



YEAR 7 CAMP – PGL Adventure Camps

Campaspe Downs, Kyneton

CAMP DETAILS

Year 7 Camp is a valuable experience that provides students with an opportunity to enhance relationships as new members of the Catherine McAuley College community. Students will attend camp for 3 days and 2 nights.

Date: Monday 7 March – Wednesday 9 March

Venue: Campaspe Downs - 1302 Trentham Rd, Kyneton

Departure Time: 9.15am for a 9:30am sharp departure - Meet at Coolock, Junortoun

Collection Time: 2:30pm – Pick up from Coolock, Junortoun

COVID-SAFE ARRANGEMENTS

Year 7 students are strongly encouraged to conduct a Rapid Antigen Test (RAT) at home on the morning of the camp and again when they return, in line with the recommended twice-a-week schedule .

Students are required to carry a mask and wear it while travelling on buses. If students choose to wear a mask at other times, they may do so.

Industry guidelines for COVID-safe practices in Camps form the minimum standard for our safety management. All COVID-safe guidelines will be adhered to for the duration of the Camp.

Our Year 7 Leaders and the team at PGL Adventure Camps have been working closely to ensure activities take place outdoors where possible and with consideration to social distancing.

The facilities are cleaned as part of the Campaspe Downs COVID-safe plan, and we are very much looking forward to the camp.

If a student or staff member returns a positive COVID-19 test result, and has attended the camp, the affected students and staff will be notified directly, by email. Students or staff may be identified as household-like contacts and be required to quarantine for seven days. This will depend on the sleeping, living and dining arrangements.

PARENT/CARER CONSENT/MEDICAL

Please provide consent on PAM for your child to attend this Camp and participate in the activities listed below.

Students are reminded to notify their teachers via email of their forthcoming absence and catch up on all work missed while away.

If you have any concerns or questions regarding this Camp, please contact the College on 5445 9100 and speak your child's Student Advocate.

- Mrs Cara Pawsey– Year Level Leader
- Mr Lachlan Murdoch – Year Level Leader

LEARNING OBJECTIVES

1. For students to develop problem solving skills.
2. To facilitate and promote teamwork, self-confidence, and self-reliance.
3. To increase learning and enjoyment of recreational skills, while developing new relationships with staff and students.
4. To have fun.

ACTIVITIES

Students will participate in several activities including canoeing, abseiling, high ropes, flying fox, initiative games, orienteering and more.

ACCOMMODATION

The students will be accommodated in dormitory accommodation.

TRANSPORT

Students will be transported by bus to and from camp. A College vehicle will also be driven to the venue.

MEDICAL

Please ensure your child's PAM medical profile is correct and up to date with information and any necessary medical plans.

If your child is required to take medication during the camp it is compulsory that a Medication Authority Form is completed and signed off by a doctor or pharmacist and parent/carer.

Please return the form and medication to the Coolock General Office by the **Tuesday 1 March** at the latest.

A qualified medical professional will be onsite each day during activity hours and on call at all other times for the duration of the camp.

SAFETY

College staff will accompany students on all activities and oversee the running of the program. Students will be supervised at all times.

PICK UP AND DROP OFF

We ask that families remain conscious that the Coolock Campus will be extremely busy with traffic flows at this time, and we ask that all families who are collecting or delivering students for camp please enter via Gate 3 and exit Gate 2.

Please ensure you are parked in the staff parking area or in the pick-up and drop off zone. No vehicles are permitted to enter the front of the College.

FOOD

Students are required to bring a drink bottle, morning tea and lunch for the first day. No food containing nuts or eggs is permitted. All other meals will be provided. Please ensure you provide any dietary requirements through your PAM consent.

MOBILE PHONES

Students are not permitted to bring mobile phones to Camp. This rule exists to support student learning, prevent anti-social behaviour, and assist staff in managing safety.

If students bring a phone this will be taken by a staff member and kept safe until the completion of the camp.

The College will provide a camera that will be available for sensible use by students. Students may bring their own camera; however, security is limited, and staff will not take any responsibility for damage or loss.

EQUIPMENT & CLOTHING

Please ensure all clothing and personal items are clearly labelled.

Clothing

- Pyjamas or tracksuit
- Slippers, or shoes for wearing inside
- Water-proof jacket
- Underwear and socks (1 pair for each day + 2 spare)
- Sun hat and sunscreen
- Track pants, jeans (please bring extra tracksuit in case of inclement weather and you get wet)
- Jumpers
- Shirts and or T-shirts (no singlets allowed)
- Shorts (Loose fitting and lightweight. Not too short)
- Shoes/boots/runners that you can get wet (at least 2 pairs, old ones are best. Spare old pair for canoeing)
- Bath towel and face washer
- Bathers and swim towel
- **NOTE:** Campers must bring a long-sleeved non-synthetic (ie. wool or cotton) shirt or jumper, long trousers, and a hat, as recommended by the Department of Education and the Country Fire Authority.

Sleeping

- Sleeping Bag
- Fitted sheet for a single bed
- Pillow

Toiletries

- Personal hand sanitiser
- Face mask/s
- Sunscreen and insect repellent
- Toothbrush and toothpaste
- Hairbrush
- Torch and spare batteries
- Small pack of tissues

Packing/ Luggage

- Please limit luggage to one piece only – either a suitcase (limit H60xL40xW25cm), sports bag or roll bag (H40xL70cmxW40cm)
- Weight should not exceed 15kgs
- No items are to be tied to your bag (including sleeping bags, pillows etc.)
- Plastic bags for dirty clothing
- Plastic/Fabric bags to pack loose things together

What not to bring

- Good clothes
- Valuable items (e.g., computerised games, mobile phones, money)
- Chewing Gum
- Snack food containing egg or nuts.