

St Francis of Assisi Primary School

120 Casey Crescent Calwell ACT 2905
Phone: 02 6292 4500 Fax: 6292 8998
Email: office.stfranciscalwell@cg.catholic.edu.au
Web: www.stfa.act.edu.au



Friday 3 February 2017

Dear Parents,

This year in Term 1, Week 6, Year 6 will be attending Camp for two nights from Wednesday 8th March to Friday 10th March at Cooba Sport and Education Centre. The purpose of the camp is to continue developing the leadership capacity of our students by using cooperative skill activities, incorporating self-esteem and physical challenges. This is an important part of our curriculum and we encourage all children to attend. Please note, payment is required for this excursion as costs are not covered in the school fees.

Itinerary:

Wednesday 8 March 2017

Depart St Francis of Assisi @ 7.30am (please be at school no later than 7.15am)
Arrive Dalgety @ 9.30am for river activities
Depart Dalgety @ 5.30pm
Arrive Cooba Sport & Education Centre @ 6pm

Friday 10 March 2017

Depart Cooba Sport and Education Centre @ 1.45pm
Arrive St Francis of Assisi @ 3.30pm

Attached are the various consent and information forms that need to be filled in for your child. These forms cover different aspects including: medical, dietary needs and travel. You will notice that there is double up on some of the forms and this is because Catholic Education and the Cooba Sport and Education Centre each require their own forms. **Forms must be returned by Friday 17 February 2017.** Also attached is an information sheet for parents giving details of clothing and other requirements.

Catholic Education wishes to ensure that the parents/students understand the effect of the Cooba Risk waivers and releases so that they can make their own informed decision as to whether or not to allow each student to participate. To this end we must include the following:

'An external organisation involved in an activity (such as an event organiser or event host) may require you or your child to sign a document as a condition of participation. Such documents often contain provisions (such as a waiver, release or indemnity provisions) that remove or limit rights which your child or you may otherwise have had relating to any personal injury, damage or loss of any kind suffered, whether arising from negligence or otherwise.'

'We strongly recommend that you read and consider any such document carefully and take advice on the effect of such document and any insurance you should consider obtaining.'

The children will require a small daypack for the first day's activities that should include morning tea, lunch, afternoon tea, water, sunscreen, hat and towel. Students must also wear their swimmers to school (under clothes). As we are participating in water activities, please complete the following information slip indicating your child's swimming ability.

The children are able to purchase souvenirs during camp. Children are under no obligation to purchase anything. Please limit spending money to \$20. More information about souvenirs is located on the parent information sheet.

We require all medication to be clearly labelled in a snap lock bag and handed to the class teacher on Wednesday morning before we leave. This also includes travel sickness tablets. The children may keep their asthma medication in their daypack to allow for immediate access if required. If some of your medication is at school in the front office, we ask that you collect it before Wednesday.

The teachers attending camp will be – Miss Sarah Brookes, Miss Andrea Gatt, Mr Geoffrey Ryan and Mrs Tiffany Reedy.

Should you have any questions or concerns please contact your child's teacher on the school's contact number: 62924500.

Thank you,

Sarah Brookes, Andrea Gatt and Geoffrey Ryan

Year 6 Teachers

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Web: www.sffa.act.edu.au



Information on Activities

Outdoor Pursuits involves a certain amount of risk and it is advisable for parents and guardians to read this information in conjunction with the Risk Warning and Waiver Form. The information below is to assist in identifying some of the more possible risks and give a brief overview of some of the activities. In all cases the risks can be far more serious, even resulting in death, but obviously safety standards and procedures are in place and Cooba is an Accredited Outdoor Pursuit Establishment by ORIC who ensure safety measures and standards are being met! Our Risk Assessment addresses most risks but it is impossible to prevent all accidents from occurring.

THE GIANT SWING PROGRAM

The activity is constructed by "Vertical innovations" who specialize in construction and assessment of these types of activities. Students are harnessed onto a wire rope and using a Team Belay are raised to a height up to 12m then let go to have a very high swing. Students can release at any height they wish. Risks include fear of heights, slipping over, walking in front of swing. Strict rules are followed

WATER SPORTS DAY - CANOEING / RAFT BUILDING / TEAM INITIATIVES

The Water Sports Day is run OFF the property usually at Dalgety on the Snowy River. It is a flat-water canoe and raft building program with a session of Team Initiative mostly on land. Students paddle in a 2-3m canoe and participate in a variety of skill building and team initiative style activities. Students wear approved flotation devices and conditions are always assessed prior to the activity. Risks may include: falling from their canoe or raft into cold waters; injuries that may occur as a result of those falls (bumps and bruises); slips and falls when entering and exiting the water.

