

COOBA SPORT & EDUCATION CENTRE CAMP PERMISSION NOTE

Dear Parent / Caregiver,

A two night camp has been arranged for the Year 5 students. Please read this information sheet in conjunction with the "What to bring" and the "Information on activities at Cooba" sheets, before signing the permission form and returning it to school by **Friday 8th of September**. The details are as follows: -

DATES

- Leaving on Monday 23rd October at 9am (Please ensure students arrive 15 minutes before departure)
- Returning Wednesday 25th October between 3-4pm (please ensure someone meets the students)

TRANSPORT: Students will travel by coach to Cooba. The coach is equipped with seat belts and video facilities.

ACCOMMODATION: Cooba Sport and Education Centre at Berridale - Ph. (02) 6456 3150

COST: The cost for the trip is covered in the Year 5, 2017 school fees

PURPOSE OF THE TRIP: The Year 5 camp is an extension of the overnight camp in Year 4 and is designed as a stepping stone to the two night camp in Sydney in Year 6.

SUPERVISION: The group will be supervised by the Year 5 team; Jessica Dittmar, Jacinta Housler, Vanessa Dunstan, Lisa MacMahon, Naomi Scott and Marty Capon.

STUDENTS NEED TO BRING: See attached list

ACTIVITIES:

Children will participate in a variety of activities. These may include - Sling shot initiative, Bubble Ball, Survivor (water based), Archery, Mountain bikes, Gladiator (water based), Big Swing

Please complete the attached forms and return to school by Friday 8/ 9/ 2017.

What to bring – Outdoor Pursuit Trip

General items for all students to bring- Essential

- Linen - 2 sheets (or sleeping bag)
- Pillow with a pillowslip
- Bathroom towel
- Beach towel

General Clothing - Recommended

- 3 sets of underwear
- 3 shirts with sleeves (1 short sleeved, 2 long sleeved) no singlet tops
- 1 warm coat
- 1 pairs of shorts
- 2 pairs of closed in shoes (runners or boots)
- Pyjamas
- 1 hat
- 4 pairs of socks
- 3 woollen or polar fleece jumpers
- Beanie or hat and gloves
- 2 pairs of trousers/track pants
- A water bottle that does not leak!
- Toiletries (No aerosols, thanks)
- Sunscreen

Medication – Students **MUST** take medication e.g. asthma sprays, etc.

Gladiator Challenge - Students will get wet and disgustingly dirty. They will need:-

- Very old clothing and shoes for each activity - the clothes will get muddy, wet and be thrown into a bag to take home to lucky parents to wash - Shoes must be able to be done up. (The type of OLD that means they are able to be thrown out if necessary)
- A good non- leak plastic bag to throw clothes in and tie up until they get home
- Swimmers are needed and **MUST** be worn under the old clothing

Ensure you have enough sets of clothes for the number of days away - always ensure you have an extra set if one gets wet. Students may be involved in a variety of activities so be aware of what they are and include the appropriate clothing. There is a good chance they will get dirty. With the exception of extreme weather all activities will be completed. In the event of extreme weather other suitable activities will be organised by Cooba management.

PLEASE! PLEASE! PLEASE do not bring...

- Any food including lollies, coke or those little treats you think you might need.
- Ipods, torches or CD Players
- Jewellery
- Expensive Cameras (bring a disposable camera)
- Mobile phones – they won't work

ALL ITEMS SHOULD BE CLEARLY MARKED WITH YOUR CHILD'S NAME.

LUGGAGE SHOULD BE CONFINED TO ONE BAG,
WHICH IS CLEARLY LABELLED WITH THEIR NAME.

Information on Activities at Cooba Sport and Education Centre

Outdoor Pursuits involves a certain amount of risk and it is advisable for parents and guardians to read this information in conjunction with the Consent Form. We try to point out some of the possible risk areas for each of the activities, but it is not meant to be a conclusive list. It is simply there to try to assist you in determining the risk factors of each activity before agreeing to your child participating in them. Obviously, our Risk Assessment, addresses these risks and approved safety measures are employed to prevent accidents. Cooba is an Accredited Outdoor Pursuit Establishment with ORIC.

GLADIATOR CHALLENGE

The Gladiator Program is run at Cooba and involves the students working together to complete a number of tasks before racing each other in the final "eliminator" obstacle course. Elements include a number of 'Inflatable' challenges such as the bungee run, Arena challenge and obstacle Course. Other elements include the slippery pole across the water, home made plastic water slide, tug-a-war, Scramble wall, Tube Crawl, Multi-person sack race, the multi-walker, Bouldering wallet. Risks include falls and trips, burns from plastic inflatables, bumps and bruising.

THE BIG SWING

The activity is constructed by and approved by "Vertical innovations" who specialize in construction and assessment of these types of activities. Students are harnessed onto a long rope and using a Team Belay are raised to a height up to 12m then let go to have a very high swing. Students can release at any height they wish. Risks can be fear of heights, slipping over, walking in front of swing. Obviously strict observance of the rules are required.

