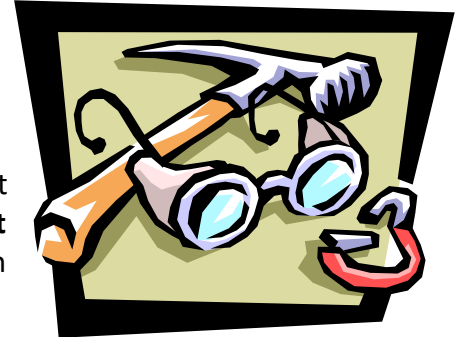




Duke of Edinburgh and Outdoor Education

Expedition: Rock Climbing

A rock climbing expedition will be conducted over the Term 3 break at Mt Arapiles, Victoria (near Horsham) from **Friday 27 Sept until Tuesday 1 Oct 2019**. Transport will be by the 25-seater bus leaving school at 2.00 pm on the Friday and returning by 3.00 pm on the Tuesday.



Gordon Begg and Julie Engelhardt plus 4-6 other instructors will be directly supervising and conducting all rock climbing activities.

The area is a well-known and highly regarded area for climbing, abseiling, belaying and bouldering. Students will be well-versed in these procedures by attending introductory climbing sessions before the trip. Students will be able to participate in seconding instructors on multi-pitch climbs.

Each night will be spent in the Natimuk camping ground (BBQ, Showers, Fridge) and each day the students will stroll to the different crags in the area for a day of climbing activities.

Students are to provide their own food for the duration of the trip. A communal BBQ will be available for students to use.

In the event of an emergency, the contact person, whilst the students are away, will be David Wallage on 0407 962 639 or contact Gordon Begg on his mobile.

Any further inquiries regarding the trip, or the nature of activities, should be directed to me at the school (8276 0337) or at home (0428 974 759). Please complete the permission form and return it to Mr Begg at school.

Cost will be approximately \$340, which will be added to the student's account.

Use of rock climbing shoes is inclusive in the cost. All other climbing equipment is provided.

Check out the website www.chockstone.org
Or www.parkweb.vic.gov.au and select Mount Arapiles



Duke of Edinburgh and 11OED

MT ARAPILES PROGRAMME

Friday

- 1.30-1.45 Meet at Westventure Shed.
- 2.00 pm. Depart School.
- Drive to Mt Arapiles or Natimuk camp ground, buy dinner in Bordertown. Set up camp.

Saturday

- Students ready to depart at 8.30am with food and water for the day.
- Divide into pairs.
- ½ the group complete top rope climbs at Dec Crag.
- ½ the group in pairs go with staff and complete Multi-pitch climbs.
- After lunch top rope and multi-pitch climbers rotate.
- Debrief session 7.00 pm

Sunday

- As for Saturday (different top rope venue) and progressing to 3 pitch multi-pitch climbs.
- 11OED and Gold Duke of Ed will be assessed for your setting up of a top rope climb using 3 anchor points (natural or placed protection).
- Collecting of 5 digital photos of environmental issues for journal.
- Debrief session 7.00 p.m.
- Assessment on Trangia Meal

