



## Merici Yr.7 School Camp Booklet 2021 Booklet

### Program Details

Location: Bournda National Park and Tathra Surrounds

Dates: Wednesday 10<sup>th</sup> – Friday 12<sup>th</sup> March 2021

### TRANSPORT

Please arrive at school at 7:00am on Wednesday for an 7:30am departure. You will be returned to school by 5:30pm on the Friday.

### SCHOOL CONTACT

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If a family member needs to get in touch with someone on the camp, they should contact the school office on **insert number here** or **insert school after hour's # here** and ask for the emergency contact, **insert name here**

### About Coastlife

Coastlife has over 25 years' experience delivering outdoor education programs of the highest quality to primary and secondary schools from across the Australian Capital Territory, New South Wales, and Victoria. The company prides itself on an exemplary safety record and its' success in delivering sequential, progressive, and educational outdoor experiences for students of different ages and abilities. A professional team of experienced outdoor leaders, surf and stand-up paddling coaches, kayak guides, surf lifesavers and chefs work together to guarantee every student is enriched and inspired through their participation in a Coastlife camp.



### **Camp Overview**

A 3-day orientation camp experience has been designed for the Year 7 students from Merici School to include an exciting range of coastal activities at Tathra beach as well as team building and water activities at Bournda National Park.

### **Accommodation**

#### Hobart Beach Campground at Bournda National Park

The students will spend Two nights camping out in Bournda National Park. The students will sleep in 6 person tents and share healthy meals prepared in the huge communal shelter. The camp site is close to the shores of Wallagoot Lake, Bournda Beach and within walking distance of Bournda Lagoon with stanning view and amazing wildlife to be seen.

## **Camp Activities**

### **Raft Building**

The raft building activity at is a real highlight for most students and staff. The participants are given clear safety instructions and basic knot tying skills before being split into two teams. Each team must then design and build a raft with the equipment provided. Once the construction stage is complete the two teams will then race their vessels. This unique and engaging activity promotes leadership and tests out teamwork and communication skills.

### **Holey Pipe Challenge**

This hilarious team challenge will be facilitated on the shores of Wallagoot Lake near the raft building activity. The students will get wet up to their knees, so this activity combines well with the raft building session. The students will move between the two water activities in their swimwear.

### **Coastal Walk to Bournda Lagoon**

The students will be guided on a coastal discovery walk through the southern part of Bournda National Park. The route will pass through tea tree thickets, coastal woodlands and past Bondi Lake. The students will carry day packs with a snack, water bottle, swimmers and towel so they can enjoy a cooling swim in the tannin enriched waters of Bournda Lagoon. Fascinating ecological interpretation and bush tucker knowledge will be provided by the Coastlife leaders along the way. This is an easy level route and there is 2WD vehicle access to Bournda Lagoon so students who are unable to walk can be transported to this point to meet up with the group for a swim.

### **Surf Safety**

Coastlife's signature camp activity is the Surf Safety Program. This three-hour educational session is delivered at Tathra Surf Lifesaving Club by qualified surf instructors. The students are introduced to the features of the club house, the rescue equipment and are provided with a first-hand insight into how a beach patrol works. The surf safety program aims to reduce the risks in the aquatic environment and extend each participant's knowledge and understanding of surf survival skills.

The program begins with a short interactive presentation in the surf lifesaving club. This is followed by a tour of the club house facilities and rescue equipment. The students will then head down onto the sand for an energetic game of beach flags, shallow water wading races and body boarding in the waves.

### **Team Building Challenges**

The students will participate in a dry activity session designed to build trust, respect and improve communication between individuals. The program will include a billy cart challenge that involves the students working together in smaller teams to construct a billy cart. Each group race their cart around a flat grassy course and then dismantle their vehicle. The success of each team is reliant on their ability to work constructively together, as points are rewarded for teamwork, as well as for speed and skill.

### **Billy Carts**

This is a fantastic activity using both mind and hands to successfully complete the task. The girls will be working with fully disassembled Billy Carts in small groups to problem solve their way through the construction of the cart and have it ready for the big race around the track!