SURVIVOR PROGRAM

This is one of our more physically demanding activities that gives a huge felling of achievement and accomplishment. Its success relies on excellent organisation ability of the team, leadership and teamwork. It has been in design for a few years and we are rushing it through to compensate for the loss of the buggy program. It uses the older buggies without engines, as billy carts. The students are placed in scenario of disaster and have to make a push buggy to get passengers and supplies to a safe location. The teams will construct (basic construction) a cart and then push or pull the cart around 3 different courses to return to safety. The challenge to get carts through difficult situations requires management of human resources and ingenuity. This is done against the clock. Those less physically able are catered for by being drivers and passengers and by completing the easier course. This is another unique program from Cooba Sport and Education Centre.

ARCHERY

Archery is a fun, safe activity if students follow correct safety instructions. Students are involved in target shooting as well as skeet shooting where arrows are lobbed over the target to land in the ground. Numerous injuries can occur if students do not follow safety rules and instructions. These include; string lash on the forearm; injuries when collecting arrows if safety instructions are not followed (eye injuries pulling out arrows, pokes in the legs from arrows in the ground etc).

SLING SHOT/ CATAPULT INITIATIVE

Students build a catapult device from basic components and challenged to a distance and accuracy test Working in a team to construct and operate the device. Risks include; fingers getting caught in the mechanism/ rubber bands and bruising from projectile.

BUBBLE BALL

Students are encased in a large bubble with only their legs sticking out the bottom. They perform a number of activities and races inside these bubbles and finish with a game of soccer The activity is a great spectator game and fun to play. It is very hard to judge distance as people bump into each other and become 'human balls' themselves as they roll around after falling. Do a search on YouTube to see Bubble Football in action.

MOUNTAIN BIKE RIDING AND PUMP TRACK

This program is run on-site at Cooba on a network of progressive purpose built courses. The courses are designed to test and develop the skills used to safely control a bike. All students wear helmets and are under supervision at all times. Risks mainly involve falling off a bike and the bumps that result.

GOOD SHEPHERD CATHOLIC PRIMARY SCHOOL

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Permission Note for Year 5 Camp

I _____ give permission for my child
_____ to attend the Year Five Camp at the Cooba
Sport and Education Centre at Berridale.

I understand that s/he will travel by coach to Berridale on Monday 23 October
2017, and return on Wednesday 25 October 2017.

I understand my child will participate in various activities including; Gladiator
challenge (water based), Sling Shot Initiative, Bubble Ball, Survivor (water
based), Archery, Mountain biking, Big Swing.

My child will not bring any items such as CD/Radios/MP3 Players, Ipods, mobile
phones, computer consoles, games or food.

Signed _____
(Parent/Guardian)

Date _____

Medical details and other information – Camp Cooba

****Please complete form in block letters****

Child's full name: _____

Address: _____

Class: _____

Parent/Guardian name in full: _____

Emergency contact phone numbers: (Home) _____

(Mob.) _____

Medical information - Important - Please answer the following questions:

1. Does your child suffer from any medical condition? (asthma, diabetes, epilepsy, etc.).

Please note any details of the medical management program that the teacher may need to be aware of.

2. Give details of any medication your child is currently taking, together with the dispensing routine. **It is essential that all medication be handed to the class teacher on Monday morning.** Medication brought to camp should have the child's name, clearly marked dosage, times and be in the original packaging. Only medication in the child's name will be administered.

3. Give details of any allergy your child has to common foods, plants, insect bites, medications (e.g. penicillin) etc.

4. In what year was your child last immunised against tetanus? _____

Medicare # _____ Private Health Fund # _____

5. Special Diet - If your child requires a SPECIAL DIET please indicate (Please DO NOT include child's likes & dislikes)

6. **Activity Information** - Please read the Activity Information Sheet to understand the nature of the activities nominated. List any activity you DO NOT want your child to participate in. (include swimming)

Parent/ Caregiver Consent Form And Consent To Participate In Activities

I hereby consent to my child _____ participating in the Year Five Cooba excursion described above and to participate in any of the activities included (except those I have listed on this permission note) on the terms and conditions following:-

Please initial each condition to show you have read, understood and accepted each condition.

1. I/We recognises that Outdoor Pursuits are dangerous activities and that there is an element of risk involved. _____ (Initial)

2. All instructions by the establishment's staff must be observed if participating in any activity. _____ (Initial)

3. My child understands that they have a responsibility to behave sensibly and follow the instructions given by the Teacher and /or Instructor. _____ (Initial)

4. All accidents or injury to persons must be reported to the establishment before leaving the establishment. _____ (Initial)

5. We know and understand the inherent risks of the activities the students are participating in. _____ (Initial)

6. I have read the Activity Information Sheet, The Information Sheet for the Excursion, The "What To Bring" sheet and understand that risks are a part of the activities my child is participating in, what the trip involves and what I need to send with my child on the excursion. _____ (Initial)

7. In the event of any accident or illness, I authorise the obtaining, on my behalf, of such medical assistance as my child may require. I also undertake to pay medical fees and/or cost of drugs, which may be incurred. _____ (Initial)

Special Conditions or Requirements (Please List)

Name: _____

Parent / Caregiver's Signature _____

Date: ___ / ___ / ___