Dear Parents and Carers of Year 9 Students,

We are writing to tell you about an exciting co-curricular activity for our Yr. 9 students for the end of this term.

In Week 9 of Term 1 (Monday 25th March to Thursday 28th March), we will divide our Year 9 student group into 7 groups for an Outdoor Education experience with Inter-Action Experiential Learning, based at their property at Mebbin, in the Uki district of Northern NSW. This is a four-day camp experience, with the details outlined in the attached documents and information below.

Outdoor Education @ StAC
St Augustine's has a strong commitment to Outdoor Education experiences for students at the College. A variety of experiences are provided for students beginning with three-day camps for all Junior Years students whilst they travel through Years 3 - 5. In Middle years, the Yr. 6 and Yr. 7 cohorts are involved in a three-day camp whilst the Yr. 8 and Yr. 9 students engage in four days of Outdoor Education experiences in a beautiful setting with experienced instructors and College staff. In Year 10, students have a choice of one of several Year 10 Significant Experience weeklong activities. In Years 11 and 12, the outdoor experience revolves around the Leadership and extended Retreat programs.

All of these experiences are a compulsory part of the curriculum and students are expected to participate unless prevented by illness or medical condition that cannot be managed away from the College.

About Inter-Action
Inter-Action Experiential Learning is a company who specialise in group experiences in the outdoors. In recent years Inter-action have partnered with Outward Bound Australia, an organisation with excellent credentials in the provision of Outdoor Learning Experiences. The Principal, Greg Smith, is an experienced educator, retreat facilitator and outdoor educator. He and his staff operate from a 3000hectare property in the Tweed Valley west of Murwillumbah. Their outdoor experiences are based on this property, but also utilise nearby resources like Clarrie Hall Dam and the Nightcap Mountains.

The experience
Students will be involved in a range of outdoor education activities including mountain bike riding, canoeing and abseiling. They will work in small groups consisting of 18 students, one Inter-action instructor and one StAC staff member. Each group takes a separate program commencing at the base camp and taking them further afield. Students and staff camp out each night at sites within the property and further in adjacent National Parks and reserves. Cooking and site preparation are done by students under the supervision of staff. There is an option for some students with particular needs to be based primarily at the campsite with excursions to the various outdoor activities. On the last day, all groups will return to the base camp for a shared liturgy and whole group activities.
Transport
Students and staff will travel by chartered coach or the College bus. Transportation on the
camp (if necessary) will be on our College bus and if necessary, a staff vehicle.

Cost
The cost of the camp experience has been included in the 2013 Schedule of Fees and Levies.
This includes all transport, use of camp equipment, catering and outdoor instruction.

Staff
10 staff from the College will attend the camp including Leo Schultz and Kate Brims who are
coordinating this experience.

Documentation attached
We have attached the following documents for your pre-reading. Those asterisked (*), need
to be returned to your son/daughter’s Home Group teacher no later than Thursday 7th March
2013.

<table>
<thead>
<tr>
<th>Document Title</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity descriptions</td>
<td>Information only</td>
</tr>
<tr>
<td>Medical record and Consent form *</td>
<td>To be completed and returned by Thursday 7th March by all students</td>
</tr>
<tr>
<td>Asthma and Allergy Management forms *</td>
<td>To be completed and returned by Thursday 7th March for those students who suffer from Asthma or allergic reactions</td>
</tr>
<tr>
<td>Personal Equipment List</td>
<td>A check list for your preparation with your student</td>
</tr>
<tr>
<td>Authority to Administer Pain Killers *</td>
<td>To be completed and returned by Thursday 7th March by all students</td>
</tr>
</tbody>
</table>

Start and finish times
Students will gather at the College at before 7am on Monday 25th March, ready for a 7.20am
departure. The buses will return students to the College by 3 pm on Thursday 28th March.

Information session for parents and carers
On the night of Tuesday 5th March there will be a short information session for parents/carers
and students. This session will commence at 7:15 pm in the Augustine Centre and will include
information on the program and clothing/equipment requirements.