Monday

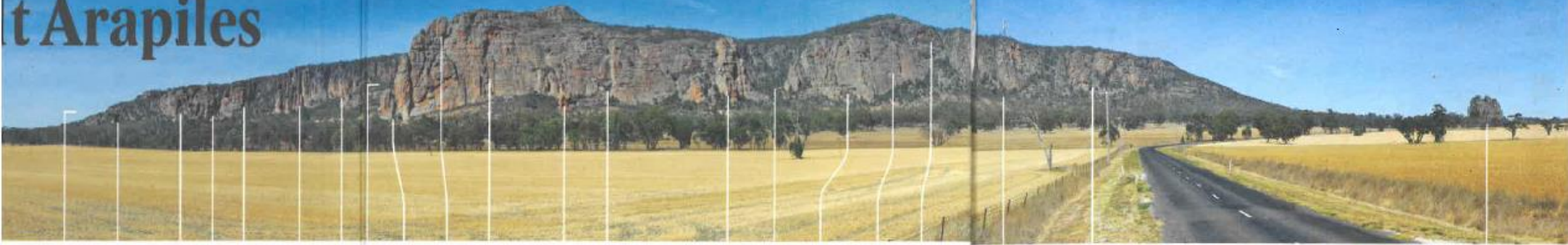
- As for Sunday

Tuesday

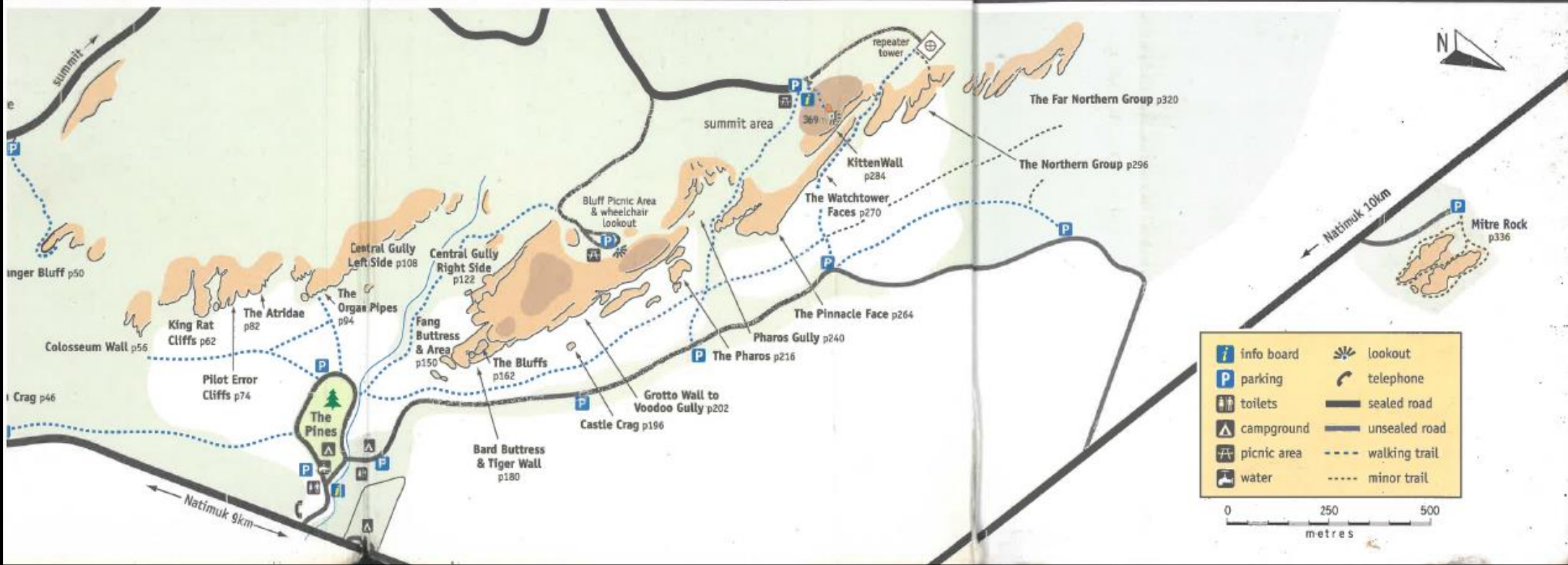
- Top rope climbing and abseiling at the 'Plaque Area'
- Depart by 9.00 am
- Arrive at Westminster by 3.00 p.m.
- Return all school equipment.



t Arapiles



Bushranger Bluff Colosseum Wall King Rat Cliffs Pilot Error Cliffs The Atridae Organ Pipes Central Gully Left Central Gully Right Fang Buttress & Area The Bluffs Tiger Wall Castle Crag Grotto Wall to Voodoo Gully The Pharos Pharos Gully Pinnacle Face Watchtower Faces Kitten Wall Northern Group Far Northern Group Mitre Rock



Personal Equipment

Clothing

For any climbing trip you only need a set of clothes for climbing and a spare comfortable change for night-time. (For longer or colder conditions another set should be included).

