



Hunter Valley
Grammar School

30 January 2019

Event ID: 3828

YEAR 10 – BARRINGTON OUTDOOR EDUCATION CAMPS

Dear Parent/Guardian

Hunter Valley Grammar School has a commitment to Outdoor Education and regards it as an important part of the curriculum offered by the school. These camps are an opportunity for students to learn lessons that are difficult to deliver in the classroom. The outdoors can assist in the acquisition of personal qualities such as independence, perseverance, teamwork and leadership. While these camps often involve exploration of the outdoors they also encourage students to explore their inner worlds through the challenges they face and the relationships they develop.

Details

Camp for Year 10 occurs in week 11 of Term 1. The camp is organised by Barrington Outdoor Education, who have extensive experience with this area. This is a unique opportunity to experience some of the best canoeing and walking in this region. Students will walk among the Copeland region and camp at Copeland Tops, Mountain bike on a purpose built trail with jumps and then canoe on the Barrington River on grade 1 and 2 rapids.

Details of the camp are summarised below:

Date:	Tuesday 9 April – Friday 12 April, 2019
Location:	Barrington, Barrington River
Departure:	8:30am Tuesday 9 April from HVGS
Return:	2:30pm Friday 12 April

Catering

Students will need to bring a packed lunch on Tuesday and will be provided with all of the remainder of their meals for the entire camp. Suggested snacks will be given to students during the camp preparation day. Students will also be responsible for all of the preparation and cooking of their food on the camp. All students will learn cooking skills/safety instruction course with camp guides at the start of camp.

Further details of the Year 10 camp are provided in the information sheets attached to this letter.

In order to take part in the camp you will need to use the weblink below:

WEB LINK: www.outdooreducation.net.au/hvgs2019

Please complete the following forms:

- BOAC Student medical forms – please complete online
- BOAC Student consent forms – please download, sign and return to the school

Please read the following documents:

- Program outline and rationale
- What to bring
- Arrival advice

Please complete and return to your Mentor Teacher by Monday, 4 February 2019.

- ▲ HVGS permission slip
- ▲ BOAC Student Consent Forms (download from www.outdooreducation.net.au sign and return)
- ▲ BOAC Medical Form (to be completed online www.outdooreducation.net.au)

Students may catch normal buses to school on Tuesday and home on Friday.

A 60-70lt backpack is suitable to bring to camp. If you do not have your own pack, you will receive this from BOAC when your group takes part in the hiking component of the camp. Please bring a sports bag or similar to camp with your required gear.

Further student meetings and camp preparation sessions will occur in the near future during school time including sport period in week 9 or 10.

If you have further questions please contact Ms Sheeba via email at sheebal@hvgs.nsw.edu.au

Yours sincerely



Loodia Sheeba
**Teacher-in-charge
Outdoor Education**



Brett Blake
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Camp Gear List

Please note that one of the purposes of the camp is to allow students to learn about themselves by testing them beyond their comfort zone. Having the correct equipment allows them to get the full experience without making it too demanding. The correct equipment also adds to their personal safety and comfort.

It is important to remember that at times students may experience adverse weather conditions with little shelter and depending on the level of activity they choose, they may also be required to carry all their equipment on an extended hike. For this reason students are advised to closely follow the equipment guidelines and refrain from packing excess or inappropriate equipment.

Personal experience tells us that having appropriate equipment adds to the enjoyment, but experience also tells us that some of this equipment can be very expensive. If camping or trekking is going to be prominent in the future it may be worth investing in quality gear and building up a collection over time. However, if this is not the case, less expensive alternatives often suffice. Some of the items may well be borrowed e.g. wet weather jacket.

Below is an outline as to what is recommended, a less costly suitable replacement, an example of what is insufficient or inappropriate and an option to purchase items from our retail store Random Adventure Gear (RAG) at educational prices.

