



ST. BERNARD'S COLLEGE

YEAR 7 CAMP 2017 INFORMATION BOOKLET

YEAR 7 CAMP INFORMATION:



Teachers attending: Year 7 Homeroom Teacher

Dates:

Homeroom	Week	Leave for camp on:	Return from camp on:
7A	4	20th Feb	22nd Feb
7B	2	6th Feb	8th Feb
7C	3	13th Feb	15th Feb
7D	3	15 th Feb	17 th Feb
7E	4	22nd Feb	24th Feb
7F	5	27th Feb	1st Mar
7G	5	27 th Feb	1st Mar
7H	5	1st Mar	3rd Mar
7J	5	1st Mar	3rd Mar

Location: St Bernard's Santa Monica Camp
970 Great Ocean Road
Victoria

Emergency numbers:

Santa Monica contact number: 5289 7101
During school hours: SBC Administration
After school hours: David Sutton 0432 339 631

Transport

Travelling by Bus
Departing SBC at: 9:00am
(*please arrive well before 8:45am for homeroom*)
Departing Santa Monica at: 1 pm
Arrive back at SBC at: 3:00 pm (*approx.*)



Distance from expert medical care

10km to Lorne Hospital/ambulance assistance/7km to Aireys Inlet Medical Centre

Timeline of due dates

Permission form and medical form to be returned to class teacher *by: **1st February***

Ensure items are purchased for camp - sleeping bag, suitable footwear.

Pack for camp (*don't forget wet weather gear, hat, water bottle and warm clothing as well as a pair of shoes the can be worn in the water*).

Departure for Camp from SBC (*don't be late*) 9:00am
Remember to bring food for the first day – snack and lunch

Return from Camp *by approx 3:00 pm*

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OVERVIEW

St Bernard's College strives to be a leading school that offers its boys an innovative, broadly based educational experience. Our philosophy is built on the foundation of Christian values and aims to develop each boy's individual abilities, equipping them with the skills necessary to be successful, productive and responsible members of society. Our school motto attests 'Discere et Agere – to learn & to do. We are very big on giving the campers an experience where they not only enjoy and partake, but they learn in order to realise they can do.

The developmental program of outdoor education opportunities available to students at St Bernard's College supports the vision and aims of the College. Camp is a wonderful experience for all students and provides opportunities for personal growth and challenges as well as forging new friendships and creating great memories.

YEAR 7 CAMP AIMS

Outdoor Education, Environmental Education or Earth Education is primarily run in an outdoor environment and setting. The aim of this form of education is to gain better results and outcomes than can be achieved through traditional forms. By removing the individual from their usual routine and comfortable environment alternative learning can be achieved.

All aspects of the camp program are tailored towards individual needs and special needs can be catered for.

There are inherent risks in undertaking outdoor adventure based activities however facilitators are of the belief that the risks attributed to the activity are greatly outweighed by the outcomes which can be achieved for the group and individual.

CAMP EXPECTATIONS



Students

Students are expected to adhere to the College Code of Conduct. The College has high expectations of the conduct and behaviour of boys whilst on camp and representing the College.

Students are expected to:

- Follow all directions and respect the position of teachers and supervisors in charge of the group.
- Act responsibly at all times whether with the entire group or separated from supervision.
- Follow all regulations and codes specified by the camp facilitators.
- Remain inside the camp boundaries.
- Be respectful, courteous and just to others.
- Respect all property (College owned or otherwise).
- Communicate openly and seek to build and maintain positive relationships with peers, parents and staff.
- Make the most of the educational opportunities offered by the camp experience.



EXPECTATIONS AT CAMP:

- Be responsible for your belongings.
- Any wet clothing should be packed into plastic bags.
- Help in cleaning the accommodation and account for any lost property.
- Assist others where you can to ensure a prompt departure
- Thank the camp facilitators for their contributions in ensuring your camp experiences were positive.

EXPECTATIONS AT THE END OF CAMP:

Upon returning to SBC

- Take the time to personally thank the accompanying staff.
- Ensure you (or your parents) collect any medication from staff prior to leaving College.
- Encourage your son to reflect on his camp experience and share the positive experiences he had.

ACTIVITIES TO BE UNDERTAKEN ON CAMP



Below is a list of the activities that will be undertaken during the course of the camp. A very important part of any school camp is that all activities are subject to weather conditions. Student safety is of the utmost importance and changes in daily itineraries will be at the discretion of the teacher involved.

