

DUKE OF EDINBURGH AWARD SCHEME

Expedition: Rock Climbing

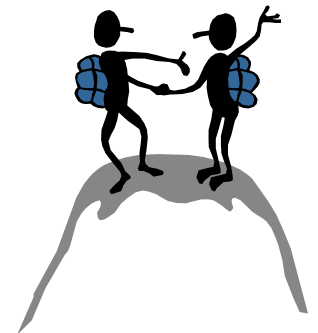
A series of rock climbing activities will be conducted from Saturday 31 Aug to Monday 2 Sept 2019. Transport will be by the 25-seater bus leaving school each day at 9.00 am and returning each day at 3.30 pm. Overnight camping is involved **only** if you are using the trip as your Bronze (Saturday **and/or** Sunday night) or Silver/11OED (Saturday **and** Sunday night) **qualifying** expedition.

Gordon Begg, Julie Engelhardt and Dan McArthur will be directly supervising and conducting all rock climbing activities. Westminster School, indoor climbing walls and Morialta/Onkaparinga Gorges are the climbing locations. Overnight camping will be conducted at Douglas Scrub (McLaren Flat). Students wishing to count the activity as a silver trip/11OED must attend all 3 days. Bronze Qualifiers should attend all 2 or 3 days but only need to camp on one night (or both nights if they prefer). If you have sporting clashes or **potential** finals during that weekend please email us with details and we can work around them.

The areas used are well known and highly regarded for rock climbing. The activities will include top-rope climbing, abseiling and belaying. Each activity is well structured and conducted with the required safety procedures. Basically if the child is “off the ground” they are connected to a rope.

Rock climbing has proven to be a very enjoyable and well-suited activity when senior students have participated in the past. This is an opportunity for Year 8/9 and 10 students to be involved. The expedition is targeted at the beginner rock climber but will cater for **all** ability levels. Students who enjoy the activity may wish to progress to Mt. Arapiles in October.

Details of the activities conducted each day are on the back of this sheet. Students who are using the trip as a practise or experience to broaden their skills are to provide their own lunch each day. Students who are camping (Bronze or Silver qualifying) need to provide all of their own food.



Cost will be \$55 per day. This will be added to the student’s account. Students must attend a minimum of two days. Students who attend all 3 days will be charged \$165 total.

Any further enquiries regarding the trip, or the nature of activities, should be directed to Gordon Begg at school or at home (0428 974 759) or email gbegg@westminster.sa.edu.au
Emergency contact if you cannot contact Gordon Begg is David Wallage 0407 962 639.

Please complete consent form and return it to the OED office at school



ACTIVITIES AND LOCATION

SATURDAY		SUNDAY/MONDAY (Morialta)	
9.00 am	Westminster at Westventure Shed Introduction to climbing	9.00 am	Westminster or Douglas Scrub
11.00 am	Depart for Holden Hill climbing wall, Introduction: climbing and belaying techniques on artificial wall. Lunch and continue climbing.	10.00 am	Morialta or Onkaparinga Gorge climbing, belaying on different grades depending on ability
2.30 pm	Return to school by 3.30 pm		• Abseiling
3.30 pm	Pick up at Westminster (unless camping). Campers depart for Douglas Scrub Camp	3.30 pm	Westminster (unless camping)

INDOOR WALLS

The venue will be:

Holden Hill Climbing Wall, 12/560 North East Road (8266 4090)

EQUIPMENT

- Everything is provided except food.

CLOTHES

- Shorts or loose fitting trousers, tracksuit pants or a combo of tights and shorts.
- Walking or sport shoes are suitable for the approach, school provides climbing shoes whilst on the rock.
- Long hair should be 'tied'
- Sunscreen, sunglasses, hat etc.
- Day pack or shoulder bag containing lunch, drink etc.
- Rain jacket

SEVERE WET WEATHER

- No climbing at Morialta/Onkaparinga Gorge
- Climbing on indoor climbing walls
- Cancellation of activities for day (no charge)



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/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. Shoes for climbing 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) or in compression bag
- 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,(empty) provided by school

General

- Pencil & Notebook
- Matches (waterproofed)
- 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,
- 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) Year 8/9/10/11
I give my consent	(your name)
for my son / daughter to participate in	(camp/excursion) Duke of Ed/11OED Introduction to Rock climbing in the Adelaide Hills
at / on	Holden Hill Climbing Wall and Morialta and Onkaparinga Gorges 31 Aug-2 Sept 2019

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)
-----------	--------------	--------------	----------------

Alternative emergency contact

(name)	(address)	(phone)
--------	-----------	---------





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.

.....
.....
.....

Number of days climbing - Please indicate

- | | |
|---|---|
| <input type="checkbox"/> 3 days climbing
(silver practise) | <input type="checkbox"/> 2 or 3 days climbing and overnight
Camping on Saturday and/or Sunday (please circle) (bronze qualifying) |
| <input type="checkbox"/> 2 days climbing
(experience only) | <input type="checkbox"/> 3 days climbing and overnight
Camping on Saturday and Sunday night (11OED or silver qualifying) |

Circle the days Sat Sun Mon

Signed: _____ Date: ____ / ____ / ____

