to accept that such risks are an aspect of participation in the listed activities.

- **ABSEILING & CLIMBING:** Abseiling is an activity where ropes and equipment are used to descend a cliff or structure from a height. Similarly, rockclimbing, students will move from the bottom of the cliff to the top and then be lowered to the ground. All students, staff, teachers, supervisors and assisting leaders are required to wear UIAA approved rock climbing helmets and harnesses. Adventure Alternatives use industry standard equipment and review their procedures constantly to minimize any foreseeable risks.
- **OTHER ROPED ACTIVITIES:** In rope courses (High Ropes, Low Ropes, Flying Fox, Glider Possum, Pamper Pole and Milk Crate Climb) and other roped activities the facilitator will conduct detailed briefing. These activities require students to wear harnesses, helmets and assist in their own and others safety through belaying and safety observation. Safety checks are done before each student leaves the ground.
- **BUSHWALKING:** Bushwalking is undertaken in a number of environment types from open paddocks to dense rainforest. At time students 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 easily accessed by vehicle at some point along the trail.
- **CANOEING:** Open top Canadian style canoes are used in the majority of programming. All students 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/ MOUNTAIN BIKING:** Cycling and Mountain Biking trips are conducted on sealed and unsealed roads and tracks. Groups are given full briefs and coaching before riding which outlines road safety, emergency braking and traveling as a group. Each student is fitted with appropriately sized bike helmet which meets Australia Standards. There is always a 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. Students 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, tarps, 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 and supervisors.



## ADVENTURE ALTERNATIVES FACILITATORS WILL:

- Rig and check all equipment and sites
- Brief students & teachers as well as provide coaching, instruction and assistance as required
- Facilitate outcomes for the group (where applicable)
- Run all activities, sometimes with assistance from another facilitator
- Manage the group's safety
- Oversee the setup and pack up of camp sites and loading of equipment on vehicles
- Oversee cooking of food (only when undertaken by students)
- Manage any first aid requirements for the group during activities with assistance from the teachers as needed.
- Continually assess safety, weather, health and wellbeing of group members

Adventure Alternatives use systems, equipment, site checks, instructor training and risk management protocols to minimise the possibility of incidents or accidents occurring on program. Good footwear, care and observation, being prepared and following instructions on the part of students can also help to minimise incidents and accidents from occurring.

## MEDICAL FORMS

It is imperative that the medical details and dietary requirements are completed in full with current information for this extended camp.

This is done by following the instruction on the following link <http://www.adventurealternatives.com.au/mbbc9/>

Please ensure your son's tetanus injections are in order prior to attending this camp.

**Students, Parents and Teachers must be aware that there are unexpected risk and dangers that cannot be planned for that can occur in outdoor adventures and accepting such risks is an aspect of participation.**

In the case of an incident or accident, Adventure Alternatives reserves the right to assume control and carry out documented emergency protocols to ensure the best for the individual, group and any other third party, because we know and understand the area, the activities and the associated risks. This control may include, but is not limited to; first aid, calling in assistance, removing individuals from program for their safety and the safety of the group, deploy individuals to assist where required or stopping program all together.

Adventure Alternatives will work closely with the school if this is to occur.

Adventure Alternatives has outdoor first aid kits available and trained first aid staff.

They have contingency systems in place to deal with incidents, rescue and evacuation will be undertaken by Adventure Alternatives unless assistance is required from the appropriate emergency service. We recommend that all participants have appropriate medical coverage.





## AT THE END OF CAMP

### *Packing up*

- 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 for your positive experiences while on camp.

### *Upon returning to MBBC*

- Help in unpacking the bus and account for all property.
- Take the time to thank the accompanying staff personally.
- Ensure you (or your parents) collect any medication from staff prior to leaving the College

**COME AND HAVE FUN, CHALLENGE YOURSELF AND EXPLORE THE OUTDOORS. DISCOVER YOURSELF,  
NEW FRIENDSHIPS AND ADVENTURE IN THE UNKNOWN.**





## What to Bring on School Camp - Campout



### Clothing

- Shorts and long pants - one for each day of camp (jeans are not appropriate as they are not flexible enough for activities, no short shorts as they need to be longer than a harness)
- Shirts - one for each day of camp (No singlets, all shirts need to have a sleeve for sun protection, long sleeved with a collar is even better)
- Underwear
- Socks - one for each day of camp plus more (suitable for walking, wool or sport typesocks)
- Pajamas
- Swimming togs and clothes to get wet
- Jumper, tracksuit pants, beanie, thermals (something warm for nights & early mornings all year round)



### Footwear

- At least 2 pairs of shoes - 1 for walking and 1 old pair for water-based activities. Shoes should be supportive (especially your ankles) Good quality sneakers are fine. Flats or anything with high heels are not appropriate on camp
- Pair of Thongs for the shower.



### Raincoat

- Good Quality with arms, hood and breathable is essential. Think thunderstorm. A plastic poncho is not appropriate. Activities will continue during rain events.
- 5 large plastic garbage bags to waterproof your backpack.



### Sun Protection

Broad brim to shade both your face and your neck (e.g. school sports hat). Sun visors and caps are not appropriate as they do not have sufficient sun protection. Sunscreen and sunglasses



**Day Pack** - 30 litre capacity (e.g. school bag)

**Water Bottle** - 2 x 1.5 litre or 2 litre water bottles is a must. You will need it as you are doing physical activities all day. A plastic cordial bottle is fine.



**Cutlery & Crockery** - Hard wearing plastic plate, bowl, cup, fork, knife, spoon. Disposable cutlery & crockery is not appropriate. Stainless steel cutlery is fine.

**Torch** - Torch is a must. Good Quality enough to light a path while walking. There is no lighting in tents. Head torches are great especially for dinner time.

**Toiletries** - Towel, soap, toothpaste, toothbrush, shampoo, deodorant (non-aerosol)

**Bedding** - Small pillow, sleeping bag, bottom sheet

**Other Items** - Insect Repellent, Camera, Plastic bag for dirty laundry

**Medication** - Any medication must be placed in a zip lock bag and clearly labeled with name and administering requirements. Writing must be in permanent marker or a note inside is fine



No electronic devices are allowed on camp (mobile phones, mp3, ipods, radios, laptops, notepads, etc)

No make up or jewellery is allowed on camp.

NO JUNK FOOD ON CAMP. Keep kids with food allergies safe.

Weather is unpredictable however to ensure that you have a comfortable time on camp make sure that you come prepared for sun, rain, frost.

No matter what the weather conditions are on camp, activities will still continue. All items should be marked with your name.