Lighthouse walk

The boys are taken on a tour of the Split Point Lighthouse at Aires Inlet, then accompanied by a Marine Biologist to a local river mouth to fish using nets and educated on the importance of clean waterways.

Lookout walk

This is a challenging one km walk up the back of camp to a lookout that takes in the beautiful views of the valley behind.

Beach Carnival and beach activities

An afternoon of games and activities at a local beach.

Canoeing

All participants are fitted with appropriately sized PFD's (Personal Flotation Devices) and paddles. A full safety brief and training is carried out on dry land before entering the water.

Team Games and Activities

Team games and initiative activities have various risks often involving lifting people or being lifted, passing, throwing or catching objects, running, jumping, hopping, swinging on ropes and other risks which may present itself during the activity. Participants must assess their personal contribution to each activity in line with their skills, strengths and weaknesses and any physical disabilities or previous injuries.

EQUIPMENT CHECKLIST AND PACKING LIST



Parents should assist their children in packing the most appropriate equipment for the weather and time of year, however, it is expected that all students take the responsibility of packing their own equipment. Locations for Year 7 camp can be considerably colder or hotter, depending on the season, than in inner Melbourne. Please ensure that students use a storage bag which is an appropriate size for them to carry, as they will have to carry it themselves once they reach the site. Please ensure that your son's items are clearly labeled so that misplaced items can be promptly returned.

Please ensure your son has enough food to get him through the first day of camp. He should have a packed lunch and morning snack with him on the day of departure.

EQUIPMENT CHECKLIST AND PACKING LIST



Please note items such as iPods, MP3 players, mobile phones, radios, spending money, digital cameras, aerosols, chewing gum, lollies and GPS units are **NOT** to be taken on camp. SBC does not accept any liability for loss of personal items

Items to be packed

(it helps to tick as you pack)



- 1 sleeping bag - *preferably with a stuff sack* _____
- 1 fitted bed sheet _____
- 1 pillow and pillowcase and pyjamas _____
- 4 sets of clothes for outdoor activities (*shorts and T shirts - with collar and sleeves*) _____
- 1 pair of old closed in shoes (*will get wet and muddy*) _____
- 1 pair of sandshoes for outdoor activities _____
- 1 set of warm clothing (*jumper, long sleeved t-shirts and 1 tracksuit pants*) _____
- Beanie _____
- Underwear and socks for 4 days (includes an extra set in case needed) _____
- Swimming togs and RASH VEST (essential) _____
- 2 towels for shower and swimming _____
- 3 strong plastic bags _____
- 1 hat with wide brim** (*essential*) _____
- Water bottle** _____
- Small torch _____
- Tissues or handkerchief _____
- Insect repellent (*non-aerosol*) _____
- Raincoat _____
- Camera _____
- Pens and Pencils _____
- Sunscreen _____
- Personal items : soap & container and washer _____
- toothpaste and toothbrush _____
- Shampoo and sunscreen _____
- Please ensure all items of clothing are clearly marked with your son's name.***
- Packed lunch and snack for first day of camp. _____



ACCOMMODATION

Accommodation at Santa Monica is in bunk-style modern cabins.

CATERING

Santa Monica offers a wide and comprehensive menu each day. Students who have specific dietary requirements can be catered for and should specify their requirements on the attached medical, dietary and permission form.

RISK ASSESSMENT

Operating procedures and Risk Management assessments for the activities to be undertaken whilst on the camp have been provided to the school and accompanying staff. All activities have risks, participants (students) and parents must be aware that these risks exist and that they must be willing to accept that such risks are an aspect of participation in the listed activities.

Teachers will brief the students on any other risks involved (e.g. sun safety, safe bus travel) in preparation for the camp. If you have any concerns, please see your son's classroom teacher in the first instance. It is the responsibility of students to take responsibility for the application of sunscreen. The teachers will provide opportunities for them to do so

At Santa Monica staff use systems, equipment and site checks, Instructor training and Risk Management protocols to minimise the possibility of incidents or accidents occurring. Good footwear, care and observation, being prepared, listening and following instructions on the part of the student will also help to minimise the risk of incident and accidents occurring.