## Equipment Packing List

- Please pack a **substantial morning tea, lunch and 2x full 1 litre water bottles** for the first day of the journey program. **MUST BE NUT FREE.**
- Luggage - each student is limited to the clothing list provided. All luggage should be transported in a large sports bag. Suitcases are not recommended.
- Students will be carrying sleeping mats supplied by Coastlife.
- Please consider the **weight, size, and warmth** of the items you are packing.
- Extra Food - all food and drink are provided on the camp except for day 1 lunch. No extra food (other than medical/dietary needs) is allowed. Snacks, lollies, chips etc. attract wildlife into the tents or can make food allergy management difficult and are therefore not allowed.

We recommend that you aim to have your sleeping bag within these size dimensions: 45cm length and 25cm width. As space is tight and sleeping bags can take up a lot of space, they must be warm but not bulky. Minus 5 rating and compression sacks for sleeping bags are highly recommended.



**Recommended packing list:** *The list below is in addition to what is worn on the first day of the camp.*

CLOTHING CHECK LIST		✓	EQUIPMENT ITEMS		✓
1	Waterproof rain jacket ( <i>Japara</i> )		1	Sleeping bag – refer to diagram	
1	Pair of walking boots or runners		1	<b>Optional item:</b> Sleeping mat or thermarest. Coastlife will supply a foam mat for participants who do not have their own.	
1	Set of thermals, top and bottom		1	<b>Optional item:</b> Pillow	
1	Jumpers, woollen or fleece		1	<b>Must have:</b> Aqua shoes or runners for water activities (Cannot be thongs)	
3	T- shirts, must have sleeves		1	Reusable plastic dinner ware: Bowl, mug, fork, spoon	
2	Pairs of pants, no denim		1	Tea towel	
2	Pairs of shorts		3	Plastic bags for rubbish/waterproofing ( <i>Large orange bags are best</i> )	
4	Underwear		2	2L water bottle, or 2x 1L bottles ( <b>must be min 2 litres in total</b> )	
4	Pairs of socks, at least one woollen		1	Head torch with spare batteries	
1	Swimming shorts for water activities		1	Sunglasses, <i>optional</i>	
1	Swimming shirt or rashie for water activities		1	Sunhat	
1	Swimmers – extra pairs are highly recommended		1	Beanie (woollen or fleece)	
1	Beach and shower towel		1	Pillowcase	
1	Small day backpack				