Other information - non-attendance
If your son/daughter is unable to attend the camp due to a serious medical condition that
cannot be managed away from the College, we would ask that you discuss this with your
son/daughter’s Home Group teacher as a matter of urgency. In this situation, a medical
certificate needs to be provided to the College. The deadline for notifying the College about
a student’s non-attendance at the camp is Friday 8th March. Under the new arrangements for
the All Inclusive Fees and Levies, there are no discounts or reimbursements for non-
attendance at camps.

This will be an exciting opportunity for our Year 9 students. Your support of the students is
important and we look forward to making this experience a valuable one for them.

Bush-walking together in faith,

Year 9 staff, Leon Capra and Kate Brims
Activity Descriptions

The activities listed below are those that your son/daughter may involve themselves in while on the upcoming Outward Bound @ Inter-Action program.

Each activity is conducted by experienced professionals who follow specific guidelines in order to ensure the health and safety of students in our programs. This information is designed to keep you fully informed regarding the nature of each activity and alerts you to some of the potential hazards involved.

General

- People who live and learn in the Australian bush may encounter a variety of plants, animals and insects. Participants are instructed on how to deal with these to minimise the possibility of minor bites and stings.
- Participants are encouraged to be Sun Smart, to drink plenty of water while on the program, to carry personal medications e.g. Asthma puffers, and to wear enclosed shoes.
- During the course of most programs participants are asked to interact using a wide range of games and team building activities that may require running, jumping or other physical exercise.

Bushwalking/Camping out

- This activity involves carrying a back pack containing tents, sleeping bags, stoves, fuel, water, food and spare clothes etc. from one point to another in the Australian bush for a period of time.
- The potential hazards for an individual include becoming ill or injured while remote from immediate medical help. Long bushwalks may be strenuous and backpacks may become heavy. Environmental factors may make walking uncomfortable or lead to illness or injury. Other potentially hazardous environmental features include cliffs, falling rocks/tree limbs, rivers, dams, uneven ground, barb wire fences and sharp or stinging plants. Students compromising hygiene guidelines re food and toileting make themselves and their colleagues more vulnerable to illness. Some fear may be associated with being in the bush at night. Stoves and campfires are also potentially hazardous. Students are alerted to these hazards.

Mountain Bike Riding

- Mountain bike riding involves riding a geared mountain bike on private property or public roads for up to three hours. Riders wear helmets and enclosed shoes for protection and carry water bottles.
- Hazards include the possibility of falling off the bike for any number of reasons or collisions with other bikes or vehicles, lack of experience, fitness or riding skill may cause discomfort, illness or injury. There is the possibility of becoming ill or injured while semi-remote from immediate medical help. Environmental factors may make riding uncomfortable or lead to illness or injury. Other potentially hazardous environmental features include rivers, dams, uneven ground, barb wire fences and sharp or stinging plants. Students are alerted to these hazards.

Ropes Courses

- Ropes courses usually involve performing either a team or individual activity above the ground often with the aid of steel cables. Climbing, jumping walking or deliberately falling from a height are all possible. Height above the ground may vary from 30cm to 15 metres. Such activities require personal skill and/or team support for success. Activities are sequenced so that safety procedures are learnt, practiced and closely followed at all times.
- High Rope Course elements usually involve climbing a tree using tree staples, a ladder or other device to access a rope or cable up to 15 metres above the ground. Safety devices include a harness, belay (rope safety system) and a helmet where necessary. Potential hazards include fear of the perceived risk or of
heights. Minor injury due to lack of participant concentration. Major injury if safety guidelines are not followed especially on high elements. Students are alerted to these hazards.

- Such courses have an excellent safety record in the outdoor education industry.