ST. BERNARD'S COLLEGE

Year 7 Camp 2016 Medical and Permission Forms

Student Details

Surname _____ Given Names _____

Date of Birth _____ Year Level/Class _____

Medicare/Health Insurance

Medicare Number: _____ Position on Card _____

Doctor Details

Doctor's Name _____ Phone number _____

Medical Centre _____

Emergency Contacts whilst on Camp

(These can include parents)

1. **Name** _____

Relationship to student _____ Home number _____

Work number _____ Mobile number _____

2. **Name** _____

Relationship to student _____ Home number _____

Work number _____ Mobile number _____



**Please complete this medical form and ensure you sign the permission slip.
 An Action Plan must be attached to this form if your son requires any medication during Camp. Ailment, medicine and dosage should be clearly stated on a duplicate copy of this medical form which is to accompany all medication taken to Camp. Medication is to be given to the accompanying Homeroom Teacher on the day of camp before getting on the bus.**

Medical Information

Does your son have any of the following? :

1. Asthma

If yes, please complete the following:

Yes

No

Medication/preventer/reliever taken for asthma _____

How often is medication required? _____

Please list known triggers: _____

Does your son have an action plan for asthma?

If yes, please attach a copy

Yes

No

2. Has your son at any time in the past suffered from the following:

An anaphylactic reaction

(Emergency situation - severe breathing difficulties, localised swelling)

Yes

No

A localised reaction (rash/itching/swelling)

Yes

No

Does your son require adrenalin (EpiPen) for his allergy? Yes

No

What other medication, if any, does your son take for the prevention or management of his allergic reaction? _____

3. Does your son have diabetes?

If yes, please provide details and attach a management plan

Yes

No

4. Does your son have epilepsy?

If yes, please provide details and attach a management plan

Yes

No

5. Has your son had any recent illnesses, operations or serious

accidents?

Yes No

If yes, please provide details:

6. Does your son have any other medical condition?

Yes No

If yes, please provide details:

7. Please list any prescription or non-prescription medication your son requires and the dosage:

medication _____ *dosage* _____

medication _____ *dosage* _____

medication _____ *dosage* _____

8. Does your son suffer from travel sickness?

Yes No

If yes, please provide details:

9. Allergies

Yes No

If yes, please complete the following:

Medications Yes No Details: _____

Insects Yes No Details: _____

Nuts Yes No Details: _____

Dairy Yes No Details: _____

Seafood Yes No Details: _____

Other Yes No Details: _____

If you answered yes to any of the above, please complete the following:

Has your son been hospitalised due to allergies? Yes No

Details: _____

Signs and symptoms of reactions: _____

Dietary Information

1. Does your son have any special dietary requirements?



Yes



No

If yes, please provide details:

Vegetarian Yes No Details:

Coeliac Yes No Details:

Lactose Intolerant
 Yes No

Details: _____

Diabetic Yes No

Details: _____

Gluten Free Yes No

Details: _____

No Pork Yes No

Details: _____

Other Yes No

Details: _____

If yes, please provide full details:

Other Information

Is there any other information the Camp organisers should be aware of that could affect their Duty of Care for your son, or restrict his participation in certain Camp activities?

Yes



No



If yes, please provide full details:

Signature of Parent/ Legal Guardian _____ Date _____



Permission Form

Student Behaviour

I understand that in the event of my son's misbehaviour, or behaviour that poses a danger to himself or others during the camp, he may be sent home. I further understand that in such circumstances I will be informed and that transportation of my son from the camp will be my responsibility.

Consent for emergency transportation

In the event of an emergency I consent to my son being transported in a privately owned vehicle driven by a member of the supervisory staff. **(Strike out if you do not consent)**

Please indicate your son's experience in each of the following (choose the most suitable):

Swimming	Never done	<input type="radio"/>	Adequate	<input type="radio"/>	Proficient	<input type="radio"/>
Canoeing	Never done	<input type="radio"/>	Adequate	<input type="radio"/>	Proficient	<input type="radio"/>
Bushwalking	Never done	<input type="radio"/>	Adequate	<input type="radio"/>	Proficient	<input type="radio"/>

Additional comments relating to _____ experience:

PARENT CONSENT

I have read all of the information contained in this booklet provided by the school in relation to the Santa Monica Year 7 Camp, including material provided on the schools website.

I give permission for my son _____ (full name) to attend.

Parent/Guardian: _____ (full name)

_____ (Signature)