

# HOLIDAY PROGRAM CAMP BOOKLET



## BENEFITS OF CAMP

Congratulations! You are about to embark on an adventurous journey of discovery on an Outdoor Education program with us, Wilderness Escape Outdoor Adventures (WEOA). To get you started on the journey, we ask that you take some time to read through this camp booklet. Some of this information may possibly be a repeat if you've come on a camp with us before. At the same time it is worth going through again.

Here are some reasons for going on camp

- Because it is a fun and enjoyable way to enjoy the outdoors
- It's also a great way to learn some new skills and improve your general confidence
- These skills could be an outdoor activity like kayaking, surfing, rock climbing etc. or using a camp Trangia stove to cook and enjoy your own meals
- Getting to know other people outside your school environment will help you improve your communication skills and independence
- As a bonus, you will be able to use these skills if you choose to go out on a family outdoor trip in the future!

We are sure you may have a number of questions and possibly some nerves as you get ready for this trip. Here are some questions you may have:

**Q: What will we be doing? What should I be packing for this trip?**

A: This camp is two nights, three fun-filled days of aquatic adventures. Raft building, kayaking, fishing, surfing and all things aquatic. You can find a "what to bring list" below.

**Q: Do we have any breaks during the day? Should I bring my own snacks?**

A: Every morning session would have a morning tea break and every afternoon session would have an afternoon tea break. And of course there would be a lunch break in between. While we typically provide all food, except lunch on the first day. Please check the Camp Menu under the Food and Menu tab on the camp registrations page.

**Q: What do we do after the day's activities are done? What time do we go to bed and when do we wake up in the morning?**

A: Typically every outdoor activity on camp is done by around 5pm. You will be able to have a quick shower afterwards and some free time. You will be involved in dinner prep, eating dinner and clean up. After dinner we will play some night activities or games. Due to the physical nature of the outdoors, we want everyone to be well rested for the next day and our staff and typically around 9:30pm would be a reasonable time for "lights out" based on a typical wake up time of 7 am the next day.

**Q: I am nervous of some activities; do I have to do all the activities?**

A: For some of you there may be some nerves with heights or being in water and for some it may be spending multiple days on camp away from your familiar environment. Our staff will encourage and coach you on giving every activity an honest shot and creating new friendships.

## PROGRAM INTRODUCTION

**Q: What are the camp activities that we will be doing?**

A: a mix of some or all of the following activities. Some may be based on weather and time restraints. Raft building, kayaking, fishing, surfing and all things aquatic.



## ACCOMMODATION AND FACILITIES

You will be staying in a dorm-based accommodation that will have a set of bunk beds in each dorm with separate dorms for males and females. The campsite will also have separate toilet & shower facilities, dining hall, kitchen and road access. Bunk room sizes can vary from 3 beds to 10 beds per dorm.



## 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

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

## FOOD AT BASECAMP

As eating wholesome food is important, we ensure that all the meals supplied by us are healthy and nutritious. There is always good variety and options to choose from and all dietary needs are addressed based on your camp registration data entered online before coming on camp.

To view / print the actual menu on your camp, please click on the **Camp Menu** under **Menu & Food** tab on the registration page for your camp



## PERSONAL CLOTHING AND EQUIPMENT

- It is important, for your safety and enjoyment that you pack everything that is marked “**Essential**” on this list. And of course do not bring anything on the DO NOT BRING list.
- If there is anything you do not understand or are having trouble finding, talk to your friends and your family.
- You should pack all clothing and equipment in a sports bag (or similar), and into your daypack. Please make sure everything 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 (generally a school backpack which can carry water bottles and towels etc to each activity)
- Sleeping bag (with hood preferred, rated to 0°C)
- Pillow
- Single bed sheet
- Plate, bowl and cup (enamel or plastic - **NOT DISPOSABLE**)
- Knife, fork and spoon (**NOT DISPOSABLE**)
- Dilly bag (bag to keep plate, bowl, cup, etc.)
- Head torch or a small torch (+ spare batteries)
- Toiletries (toothbrush, toothpaste, deodorant, etc. - **NO AEROSOLS PLEASE**)
- Water bottle(s)
- Sunscreen and insect repellent (no aerosol)
- Personal First Aid Kit (band aids, etc. including any required medication)

### Optional Equipment

- Sunglasses
- Book to read
- Pyjamas, tracksuit or thermals for sleeping
- Cards/games
- Rain Jacket

### Essential Clothing

- Sturdy walking shoes or boots
- Aquatic shoes (or old shoes to get wet) (must be enclosed – NO sandals or thongs)
- 1 x Shorts (quick dry preferable, e.g. nylon)
- 1x Board shorts/bathers and rash top for aquatics
- 1 x Long sleeved tops/jumpers (wool or polypropylene is ideal)
- 2 x shirts (with collars, preferably long sleeve)
- Socks and underwear for each day of camp
- WIDE** brimmed hat (No baseball caps)
- Towel (base camp showering)
- Beach towel (aquatic activities)
- 1x Warm Jumper (Wool or Polar Fleece - preferably **no** cotton)
- Warm hat/beanie
- 1 x Long pants (Fleece or track pants, **no** cotton and **no** jeans!)



## PLEASE DO NOT BRING THE FOLLOWING

- Mobile phones
- MP3 players / iPods / iPads
- Electronic games
- Aerosol sprays (e.g. deodorant, repellent, etc. Bring "roll-on" only)
- Pocket Knives
- Any items that are against school rules

## WHAT WEOA PROVIDE

- ✓ Japara (rain jackets)
- ✓ All specialised outdoor equipment for activities

## PICK UP / DROP OFF OPTIONS

Please call our friendly team at the office to confirm your pick up/drop off location from the three options below - (08) 8165 2022

The bus will arrive at the times below. Please inform us on the program mobile, which the bus driver will have, if you will be later then the times scheduled. 0411 728 976

Look for a small white 25 seater bus. Will have blue Wilderness Escape Logo on the side.