- 2 shirts, one light, the other warmer. Preferably long sleeved for better sun protection. (Westventure shirt is great).
- 2 pairs of long trousers/long tights or shorts, track suit pants are ok. (Avoid jeans, being inflexible and taking too long to dry out if they get wet).
- Shoes suitable for walking in. These need to be worn when walking to the climbing venue. No thongs at climb site. Climbing shoes are provided.
- Underwear
- Old woollen or fleece jumper. Please avoid synthetic cotton fabric jumpers, as they will not keep you warm when they are wet.
- 3 pairs of thin socks for climbing in plus 1 pair of thick socks for night-time (Explorer socks are great!)
- Broad-brimmed sunhat, one that covers the ears and back of neck (not a baseball-style hat if possible)
- Warm wear, such as a beanie, thermal and gloves for the cold nights.
- QUALITY rain jacket can be provided by school.



Sleeping

- Sleeping bag (preferably down)
- Sleeping mat (to insulate you from the ground). Foam mats are cheap, durable and do the trick!

Toiletries

- Small amount of soap (if showers available)
- Toothbrush and toothpaste
- Comb or brush
- Towel
- Small amount of toilet paper, waterproofed
- Any personal first aid equipment (i.e. Ventolin, bandaids etc.)
- Sunscreen and SPF Lip-balm

Eating

- Light plate, bowl & mug
- Eating utensils
- 2 x 1 litre strong water container
- Scourer or Chux
- 10 L water bladder, provided by school (empty)

General

- Pencil & Notebook
- Matches (waterproofed in film container)
- 2 large plastic bags
- Torch (with spare batteries)
- Hand sanitiser
- 1 garbage bag for rucksack liner (orange 'garden bags' are best)
- Camera, book, cards, pocket knife, mending kit
- Whistle
- iPod (for tent use only)

Group Equipment

- Tent plus poles & pegs
- Trangia stove and fuel bottle
- First aid kit
- Trowel
- Tarp or groundsheet



Food

When planning food for any* DOE or OE trip it is important to consider the following things – weight, nutrition, preparation, interest and packaging. You want lightweight foods that are low on packaging, easily prepared and nutritious – but not boring! Some good recipe ideas include...

Breakfast

- Muesli with milk powder
- Instant porridge ('Oat Temptations' are great)
- Breakfast muffins
- Muesli Bars
- Powdered 'Sustagen' (not 'Up & Go's')

Lunch

- Various breads (Mountain Bread, pita bread, tortillas etc.)
- Dry biscuits (Salada, Vita-Wheat, Cruskits etc.)
- Toppings and spreads (metwurst, cheese, pastes, jam etc.)
- Flavoured Tuna ('Safcol' packets are better than cans)
- Muesli Bars, Fruit Bars etc.



Dinner

- Instant Pasta & Soup packets are brilliant (Continental Noodles, Rices of the World, 'Cup-a-soup' etc) with extras added.
- 'Back-country' or similar dehydrated meals.
- Cous Cous, rice (both are super lightweight and small!!!) or pasta with added ingredients such as:
- Fresh vegies, freeze-dried peas, metwurst, tuna, sauce sachets etc.
- Specific recipe ideas are also located in the OED office.

Scroggin

- High energy mix of snacks to boost energy levels throughout the day that is readily accessible whilst you are involved in your activity. You need a supply for each day. This is really important especially if conditions are cold, wet or windy.
- Dried fruit, nuts, chocolate, lollies, 'Shapes' biscuits

Water

- You need to have access to 2 litres a day. Two containers are a good idea.