If you wish to purchase gear from RAG please use our online store www.ragear.com.au – a number of suitable items have been marked as school specials.

Tips:

- Label all your equipment with your name and Phone No.
- When packing always think of lightweight materials that take up less space.
- While on activity cotton makes you colder on cold days and hotter on the hot days, thermals or synthetic clothing will make you more comfortable.
- Your equipment will be checked on the first day of the program; any unwanted materials will be stored and returned at the end of program.

Banned List:

Cigarettes, iPods, pocket knives, alcohol, drugs, mobile phones, tablets, flip flops, make up or gum

Final Checklist

Equipment Type	✓	Equipment Type	✓
Sleeping Bag		Camera (Optional)	
Sleeping Mat		Wetsuit booties or joggers to get wet	
Small Day Pack		2 x T-shirts	
		Helmet	
Stove		Bike Gloves	
Pots and Pans		Wetsuit	
Overnight Hiking Pack		Thermals - 2 tops and 1 pants	
Water Bottles - 3 x 1 litre		Long sleeve shirt for sun protection	
Raincoat ¾ length		2 Pairs of Shorts	
Sun Hat		Underwear & socks At least one pair for each day and a spare pair.	
Warm Hat/ Beanie		Plastic bag for wet gear	
Sunscreen		Fleece Jumper / Wind Stopper	
Insect Repellent		Light weight walking pants	
Torch & spare Batteries		Walking Boots that are broken in	
Toilet Paper		Swimmers	
Toiletries: Toothbrush + paste and deodorant. Hairbrush (optional) <u>Girls with long hair need ties.</u>		Meal Utensils: light weight bowl, knife, fork, spoon, mug, plate + <u>tea towel</u>	
Clothing for water activities		Some snack food	
Towel or Chamois		Sunglasses with strap (optional)	
Dry Clothes for Campsite: Tracksuit pants, T shirts, jumpers etc.		Personal First Aid Kit: Band Aids, Personal Medication, Tweezers, Strapping Tape, Hand Sanitizer, Blister Treatment	



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SENIOR SCHOOL CAMP

Please complete and return the following forms to your Mentor Teacher by Monday 4 February 2019

- HVGS permission slip
- HVGS Medication Form

- BOAC Student Waiver Forms (online form)

Student Name: _____

Mentor Group: _____

I give permission for my son/daughter to participate in the School Camp Program from 9 April to 12 April 2019. I have read and understand the information contained in this permission letter. I understand, and support the nature of the activities that will be undertaken at Camp.

For the purpose of supervised unstructured water activity (free swim at POOL OR NATURAL WATERWAY)

PLEASE TICK

I give permission for my son or daughter to participate in unstructured water activity. I judge my son/daughter to be:

- a capable swimmer
- a non-swimmer

I do not give permission for my son or daughter to participate

Risk Warning

While Hunter Valley Grammar School takes measures to make camp activities as safe as reasonably practicable for participants, there is a risk that students can be injured, suffer loss (including financial loss) and damage as a result of their participation in these activities.

Injury can occur while the student is engaging in or watching an activity, or traveling to and from an activity. The injury may result from a student's actions or the actions of others.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases, the injury can be life-threatening or result in permanent disability. If a student has a pre-existing injury, participating in particular kinds of activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed. Please sign below to acknowledge that you understand the risks associated with the camp activities, and that you are aware of the activities that your child will participate in. Please nominate any activity in particular in which your child is **not** to participate:

Signature: _____

Date _____

Parent/Guardian



MEDICATION INFORMATION

If your child will be taking any medication to camp, they are required to hand it to their Head of Year on the morning of camp in a snap lock bag with their name clearly printed on the front. This will be administered by the teacher supervising your child during the camp.

Please supply information in the table below regarding the correct usage of all medication that your child will be taking to camp.

Name of Medication	Quantity (tablets/ml etc)	Time of day (Morning / evening etc)	Other relevant information eg with food etc