

CRONULLA HIGH SCHOOL



YEAR 7 CAMP 2024 - PARENT INFORMATION

Dear Parent / Guardian

Your son/daughter will be participating in an excursion to **YMCA Camp Yarramundi** near Richmond from **Wednesday 7 February to Friday 9 February 2024**.

The camp has been planned to allow Year 7 students to build relationships with other students in the year and is also a constructive team building opportunity. It has been organised at this time of year to help with their transition into high school. The cost of the activity is **\$330.00**. A **deposit of \$50.00** must be paid by **Tuesday 28 November 2023** with the balance paid no later than **Tuesday 30 January 2024**.

The students will be supervised on the excursion by twelve teachers including the Year Advisor, Miss Incollingo.

The bus will be leaving school at **9.00 am on Wednesday 7 February**. All students should be at school no later than 8.45am. The bus will return to school by **3.00 pm Friday 9 February**, for students to connect with school buses if required.

The Camp Guidelines & Gear List and Adventure Activity List provide information on the camp's varied program and gear/clothing requirements. The attached Medical & Consent Form must be returned with this permission note to the front office no later than **Tuesday 28 November 2023**.

All staff members attending the excursion will have Emergency Care qualifications.

One or more staff members attending the excursion will have CPR qualifications if required ie water activities.

*Any student who has **ASTHMA, DIABETES, EPILEPSY OR ALLERGIES** must carry their own medication.*

Please complete and return the attached green permission note together with the YMCA Medical & Consent form on or before Tuesday 28 November 2023 in the enclosed envelope provided

Yours sincerely

Tony Ibrahim
Principal

Jessica Incollingo
Year 7 Advisor 2024

Camp Guidelines & Gear Checklist



Camp Guidelines

- Never leave camp or activity areas without permission
- All activities must be supervised by an instructor and a teacher
- Listen to and follow instructors' guidelines and instructions
- Closed in shoes and a hat must be worn at all times
- Respect male and female areas. Enter no room other than your own
- Respect the natural environment. Please use the bins provided and do not damage the bush.
- No pocket knives, glass, or valuables please
- All accidents/damage to equipment must be reported. Wilful damage must be paid for by the individuals involved
- The food is plentiful, so please refrain from bringing lollies etc. No gum please.
- Respect others after lights out. There should be no need to leave your dorm / cabin after lights out
- Every group is responsible for the ongoing cleanliness of their rooms, and the camp in general.
- Do not tamper with Fire Fighting equipment. Damage will incur a minimum charge to the individual of \$280.
- Do not enter out of bounds areas detailed upon arrival
- Drink water only from the identified tank & carry a water bottle filled before each activity
- Please do not run around the campsite
- Fires are to be lit only by instructors in designated camp fire areas
- Swimming is only allowed when supervised by a camp instructor
- Activities are only to be accessed during allocated activity time

Gear Checklist

- Sleeping bag and pillow
- Fitted Sheet (single)
- Raincoat / Wet weather gear (regardless of forecast)
- Hat
- Sunscreen
- Day Pack (small back pack for day walks etc.)
- Torch
- Toiletries
- Insect Repellent
- Towels (2)
- Camera (optional)
- Water Bottle
- Sturdy closed-in shoes (to be worn at all times while at camp – thongs / sandals **are not** appropriate for day wear)
- 2nd OLD pair of closed-in shoes in case your shoes get wet (or to be used if kayaking)
- Sandals with a back-strap can be worn if kayaking (not thongs)
- T-Shirts
- Shorts (suitable for harness wear)
- Underwear and socks
- Long pants (appropriate for the season)
- Jumpers / Jackets (appropriate for season)
- Pyjamas
- Garbage Bag for Wet / Dirty Clothes
- Souvenir money (optional)

NB: Please nametag all items and please ensure all medication is labelled clearly and passed onto the organising teacher

Adventure



Camp Yarramundi and Deeimba offer a wide range of exciting activities. Activities are run by our qualified instructors and incorporate varying degrees of facilitation to deliver program outcomes such as confidence and team building, leadership and communication, initiative and critical thinking.

- **Abseiling:** A 10 metre high abseil tower for personal challenge and achievement, building self esteem and trust. Natural face abseils can be arranged for expedition programs. Suitable for students year 5 and up.
- **Alpine Rescue:** A ground level obstacle course with a series of challenges and scenarios promoting teamwork, trust, leadership and communication. Requires full group cooperation, no room for individuals here!
- **Archery:** We teach the basic skills and techniques for shooting on the range.
- **Bushcraft:** This program can include shelter building, cooking out, learning how to build a fire and teaching basic bush survival skills.
- **Camp Out:** This is an offsite camp out experience. Groups discover how to survive in the bush and are required to cook their own food. Trangia cooking stoves are supplied. Suitable for students year 5 and up.
- **Cave Maze** Artificial Cave System, designed to simulate challenges in confined space environments. Student are encouraged to challenge themselves, work in teams and care for their team mates.
- **Flying Fox:** Feel the thrill as you step off a 10m high wall and fly 100m through the surrounding bush. The Flying Fox provides an exiting personal challenge along with building on self confidence and a sense of achievement.
- **Giant Swing x 2:** Camp Yarramundi 2 giant swings, these are a 12 metre high harnessed swing. "Challenge by choice" is the key here with the swinger in control of the release. A great team building activity as the rest of the group is required to "haul" the swinger to the top. A definite "WOW" factor that challenges swingers to face their fears.
- **GPS Orienteering:** Combining new technology with old school navigation skills to find your way to different check points. Participants work in teams, communicating, problem solving and having fun during this activity.
- **High Ropes Course:** Our challenge ropes course requires participants to make their way around an aerial obstacle course. Climbers are harnessed and work in pairs to manoeuvre around the course. Overcoming fears and stepping outside the comfort zone are all important. Suitable for students year 6 and up.
- **Initiatives:** Problem solving, creative thinking, teamwork and communication are the keys to these activities. Although less physical than some of the other activities, this is an important activity for establishing cohesive teams.
- **Low Ropes:** Our low ropes course is a series of challenges, ropes and obstacles, conducted just a foot or two off the ground. Great for building confidence, trust and teamwork.
- **Orienteering:** Teaches participants how to orientate and read the map but also promotes communication, team building and problem solving. Learn basic map reading skills as you navigate around camp. Great activity for groups up to year 8.
- **Night Activities*:** These activities can include a disco, talent quest, movie night, trivia quiz or campfire. Instructors can set up night activities for teachers to then supervise and run.
- **Scrabble Challenge** This activity requires students to work in teams, problem solve, communicate and navigate. This is a fun and engaging activity suitable for students year 6-9.
- **Sports*:** Cricket, soccer, football, basketball, volleyball equipment all available for use.
- **Multi Group Challenge:** This activity requires the group to work together, communicate and problem solve. Each obstacle must be completed before moving onto the next challenge. Suitable for students year 7 and up
- **Vertical Challenge:** Designed to challenge pairs of climbers both physically and mentally, this activity has you climbing up to 15m in the air. It is a team belay activity that focuses on communication and encouraging others. Suitable for students year 7 and up
- **Kayaking/Canoeing** **No Available currently due to flood damage.**