**Canoeing**

- Canoeing involves paddling on a farm dam or larger water supply. Outward Bound @ Inter-Action programs are conducted on quiet water and participants must wear buoyancy vests and enclosed shoes.
- The most obvious although unlikely risk is that of drowning but cut feet, hand blisters, being wet, cold and falling out of the vessel are all possible minor hazards. Water borne diseases may be contracted or minor illness may result from drinking the water. There is the possibility of becoming ill or injured while remote from immediate medical help. Long excursions may be strenuous. Environmental factors may make paddling uncomfortable or lead to illness or injury. Students are alerted to these hazards.

**Abseiling – Rock**

- Abseiling involves a person descending a rope backwards down a cliff in a controlled manner using a friction device. It involves routes of various lengths, heights and various forms of take-off point.
- Potential hazards include falling debris, fear of heights and bumps and scratches if people come in contact with the rock
- All students wear safety helmets, harnesses and appropriate clothing.
Confidential

Name of Participant ____________________________ Sex ____________

Address ___________________________________ Pcode ______________

Phone _______________________________ Date of birth ______________

School/group ___________________________________________

Next of kin ______________________________ Relationship ______________

24 hour emergency phone(s) ________________________________

Family doctor ______________________________ Phone ______________

Address ___________________________________ Medicare no __________

Private Healthcare fund ______________________________ M’ship no __________

The following may prove useful for OBA staff in the event of a medical emergency or in determining a participant’s fitness for a given activity.

Does the participant suffer from: (please tick)

- Fits of any type [ ] Heart condition [ ] Diabetes [ ] Migraine [ ]
- Dizzy spells [ ] Sleep walking [ ] Blackouts [ ] Epilepsy [ ]
- Travel sickness [ ] Disability [ ] Recent or recurrent illness [ ]

Behavioral or emotional disorders: ________________________________

Normal treatment for each condition: ________________________________

Other - including pre-existing injury (attach details if necessary): ________________________________

Asthma & allergy sufferers only: Please fill out & attach separate forms Asthma form attached (tick) [ ] Allergy form attached (tick) [ ]

Allergies:

Has the participant ever taken analgesics? (Panadol, Asprin) [ ] Yes ____ [ ] No ____

Was there an allergic reaction to these? [ ] Yes ____ [ ] No ____

Any known allergies to: Penicillin [ ] Other drugs [ ] Which drugs? ________________________________

- Food [ ]
- Plants [ ]
- Animals [ ] Anything else? ________________________________

What special care is recommended? ________________________________

Any dietary needs? ____________________________________________
Year of last tetanus booster: __________

Swimming ability:
☐ Unable nothing more than a dog paddle
☐ Poor strokes, only limited ability beyond domestic swimming pool
☐ Good strong swimmer, able to confidently swim at least 50 metres in a variety of water conditions, surf, lakes, rivers
☐ Excellent able to swim 100m confidently or 50m fully clothed

All prescribed medication (except asthma puffers) must be handed to the teacher/supervisor in charge before the commencement of the program. Such medication must be in the original labeled pharmacy bottle with “use by” date, directions and be accompanied by written instructions including name, dosage and times to be taken.

OB@IA staff are trained to administer, in emergencies, a very limited range of medication. The protocols are strict and are designed to save life. If there is a condition that will be resolved by the use of a particular medication or treatment this must be supplied along with a doctor’s letter explaining the treatment plan.

- I ___________________________ being parent/guardian of the above-mentioned participant declare that I understand that the activities may involve running, jumping, water and use of specially designed adventure equipment thus exposing my son/daughter to situations and physical activity not encountered in a classroom.
- I acknowledge that while OB@IA and its staff and associated instructors will make every reasonable effort to minimise exposure to known risks, all hazards and dangers associated with these activities cannot be foreseen or may be beyond the control of OB@IA, its staff or associated instructors.
- I further authorise that any duly authorised agents of Outward Bound Australia in the event of any injury or illness, and where it is not possible or reasonable to obtain my consent at the time, to administer a normal dose of over the counter medication such as antihistamine or paracetemol, to engage any medical practitioner or hospital facilities or accommodation. In this event I agree to pay all such emergency evacuation, ambulance, doctor, nurse, and/or hospital expenses.