Menu Plan Sample

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1		Salad roll Fresh Fruit	Pasta and Sauce mix with extra vegies	Muesli Bars Lollies
DAY 2	Oat Temptations	Vita-Wheats with cheese and metwurst	Cous Cous with extra vegies	Dried Fruit Shapes
DAY 3	Museli with milk powder	Tortilla wraps with spreads and leftovers		Chocolate Nuts

+ 1 spare dinner in case another fails or is ruined (2 min noodles or soup is best)

Note: On kayaking or base camp trips weight is not a huge issue. This means you can afford to be more creative with your meals!

Conservation

“Keep the wildlife WILD! Take only photos, leave only footprints”

Private land – Sometimes you will be walking on private land. Seek permission for access. Use gates, not fences, and leave them as you found them. Leave livestock and property ALONE!

Toilets – Dig a hole 100 m away from any water source or campsite. It must be at least 15 cm deep and fill it in afterwards. When using a long drop, CLOSE THE LID after use!

Litter – Carry a rubbish bag for all general litter. You must carry OUT what you carry IN.

Food Scraps – These biodegradable items can be buried. ONLY these can be buried. Do not leave plastic, foil, cans etc. carry them out.



CONSENT FOR CAMP

As parent/guardian of:	(student name)
	Shoe size:

I give my consent	(your name)
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for my son / daughter to participate in	(camp/excursion) Duke of Ed/11OED rockclimbing on top ropes and multi-pitch climbs

at / on	(at) Mount Arapiles near Horsham in Victoria (Date) Friday 27 Sept until Tuesday 1 Oct
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Agreement

- I agree to delegate my authority to supervising teachers/instructors. Such leaders may take whatever disciplinary action they deem necessary to ensure the safety, well-being and successful conduct of the students as a group and individually.
- In the event of an accident or illness, and contact with me being impracticable or impossible, I authorise the teacher-in-charge to arrange whatever medical or surgical treatment a registered medical practitioner considers necessary. I will pay all medical and dental expenses incurred on behalf of my child.
- I have provided all information necessary to plan safe and reasonable health care support for my child. This includes, if relevant, information about any activity modifications my child may require for medical reasons.
- I consent to my child’s doctor or medical specialist being contacted by medical personnel in an emergency.
- The information given is accurate to the best of my knowledge.

Signed: **Date:**/...../.....

Emergency family contacts

Parent/guardian

(address)	(home phone)	(work phone)	(mobile phone)
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Alternative emergency contact

(name)	(address)	(phone)
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Staff supervising this camp will use the medical and personal information you have already provided to the school and which is recorded on the School's database. If circumstances have changed since last updating your child's personal information please advise of any changes using the attached form. All forms should be returned to the Senior School Office. After reviewing the camp programme please advise us of any additional information that would assist our staff to care for your child in this camp setting. This information will not be used to update the School's permanent records and will only be used for this camp/activity.

**ADDITIONAL INFORMATION
SPECIFIC TO THIS ACTIVITY / CAMP**

Confidential

To be completed by the PARENT/GUARDIAN for students who need additional support whilst on camp.

This information is confidential and will be available only to supervising staff and emergency medical personnel and will not be recorded on the School's permanent database records.

Student Name _____

Please provide details of any current situation that will affect your child undertaking this activity/camp including any dietary needs.

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Routine supervision for health care related safety

Does your child need additional supervision for health-related safety? Yes No

If yes, consider and attach as relevant:

- Instructions from the child's doctor
- Medication plan

If assistance with medication must occur on camp identify responsibilities for:

- Delivery, storage, supervision, record keeping
- Off-site activities
- Reminding if necessary

- Health service provider details

If a care/health worker is involved because requirements exceed staff training and duties (i.e. other than oral or metered dose inhaler medication), write down:

- Who this is and the contact staff member?
- How, when and where will this occur?

Signed: _____ **Date:** ____ / ____ / ____





INFORMATION TO UPDATE SCHOOL'S PERMANENT RECORDS

Confidential

To be completed by the PARENT/GUARDIAN to update student information on the School's permanent database records.

Student Name.....

Personal

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Medical

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Other

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Signed:

Date:/...../.....