### **-Glynde @ 8:00am & 5:00pm**

36 Provident Avenue, Glynde 5170

### **-Burnside Library @ 8:20am & 4:30pm**

401 Greenhill Rd, Tasmore 5065

Bus will pull up in the Community Bus park

### **-Netball Courts @ 8:40am & 4:10pm**

Corner of Anzac, Greenhill and Goodwood roads, Adelaide

Bus will enter from Goodwood road and park on the right next to the fence netball courts side. If Goodwood road gate is closed they will enter from Anzac Road. Again the bus will park near the fence netball courts side. If no gates are open, they will park at the Goodwood gate on Goodwood road.

Due to privacy reasons we don't give out the address of the activity location until you have completed the booking process.

Please call and ask for the exact activity location if you wish to pick up and drop off your child to the location.

## GENERAL CAMP HAZARDS

The camps we conduct have been designed to provide some level of mental, emotional and physical challenge to participants.

Wilderness Escape camps are held outdoors throughout many different areas of Australia's wilderness. While our staff minimise each activity's risk, there are some variables that are out of our control such as the environment and weather. Please be aware that the planned activities will still run during weather that may not be ideal e.g. heat, cold, wind, or rain. And we will run some alternate activities 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 your comfort zones.



## MEDICAL INFORMATION

All Wilderness Escape staff members have a minimum of Senior First Aid training, whilst support staff hold an upgraded skillset which includes Remote Area First Aid. All staff will carry a comprehensive Group First Aid kit during the activities during the program. If you feel that additional information should be supplied regarding your child's medical or psychological history then please upload/return it as a medical action/care plan.

Before the program, ensure your child's medical information form is completed online so that staff are aware of any medication they may be taking. Please make sure any medication required is noted on the medical form indicating the condition under which it is to be taken, and participants bring it with them. For example, Epipens or Ventolin must accompany them at all times. This includes medication that may be taken infrequently and over the counter medication (such as Panadol for headaches or Nurofen for migraines). WEOA staff are not able to supply medications to a participant unless it is noted on the medical form.

\*PLEASE NOTE: In the case of medical conditions, such as asthma, allergies, anaphylaxis, diabetes or epilepsy, any existing management plan and emergency plan signed by a GP or specialist must be attached/uploaded at the time of registration (please make sure it is legible). This also applies to any medication your child may be taking for any or these conditions. If you are unsure about your child's ability to participate in the activities based on their medical conditions then please consult your family physician.

## EMERGENCY CONTACT INFORMATION

If you need to contact the staff or your child on the camp please call the office number during office hours 9am-5pm. If before or after hours, call the CEO Andrew Govan on 0412719716.

For any general office enquires please call the office. 8165 2022 (9am - 5pm Monday - Friday)



**TERMS & CONDITIONS**

<p><b>1. CONDITIONS OF SERVICE</b></p>	<p>a) Parents/Guardians will ensure WEOA and/or contractors will be reimbursed for any damages to equipment or facilities caused through wilful actions of participants attending the program.</p> <p>b) All students and adults must follow rules and instructions given by WEOA staff in addition to rules given by external providers.c) Parents/Guardians must inform WEOA of any participants which it considers to have special needs or has identified as having behavioural issues.</p> <p>d) Parents/Guardians support WEOA in implementing recommended behaviour management actions listed in our management plan, to the extent that a participant will be removed from the program if that person is deemed to be a safety risk to any aspect of the program.</p> <p>e) Parents/Guardians must assist WEOA in ensuring additional support and/or supervision can be provided where necessary.</p> <p>f) All personal and medical information provided to WEOA is kept for a period of at least 7 years. Information will be stored in accordance with Australian Privacy Legislation.</p> <p>g) Program participant registrations will close 3 weeks prior to program commencement to allow sufficient time for review by the Program Manager and WEOA Risk Manager. Additional registrations after this date are at the discretion of WEOA management.</p>
<p><b>2. CANCELLATION POLICY</b></p>	<p>a) If cancellation occurs within one week of the program being conducted Parents/Guardians will be charged in full and will not be eligible for reimbursement</p> <p>b) If a program is cancelled due to extreme weather conditions during the program a refund will not be provided. A program will be rescheduled if it is a single day activity or if it is cancelled (due to poor weather or other unforeseen events) prior to the program commencing.</p> <p>c) If minimum numbers are not reached, Parent/Guardians will be offered another program on a different date.</p>
<p><b>3. DROP OFF / PICK UP</b></p>	<p>a) Parents/Guardians are required to meet the bus. If unable to do so, they must notify WEOA with permission on the name and relationship of person/s collecting their child.</p> <p>b) WEOA will inform Parents/Guardians if bus is running late</p> <p>c) If Parents/Guardians exceed 15 minutes of the arranged meeting times and have not notified WEOA of late arrival, they will not be eligible for a refund</p> <p>d) If Parents/Guardians are not at the meeting point after 15 minutes, the bus will transport child/children to the Glynde drop off point. WEOA will notify Parents/Guardians before doing so</p>

**THANK YOU!!**

Our Outdoor Education staff from WEOA are looking forward to working with you on this camp. We believe Wilderness Escape programs are a fun and exciting learning experience that will be enjoyed by all and provide memories that will stay with you for a lifetime.

**The WEOA Management Team**