Signed: ___________________________ (parent/guardian) Date: __________
Asthma Management Information form

Name of participant ____________________________

This form must be completed by the participant's parent/guardian if the participant is a known asthma sufferer. This information is of vital importance in the event of an asthma attack as it will assist in the speedy provision of correct treatment.

Is preventative medication used regularly? □ yes □ no
If yes which one(s)? __________________________________________

Has a medical maintenance program been worked out with the asthmatic's doctor in order to reduce the frequency/severity of attacks? □ yes □ no
If yes, what is the normal maintenance program followed by the asthmatic?

Is the asthmatic on any reliever medications? □ yes □ no
If so which one(s)? __________________________________________

What is the medication and treatment to be used during an attack?
Please make sure the student carries this with them while on camp.

Does the asthmatic always carry their medication(s) with them? □ yes □ no

Does the asthmatic own/use a Peak Flow Meter? □ yes □ no
If yes, what would:
   a) indicate that they would require medication? __________________________
   b) indicate that they require medical attention? __________________________

List any known asthmatic trigger factor(s) experienced by the asthmatic

______________________________________________________________

Has the asthmatic been admitted to hospital due to asthma in the last 12 months? □ yes □ no

Does the asthmatic suffer sudden asthma attacks requiring hospitalisation? □ yes □ no

I understand that my son/daughter's involvement in this Inter-Action program may mean that he or she is remote from immediate medical help (from ½ hr to a full day dependent on the program). In consultation with the child's Medical Practitioner I have provided Inter-Action with enough written information to deal appropriately with an asthma 'attack'.

Extra information attached □ yes □ no

Signed (parent) ____________________________ Date ____________________________

Signed (agency/school co-ordinator) ____________________________ Date ____________________________
Allergic Reaction Management form

Name of Participant: ________________________________

Please complete this form if your child has ever suffered an allergic reaction to:

- insect bites
- toxins (eg spider, snake bites)
- food groups or additives
- detergents or cleaning agents
- plant pollens
- any other triggers

What is the participant allergic to: ________________________________

What are the signs and symptoms of the participant’s reaction: ________________________________

Has the participant at any time suffered from:

- a localised reaction (any rash, itching, swelling at the site the poison has entered)
- a systemic reaction (any rash, itching, swelling away from the site the poison has entered)
- an anaphylactic reaction (severe breathing problems, swelling of the body, emergency situation)

What medication does the participant take (if any) for prevention against allergic reaction?

All medication for the treatment of this reaction must be brought on the program by the participant and be noted on the medical form.

What treatment is followed for the participant if an allergic reaction occurs?

FIVE VITAL QUESTIONS

1. Does the person suffer a systemic reaction to their allergy? □ yes □ no
2. Does the person suffer an anaphylactic reaction to their allergy? □ yes □ no
3. Is there a family history of anaphylaxis? □ yes □ no
4. Has the person ever been hospitalised due to an allergic reaction? □ yes □ no
5. Is adrenaline (eg adrelaline injection, medi-epihaler, epi-pen) administered to the person when they suffer from an allergic reaction? □ yes □ no

If yes has been answered to any one of these five vital questions, please read and sign below:

I understand that my son/daughter’s involvement in this Inter-Action program may mean that he or she is remote from immediate medical help (½ hour to a full day dependent on the program). In consultation with the child’s Medical Practitioner I have provided Inter-Action with enough written information to deal appropriately with an allergic condition.