In order to do the Water Sports Day your child MUST be able to swim 25 metres or more. If they cannot swim this distance they CANNOT participate but may be able to assist on the shore

BUBBLE BALL Bubble Ball

Students are encased in a large bubble with only their legs sticking out the bottom. They perform a number of activities and races inside these bubbles and finish with a game of soccer. The activity is a great spectator game and fun to play. It is very hard to judge distance as people bump into each other and become 'human balls' themselves as they roll around after falling. Do a search on You Tube to see Bubble Football in action.

GLADIATOR CHALLENGE

The Gladiator Program is run at Cooba and involves the students working together to complete a number of tasks before racing each other in the final "eliminator" obstacle course. Elements includes a number of 'Inflatable' challenges such as the bungee run, Arena challenge and obstacle Course. Other elements include, homemade plastic water slide, tug-a-war, Scramble wall, Tube Crawl, Multi-person sack race, the multi-walker, Bouldering wall, slippery dip into shallow water etc. Risks include falls and trips, burns from plastic inflatables, bumps and bruising.

FLYING FOX

Students are harnessed onto a pulley and then down the walk off platform. They travel down a steel cable to the landing area below. They stop at the end by a breaking system that can at times be a sudden stop. They are removed from the flying Fox using a ladder. Risks include slips from the ladder, bumps and bruises if they hit themselves during the slide. The flying fox has been installed by professionals and is inspected annually.

SURVIVOR PROGRAM

This is one of our more physically demanding activities that gives a huge feeling of achievement and accomplishment. Its success relies on excellent organization ability of the team, leadership and teamwork. The students are placed in a scenario of a disaster and have to make a push buggy to get passengers and supplies to a safe location. The teams will construction (basic construction) a cart and then push or pull the cart around 3 different courses to return to a safety. The challenge to get carts through difficult situations requires management of human resources and ingenuity. This is done against the clock.

WHAT TO BRING - OUTDOOR PURSUIT TRIPS

1) GENERAL ITEMS FOR ALL STUDENTS TO BRING

Essential:

- Linen - 2 sheets (or sleeping bag), pillowslip & bathroom towel - UNLESS STATED
- General Clothing - You need to bring the usual items - underwear, socks, shirts, pants etc. Ensure you have enough sets of clothes for the number of days away - always ensure you have an extra set if one gets wet. The secret to clothes in the mountains - Get warm and then stop the wind - Put on warm layers of clothes and then stop the wind with a wind proof jacket. - you will only have your hire jacket for the days skiing.
- Waterproof jacket if forecast is for rain.
- Shoes - comfortable shoes - at least 2 pairs in case one gets wet.
- 2 PLASTIC BAGS - 1 for dirty clothes, 1 for dirty or wet clothes (especially if doing the Assault course)
- Swimmers & Pool Towel - If swimming or doing the assault course.
- Small backpack or bum bag - drinks, nibbles, etc.

2) OUTDOOR PURSUITS GENERALLY

Include the appropriate clothing for the activities being undertaken. It is a good chance they will get dirty. Most clothing is common sense but be **sure to include the following for ALL activities:** -

- Sun Cream - SPF 30+ you can burn very badly in the snow and the mountain area. This is an essential item. It is also suggested that a Lip Gloss or something similar be taken.
- Warm clothing - layers are best - singlet, shirt, jumper, jacket.
- Good footwear - comfortable sport shoes that are well worn in - new shoes can be a danger.
- Hat
- A Water Bottle that does not leak!

3) SPECIFIC ACTIVITIES

a) **The Mountains** - (Outside winter) - Whether walking, field studies, or just have some fun in the mountains protective clothing is essential even outside winter. Students must take: -

- Windproof Jacket - the wind is what causes most problems - especially if you get wet.
- Woollen or synthetic long trousers - Jeans are NOT very suitable.
- Layers of lighter warm clothing to wear under your wind proof jacket are better than one bulky jumper, as it warms up layers can be removed to maximize comfort.
- Socks - Woollen socks are best.
- Eye Protection - good quality Sunglasses or Goggles - impact resistant and 100% UV protection.
- Spare Set of Clothes - including socks and shoes - if you get wet you MUST have dry clothes.
- Extras can include - small back pack, water bottle & the usuals

b) Canoeing

Essential: Students MUST have:

- OLD shoes that can be tied up and get wet. Students MUST wear shoes into the water. They obviously need a second dry pair.
- Warm clothing that can get wet. In some cases they may need two sets of wet clothes - before & after lunch time
- Warm dry clothing, i.e. something to put on as soon as they get out.
- The usuals - towel, sun block, hat, windproof jacket, layers of clothes, etc.

c) Gladiator Course

Students will get wet & must wear shoes. They need to bring the usual essentials plus:

- Shoes that can get wet
- Clothes that can get wet and a towel and change of dry clothes and shoes.
- Towel to dry yourself

d) Giant Swing and Flying Fox

Comfortable clothing that is not too loose fitting, long hair needs to be tied back & jewelry removed. As some activities require contact for harnesses and support we recommend shoulders be covered and longer trousers/shorts.