CRONULLA HIGH SCHOOL



YEAR 7 CAMP 2024 - PERMISSION NOTE

Please complete and return this permission note with the attached YMCA Medical & Consent form on or before Tuesday 28 November 2023

I give my consent for my son/daughter
to participate in the excursion to the YMCA Camp Yarramundi from Wednesday 7 February to Friday 9 February 2024 (*pending public health orders and restrictions*) at a cost of \$330.00.

Full payment / deposit of \$has been made online – Ref No:

Student's special needs (allergies, asthma, diabetes, epilepsy)

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Any student who has **ASTHMA, DIABETES, EPILEPSY OR ALLERGIES** must carry their own medication.

Parent/Guardian Name: Phone:

Parent/Guardian Signature: Date:

Excursions are held to broaden your child's learning experiences and often form a mandatory component of the course your child is studying. Please return the permission note and monies as quickly as possible in order for the necessary bookings to be confirmed and arrangements completed. As cancellation fees are now being charged by many organisations or service providers, your prompt response will ensure that this excursion will go ahead as planned.

Organising Teacher

Jessica Incollingo

Year 7 Advisor 2024

PLEASE COMPLETE BOTH SIDES OF THIS FORM

PTO

Medical & Consent—Student



Name of Student:				
Address:				
Age:	D.O.B:	/ /	Sex:	Height:
				Weight:
Emergency Contact: Name:				
Phone:		(hm)	(wk)	(mob)
Medicare Number:		No. on Card:	Ambulance Cover: Y / N :	
Private Medical Cover; Y / N:				(details)
Doctor's Name:			Phone:	
Does your child suffer from: any chronic injury or illness ? Y / N: _____ (details)				
: Asthma ? Y / N : Triggers: _____ (details)				
Does your child have any allergies ? (eg drugs, food, plants) Y / N: _____ (details)				
Does your child suffer from: Heart Problems ? Y / N: _____ (details)				
: Blood Pressure ? Y / N: _____ (details)				
Does your child have any emotional / behavioural disorders ? Y / N Phobias ? Y / N				
If yes please specify:				
Does your child require medication ? Y / N May we administer Paracetamol if required? Y / N				
Has your child been ill or required medical attention in the last four (4) weeks ? Y / N				
If yes please specify:				
If your child has seen a doctor in the last four weeks please attach a medical certificate consenting to their attendance.				
Date of last tetanus injection: _____ (if your child's tetanus is not current please see your doctor)				
Does your child: Wet the Bed ? Y / N Sleepwalk ? Y / N Suffer travel sickness? Y / N				
How would you rate your child's swimming ability ?				
Unable – Nothing more than dog paddle Poor – Basic strokes, only limited strokes beyond domestic swimming pool Good – Strong swimmer, able to swim confidently in a variety of water conditions Excellent – Very strong and confident, could swim 50 mtrs fully clothed (Please give details of swimming certificates attained eg Bronze Medallion)				
Special Dietary Requirements ?				
Activity Restrictions ? See attached list.				
Nb/ Activities are chosen to suit the age and ability of campers Campers will not have sufficient time to do all activities If there is insufficient space please attach separate page with details				

PARENT or GUARDIAN CONSENT

As parent / guardian I understand that the YMCA NSW and its instructors will take reasonable care for the welfare and safety of those attending the camp but are not responsible for any accident or sickness otherwise occurring. I acknowledge that going on camp may involve my child / ward's participation in activities of a hazardous nature, though the YMCA NSW and its instructors will take reasonable care to minimise risk to participants.

I have detailed herein and on any attached pages any disabilities or susceptibilities affecting my child / ward, that may place him / her at greater than normal risk. I authorise the YMCA NSW and its instructors to obtain medical assistance and ambulance transportation in the event of illness or injury as they think necessary and authorise qualified medical practitioners to administer anaesthetic, blood transfusions or any other procedures deemed necessary. I also agree to pay all the cost of any expenses incurred as a result of such medical assistance and ambulance transportation. I acknowledge that I am able to obtain private insurance cover for my child / ward in respect of any accidents or sickness at the camp. Should my child/ward need to be returned home for any reason I will cover any associated costs.

I consent to my child/ward attending camp on this understanding.

_____ Signature of Parent / Guardian	_____ Full Name of Parent / Guardian	_____ Date
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