Extra information attached □ yes □ no

Signed (parent) ________________________________ Date ________________________________

Signed (agency/school co-ordinator) ________________________________ Date ________________________________
Personal Equipment List

Essential Equipment

<table>
<thead>
<tr>
<th>Tick</th>
<th>What to bring:</th>
<th>Why:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>Sleeping bag</td>
<td>To keep you warm at night!</td>
</tr>
<tr>
<td>☐</td>
<td>Day pack</td>
<td>To carry raincoat, water, 1st aid kit etc - school bag size with 2 shoulder straps</td>
</tr>
<tr>
<td>☐</td>
<td>Water bottles</td>
<td>Enough to carry 2 litres of water – include a bike bottle if you’re bike riding</td>
</tr>
<tr>
<td>☐</td>
<td>Toiletries</td>
<td>Toothbrush, toothpaste, soap, sanitary needs etc – don’t bring spray cans</td>
</tr>
<tr>
<td>☐</td>
<td>Torch</td>
<td>There are no lights in the tents at night – bring spare globe and batteries</td>
</tr>
<tr>
<td>☐</td>
<td>Personal first aid kit (see also below)</td>
<td>For minor cuts and scratches - band aids, roller bandage, sunscreen, insect repellent &amp; personal medications eg current asthma or bee sting medication, strapping tape, knee-guard</td>
</tr>
<tr>
<td>☐</td>
<td>Dining kit</td>
<td>Knife, fork, spoon, plate, bowl, mug, tea towel, all in a drawstring bag – don’t bring disposable ones</td>
</tr>
<tr>
<td>☐</td>
<td>Towel</td>
<td>Bath or beach towel &amp; hand towel</td>
</tr>
<tr>
<td>☐</td>
<td>6 Garbage bags</td>
<td>For wet and dirty clothes, waterproofing gear in your pack</td>
</tr>
<tr>
<td>☐</td>
<td>Small garbage bag</td>
<td>Eg Coles bag – to take home personal rubbish</td>
</tr>
</tbody>
</table>

Essential Clothing

<table>
<thead>
<tr>
<th>What to bring:</th>
<th>Why:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Shorts</td>
<td><strong>Must not be short shorts</strong> – shorts can ride up when wearing a harness (used for high ropes activities)</td>
</tr>
<tr>
<td>☐ T-shirts</td>
<td><strong>Must have sleeves</strong> - &amp; extend below shorts/pants – to protect shoulders from sunburn, backpack straps, harnesses (in some high rope activities)</td>
</tr>
<tr>
<td>☐ Long pants</td>
<td>Light cotton or track pants (don’t bring denim – it is heavy and it doesn’t dry out easily) – for cool nights &amp; some high rope activities</td>
</tr>
<tr>
<td>☐ Long sleeved shirt</td>
<td>For sun protection - especially for canoeing</td>
</tr>
<tr>
<td>☐ Walking boots or runners</td>
<td>Need to be comfortable</td>
</tr>
<tr>
<td>☐ Spare old runners</td>
<td>For water activities (they will get wet) and must stay on in the water (thongs are no good!)</td>
</tr>
<tr>
<td>☐ Socks</td>
<td>Thick socks that extend above the ankles give better protection from blisters, leeches and sticks</td>
</tr>
<tr>
<td>☐ Underwear</td>
<td>Enough to last the camp</td>
</tr>
<tr>
<td>☐ Jumper</td>
<td>Thin woollen/microfibre jumper or thermal top - for warmth even when wet</td>
</tr>
<tr>
<td>☐ Hat, sunnies</td>
<td>For sun protection – wide brimmed hat is best <em>(see also below)</em></td>
</tr>
<tr>
<td>☐ Raincoat (see also below)</td>
<td><strong>Good quality</strong> that will keep you dry</td>
</tr>
<tr>
<td>☐ Beanie</td>
<td>For cold winter nights</td>
</tr>
<tr>
<td>☐ Swimmers</td>
<td>Or track pants and t-shirt to sleep in</td>
</tr>
</tbody>
</table>

Extras

<table>
<thead>
<tr>
<th>What to bring:</th>
<th>Why:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Lunch?</td>
<td>Check with your teachers whether you need to bring lunch on the first day</td>
</tr>
<tr>
<td>☐ Camp sleep mat</td>
<td>We will supply one if you don’t have your own</td>
</tr>
<tr>
<td>☐ Spare jumper</td>
<td>For winter</td>
</tr>
<tr>
<td>☐ Camera</td>
<td>For good memories</td>
</tr>
<tr>
<td>☐ Pillow</td>
<td>For comfy sleeps</td>
</tr>
</tbody>
</table>
Some extra information to help you plan what to bring –
and what to leave at home …..

