



9 May 2018

Event	Duke of Edinburgh – Intro Weekend (NEW PARTICIPANT)		
Location	Camp Cottermouth, ACT		
Depart	Saturday 19 May / 9 June	Depart Time	8:30 am (Merici) 9:00 am (Marist)
Return	Sunday 20 May / 10 June	Return Time	4:00 pm (Marist) 4:30 pm (Merici)
Transport	Bus	Uniform	N/A
Cost	\$40	Contact no.	0408 482 480
Return of note/money	Friday 11 May		

Dear Parent/Guardians,

Your daughter has chosen to attend one of the Duke of Edinburgh Introductory Weekends at Camp Cottermouth. The aim of these weekends is to introduce new participants to the Duke of Edinburgh Program.

Refer to the attached sheet for information on the activities that will be conducted and the equipment the students should bring.

Please remind your daughter that appropriate behaviour is expected at all times as she is a representative of the College.

For further information, please do not hesitate to contact David Rodda at merici@dukeofed.net before the excursion.

Yours sincerely,

David Rodda
Duke of Edinburgh Coordinator

Duke of Edinburgh – Intro Weekend

General Information

This weekend provides an introduction and training for new participants to the Duke of Edinburgh Program. The camp will be run by the senior, and will be supervised by two staff members along with a number of adult volunteers.

The camp will be run at the Camp Cottermouth, where students will be sleeping in tents. There will be cooking facilities available (gas stoves, BBQ), however students need to bring their own food, cooking and eating utensils.

Activities

There will be a number of activities throughout the weekend, which will be run by senior students and overseen by the supervising teachers:

- Training for future Duke of Edinburgh weekends, including first aid, camp food and cooking, and equipment needed.
- Elementary Bush Survival techniques
- Map and Compass Navigation
- A short hike in the Cotter area. This hike is done in groups accompanied by one or more senior student. The hike is conducted in a controlled area and participants' progress is monitored through a radio network.

What to bring

- Sleeping bag
- Warm sensible clothing – long trousers (not jeans or leggings), long sleeve shirts with collar (no crop tops and T shirts alone are not suitable), fleece or wool jumper, beanie, change of underwear and socks. Thermals are a good idea if you have them.
- Sensible shoes (eg joggers. Hiking boots are good but not necessary at this stage)
- Wide brimmed hat (Baseball style caps do not provide enough protection). Sunscreen.
- Effective wet weather gear – should be made of strong waterproof/windproof material and reach to mid-thigh. (Light nylon spray jackets are not suitable)
- Food for Lunch x 2, Breakfast and Dinner.
- Cooking and eating utensils (eg. billy or fry pan, plate, knife and fork). BBQs, gas stove, and hot water will be available for cooking. Try to plan dinner in a pair or group to share cooking equipment.
- Day pack
- 2 litres of water (Plastic drink bottles, or refilled soft drink or juice bottles. No glass)
- Torch
- Personal toiletries
- Prescription medication (asthma puffer, etc)
- Note pad and pen or pencil.

What not to bring

- Any electronic devices. Mobile phones will not work where we are going, so any mobile phones will be kept in a safe place until we return to Canberra. Cameras are allowed as long as students take care and responsibility for them.
- Tobacco products, alcohol and illicit drugs – this is a school excursion and these are not to be brought on any school or Duke of Edinburgh activity.

Food

As this is an introductory weekend weight of equipment and food is not a big concern. Students should try to organise their meals, particularly dinner, as a group. This makes preparation easier, divides the equipment needed and makes for a more social and enjoyable experience.

Participants need to bring their own meals for Saturday morning to Sunday lunch.

The following suggestions are a rough guide.

- Breakfast – should be a substantial meal like milk and cereal. Breakfast bars alone or Up and Go's are not suitable on their own.
- Lunch – sandwiches and fruit, or something easy to prepare. Lunch on Sunday needs to be carried on the hike.
- Dinner – something that can be cooked quickly, such as soup or pasta and sauce. Students will have access to gas stoves, a BBQ hotplate and hot water, and are required to bring their own billy or utensils to cook with.
- Snacks – muesli bars, and similar snacks, are a good source of energy when hiking.

Do not bring soft drink, energy drinks, or glass jars or bottles.

Students will be supervised directly by one of the accompanying teachers or other adults on the weekend or indirectly through the use of a radio network to monitor the students' progress. One of the aims of the Duke of Edinburgh Scheme is to promote initiative and self-reliance and safety is always our first priority.

The Duke of Edinburgh group is run as a joint program at Marist and Merici and has a large number of ex-participants and parents who help with the safe running of camps. If you are interested in assisting on camps, particularly if you have any first aid or outdoors experience or hold a heavy vehicles license, please get in touch with the coordinator at your school. Parents are most welcome to come out to Camp Cottermouth at any time. Directions can be provided if required.

If you have any further questions please contact David Rodda at merici@dukeofed.net.

Archdiocese of Canberra and Goulburn Consent Form

Category C & D Excursions

Excursion To	Duke of Edinburgh – Intro Weekend (NEW PARTICIPANT)
Date(s)	<input type="checkbox"/> Saturday 19 – Sunday 20 May <input type="checkbox"/> Saturday 9 – Sunday 10 June
Location	Camp Cottermouth, ACT

Student Details	
Surname	
Given Name	
Date of Birth	
School	Merici College, Braddon, ACT
Home Phone	
Student Mobile No	

Emergency Contact	
Name	
Phone	
Relationship	
Medicare No	
Private Health Ins	
Drop-off / Pickup	<input type="checkbox"/> Marist <input type="checkbox"/> Merici

Student Medical Details	
Date of last Tetanus injection	
Please detail any medical conditions (eg. Allergies, asthma) and treatment plans for your child, relevant to this excursion.	
Student Dietary Requirements	

Parental Consent
<p>As Parent/ Guardian of _____ I give my consent for her to participate - _____</p> <p>and agree to delegate my authority to the staff and instructors involved. Such teachers and instructors may take appropriate disciplinary action they deem necessary to ensure the safety, well-being and successful conduct of the students as a group, or individually in the above mentioned activity.</p> <p>I submit the attached medical information about the abovementioned student and include details of limitations, which he/she has for the activities concerned.</p> <p>If I cannot be contacted to give approval for medical assistance I authorise the teachers and instructors to obtain medical assistance, which they deem necessary should an accident occur. If I am unable to be contacted to give approval, I further authorise qualified medical practitioners to administer anaesthetic if such an eventuality arises. I agree to pay all medical expenses incurred on behalf of the abovementioned student.</p> <p>I accept that my child is to behave in an appropriate manner and have explained this obligation to her. I agree that if my child seriously contravenes behavioural expectations she may be immediately excluded.</p> <p>I give permission for images taken on this excursion of my child to be used by the school in school and system publications, both print and electronic.</p>

Parent/Guardian Signature	
Date	

MERICI COLLEGE CREDIT CARD AUTHORITY

Student:	Year & PC:
Teacher: Mr David Rodda	
Payment For: Duke of Edinburgh Intro Weekend	
Card No:	· Visa · MasterCard
Amount: \$40	Expiry Date:
Cardholders Name:	
Signature of Cardholder:	
Cardholders Contact Number:	