**Personal first aid and hygiene kit**

✓

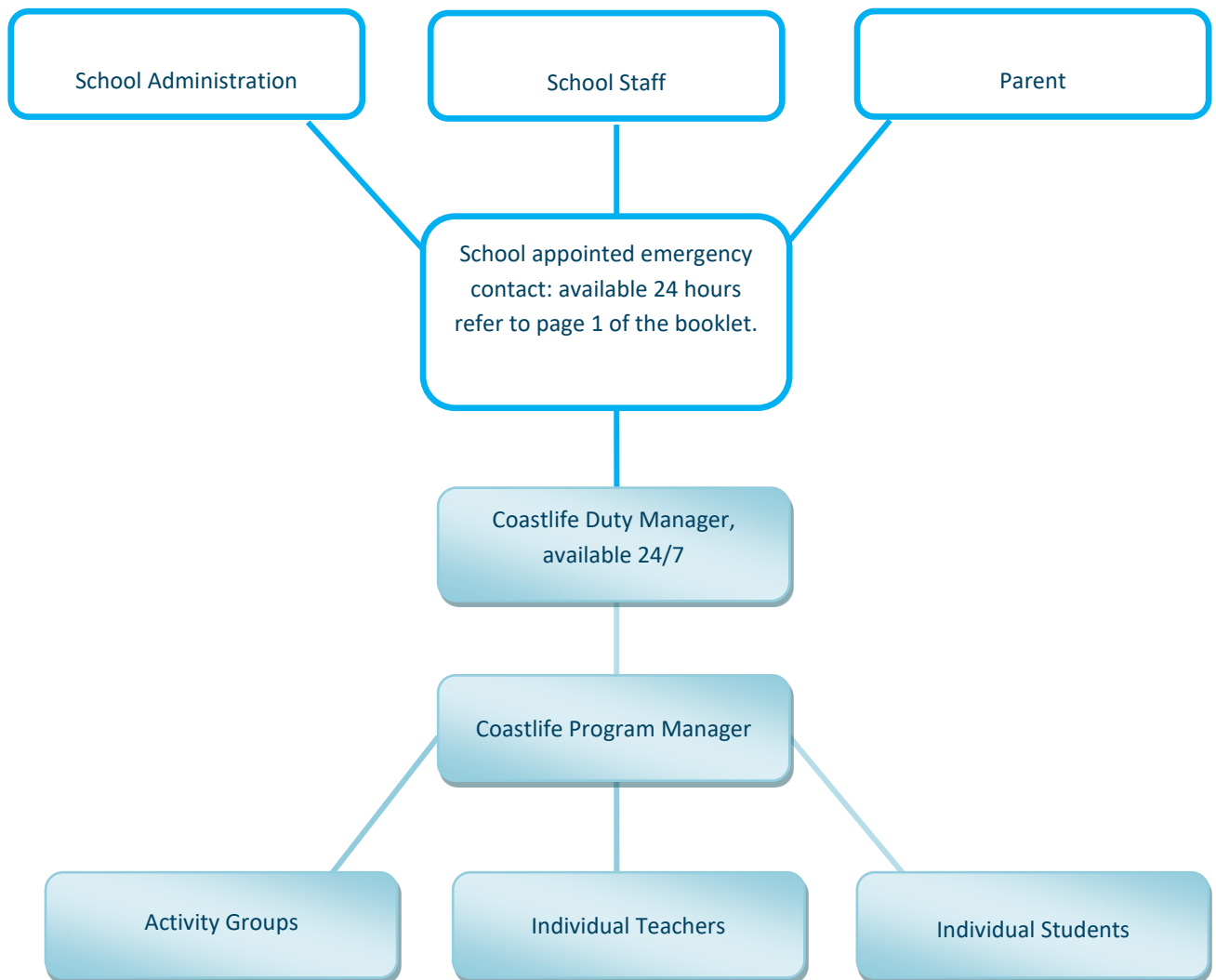
?	Personal medication as listed on medical form. With the student's name, the medication with its packaging, the required amount of medication for the duration of the trip, the dosage amount per required administration and action plan (If required).	
1	Sunscreen / insect repellent	
1	Toothbrush and toothpaste	
1	Re-sealable antibacterial hand sanitiser gel	
1	Deodorant – Roll on or stick application only. <b>Aerosol sprays are prohibited</b>	
?	Sanitary items and plastic bags for product disposal if required	
1 Pack	Band-Aids for little knocks and scraps	



## EMERGENCY COMMUNICATION PLAN

This plan has been designed to enable important information to be effectively passed to and from any individual or group operating in the field during program. This system has proved the most timely and reliable in keeping all parties updated.

### EMERGENCY COMMUNICATION FLOW CHART



## EXTRA INFORMATION

*The below information has been put together by Coastlife, referencing information published by the Australasian Society of Clinical Immunology and Allergy (ASCIA).*

### **Tick Information**

Please be aware that in the past there have been ticks found in the Mimosa National Park region. Ticks are most commonly found in moist, humid coastal areas with abundant native animals that serve as hosts for the tick. All participants need to be educated on how to prevent tick bites and what to do if you do get a tick bite.

### **How to prevent a tick bite**

Participants should wear the following clothing in long grasses and bushland environments:

- A long-sleeved shirt
- Long pants tucked into socks.
- Light coloured clothing to make it easier to see ticks on clothes before they attach to the skin.

It is also a good idea to use insect repellent whilst at camp and in 'tick-prone areas'. Students need to 'buddy up' to visually check each other for ticks.