**Raincoats**
Although Mebbin is in sub-tropical Northern NSW temperatures often fall below zero at night and atop Mt Warning (wind chill) - especially during winter. In the interests of group safety therefore **every participant must carry a reasonable quality rain coat.** In the interests of good health, garbage bags and coats of similar weight material are not acceptable safety garments. Students without raincoats may be required to hire one (for $10) or be withdrawn from the activity/camp.

**Clothing**
Clothing quantities depend on the length of program. This list covers the essential items which must be worn or brought to camp. If you don’t bring a hat – or the hat you bring is not appropriate - we will require you to buy one of our sunhats ($15 each).

**First Aid Kits**
Students are expected to be responsible for carrying a small 1st Aid Kit as in the list above. If you are allergic to bandaids or strapping tape please bring a supply of non-allergenic tape for your use.
Teachers and/or Outward Bound @ Inter-Action staff will carry comprehensive First Aid Kits. Pain killers or prescription drugs must be handed in to teachers.

**DO NOT BRING:**
- Any item contrary to school rules… alcohol, cigarettes, and recreation drugs
- Valuable watches or jewellery
- Aerosol cans, matches, lighters
- Hair dryers
- Thongs or sandals
- Knives/sling shots
- Lollies or chewing gum
- Electronic equipment i.e. iPods, or mobile phones ….. and why not??

At Outward Bound @ Inter-Action, one of our aims is to establish a “mini-community” where each activity group takes responsibility for developing a self-sufficient, smooth running team. We often begin by creating a working agreement with the group where they set guidelines and expectations for individual and group behaviour. During the program many of the experiences and achievements enhance this process of group development.

With this in mind, we ask that students don’t bring electronic equipment such as iPods and mobile phones. The introduction of any of this equipment into the process of group development brings in outside influences which dilute the effectiveness of the team building process.

If students (or their parents) are concerned about issues of communication for safety reasons – all our instructing staff carry appropriate communication devices (UHF radios, 3G or Sat phones, SPOT GPS satellite messengers) when away from base camp. There is also a phone at base camp for contact with the school or parents if necessary.

We ask that teachers, parents and students support us in this area by not bringing electronic equipment on Outward Bound @ Inter-Action programs.

**Taking home your own rubbish**
Because Outward Bound @ Inter-Action operates in the bush we need to take care of the disposal of all the rubbish that comes to the site – we don’t have a rubbish collection service. We aim to operate in an ecologically friendly and sustainable manner so that we can walk lightly as an Australian company concerned for the environment.

We ask that our visitors take home all the rubbish they bring with them, rather than dumping it in the bin. The exceptions will be material such as food scraps (which we will compost), and any sanitary items (which we will dispose of).

There is nothing that we ask students to bring on camp that should generate rubbish. A small rubbish bag (e.g. a Coles shopping bag) for each person to place any personal rubbish in, and a willingness to co-operate with us in this area, should be all that is needed.

Thanks for your help

We look forward to seeing you on camp.
Authority to Administer Pain Killers
Inter-Action Camp UKI, NSW
Year 9 MARCH 25-28, 2013
Year 8 APRIL 30 –May 3, 2013

Student Name............................................................... Home Group ...............

Pain Killers:

May Paracetamol be administered by school staff if required? Yes / No

If your child prefers a particular type/brand of pain killer, please provide these and the Student Medication Authority form, which will be handed out a few days before camp.

Parent/Guardian signature............................................. Date.................

Parent/Guardian name................................................... Relationship: _______________