Medication - Students MUST bring their medication in a ziplock bag with their named clearly labeled. This is to be handed to the teacher before departure- including travel sickness medication.

PARENTAL CONSENT:

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As Parent/ Guardian of _____ in class _____ I

give permission for my child _____ to attend the Year 6 School Camp at Cooba Sport and Education Centre, Cooba. I understand they will be travelling by bus to and from Cooba.

I have filled out the Medical Forms and Asthma Plan (if required) and returned it with this form.

Parent/Guardian Name _____

Signature _____ Date _____

I _____ give my consent for my child _____ to participate in the Yr 6 excursion (Cooba Sport and Education Centre) 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.

I submit the attached medical information about the abovementioned student and include details of limitations, which he/she has for the activities concerned.

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 anesthetic if such an eventuality arises. I agree to pay all medical expenses incurred on behalf of the abovementioned student.

I accept that my child is to behave in an appropriate manner and have explained this obligation to him/her. I agree that if my child seriously contravenes behavioural expectations he/she may be immediately excluded

Parent/Guardian Name: _____

Signature _____ Date: _____

YEAR 6 CAMP – Cooba Sport and Education Centre

Date: 8 March to 10 March 2017

STUDENT DETAILS:

Name of Student: _____ Class: _____

Date of Birth: ___/___/___ Home Phone No: _____

Medicare No: _____ Ref No. _____

Private Health Insurance Fund _____ Membership Number _____

Mother's Name: _____ Work Phone: _____

Mobile: _____

Father's Name: _____ Work Phone: _____

Mobile: _____

EMERGENCY CONTACT:

Name: _____ Phone: _____

Relationship: _____

STUDENT MEDICAL DETAILS:

Date of last Tetanus injection: _____

Details:

- | | | |
|---|----------|---------------------------|
| 1. Heart Problems | YES / NO | |
| 2. Respiratory Problems | YES / NO | |
| 3. Allergies | YES / NO | |
| 4. Travel Sickness | YES / NO | |
| 5. Blood Pressure | YES / NO | |
| 6. Phobias | YES / NO | |
| 7. Bed Wetting | YES / NO | |
| 8. Operations | YES / NO | |
| 9. Recent Illness | YES / NO | |
| 10. Drugs Required | YES / NO | |
| 11. Drugs Reactions (e.g. Penicillin Allergy) | YES / NO | |
| 12. Other Information | YES / NO | |
| 13. Ambulance Insurance | YES / NO | |
| 14. Panadol for mild pain relief | YES/NO | Dosage _____ Signed _____ |
| 15. Special Dietary Needs – please indicate | | _____ |

If your child has asthma please complete the attached School Camp Asthma Management Plan.

16. If answer is YES to any of the above please detail additional information (e.g. Treatment plans, etc.).
- _____

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MEDICAL DETAILS and OTHER INFORMATION COOBA SPORT & EDUCATION CENTRE

CHILD'S CHRISTIAN NAMES: SURNAME:

ADDRESS:P/C

TELEPHONE: (Home) (Bus.) (Mobile)

PARENT/GUARDIAN NAME IN FULL (Block Letters)

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MEDICAL INFORMATION - IMPORTANT - PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. Does your child suffer from any medical condition? (Asthma, diabetes, epilepsy, etc.).
Please note any details of the medical management program that the teacher may need
to be aware. (Please use back if more room needed)

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2. Give details of any medication your child is currently taking together with the dispensing routine. Medication
brought to camp should have the child's name, dosage and dosage times clearly marked. Only medication
in the child's name will be administered. (Please use back if more room needed)

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3. Give details of any allergy your child has to common foods, plants, insect bites, medications (e.g. penicillin)
etc.

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4. In what year was your child last immunised against tetanus?

Medicare No. Private Health Fund No.

5. Special Diet - If your child requires a SPECIAL DIET please indicate (Do NOT include child's likes & dislikes)

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WATER EXCURSION PERMISSION

I give permission for my child _____ of (class) _____ to participate in water activities during the Year 6 Camp to Cooba Sport and Education Centre.

Please indicate your child's swimming ability by signing the appropriate description.

My child is a:

- strong swimmer _____ (signature)
- average swimmer _____ (signature)
- poor swimmer _____ (signature)
- non-swimmer _____ (signature)

What distance can your child swim without a floatation device? _____m