### **What to do if you find a tick**

As ticks are difficult to extract and can expel more saliva if improperly removed, any person who has been bitten by a tick needs to notify a Coastlife leader who will manage the tick bite in accordance with their First Aid training. Current best practice is to freeze the tick using an Ether-Containing spray such as TIC TOC Freeze. This kills the tick and allows for removal within 5 minutes without the risk of additional saliva being injected under the skin.

The area is cleaned with an antiseptic or soap and water as an extra precaution. It is always Coastlife's recommendation that any person bitten by a tick that has a reaction to see a medical professional to be ensure the tick is safely removed.



GROUP	Day 1				Day 2				Day 3	
	AM	PM	EVENING	CAMP	AM	PM	EVENING	CAMP	AM	PM
Group 1 38 Girls	TRAVEL	Bournda Lagoon Walk & Swim	Campfire and night walk	Hobart Beach Site 1	Raft Build	Surf Safety	Evening Liturgy led by Merici Teachers	Hobart Beach Site 1	Team Initiatives	Leave
		Holey Pipe			Beach Games Teachers	Billy Carts				
Group 2 38 Girls	TRAVEL	Raft Build	Campfire and night walk	Hobart Beach Site 1	Surf Safety	Team Initiatives	Evening Liturgy led by Merici Teachers	Hobart Beach Site 1	Bournda Lagoon Walk & Swim	Leave
		Holey Pipe			Beach Games Teachers	Billy Carts				
Group 3 38 Girls	TRAVEL	Surf Safety	Evening Liturgy led by Merici Teachers	Hobart Beach Site 2	Team Initiatives	Bournda Lagoon Walk & Swim	Campfire and night walk	Hobart Beach Site 2	Raft Build	Leave
		Beach Games Teachers			Billy Carts				Holey Pipe	
Group 4 38 Girls	TRAVEL	Team Initiatives	Evening Liturgy led by Merici Teachers	Hobart Beach Site 2	Bournda Lagoon Walk & Swim	Raft Build	Campfire and night walk	Hobart Beach Site 2	Surf Safety	Leave
		Billy Carts			Holey Pipe	Beach Games Teachers				

### Important Need to Know Information

1. Summer is an ideal time for camps but the nights can be cool and wet. It is essential to pack thermal underwear, a beanie, polar fleece jumpers and a good quality waterproof rain jacket.
2. Older, warm, comfortable clothing is preferable to stylish valuable items.

**Mobile Phones** We are using this experience as a digital detox from our phones and technology. We encourage you to leave the phones at home. Please discuss with your homeroom teacher if you see this being difficult.

### Medication

If medicine is required, please label clearly and forward with a note stating its application to the coordinating teacher at school before departure.

**\*\*\*Students requiring EpiPens\*\*\*** must carry a minimum of two EpiPens at all times and have their action plans accompanied with them at all times.

**\*\*\*Student requiring Asthma Inhaler\*\*\*** must carry a minimum of one asthma inhaler and spacer with their action plan accompanied with them at all times.

### MENU AND FOOD

As you are self-catering your lunch on the first day of program, please plan adequately and bring enough nutritional food that is low GI and free from excess packaging. We ask that you avoid any ingredient / meal containing nuts.

Please pack a **substantial morning tea, lunch and two full 1 litre water bottles** for the first day of camp.

**ALL DIETARY REQUIREMENTS MUST BE WRITTEN ON YOUR MEDICAL FORM.**

### Warnings

Parents and guardians are encouraged to consider the following:

1. Is your child up to date with tetanus injections?
2. Do you have ambulance service cover for your child?

## BASIC SAFETY RULES

*There are a few important rules that will help ensure camp is safe and enjoyable for everyone:*

1. **Aerosol cans, alcohol, cigarettes, drugs, electronic equipment and pocket knives are not permitted on camp.**
2. **No student is to leave the camp site or activity site without permission from a leader.**
3. **No student, by their actions, is to place another student, groups of students or the general public in danger.**