

Adventure Race Activity Plan

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1 OUTCOMES

- Develop teamwork, communication and cooperation.
- Take responsibility for team and individual safety.
- Participate in a range of physical individual and team challenges that are both physical and mentally stimulating.
- To teach some basic kayaking strokes and allow participants to become confident through experience.
- To develop map reading skills in order to locate hidden items.
- Experience riding a mountain bike in an 'off-road' condition.

2 ACTIVITY

2.1 OUTLINE

The Adventure Race is held at Mason's Bay approximately 400 metres from the campsite and can run from 1 ½ - 3 hours in length. Each session will include these elements and follow a similar outline:

The Race...

- In *teams of 3*, you must gain the most points you can in the time limit.
- *Team strategy* (10 minutes): teams are given course map and rules, and have time to formulate strategies and plans.
- *Briefing* (5 minutes): teams may ask questions and seek advice
- *Race!* (depends on session length)

The Events...

- ***K1***: Kayak to **pink** buoy, **collect 1 peg** (50 points), then return kayak to start position, pulled up on the sand. *Maximum 2 pegs.*
- ***K2***: Kayak from orange cones, around **white** buoy to orange cones at the end of Mason's Bay. One person disembarks, **collects 1 rogaining map and 1 scorecard**. Then return, going around the buoy again, **back to start** point and pull kayak up onto shore. *Only one trip needed.*
- ***MB***: Mountain bike ride along track to **gate**, **collect 1 band/hair tie** (10 points). Bikes must be returned to start point. *Maximum 6 blue bands.*
- ***MC***: Mountain Climb: **One** team member climbs the hill, holding the rope at all times. Collect **1 icy pole stick** (12 points), climb down the hill backwards, holding the rope. Can only be completed once by each team member. Only one person at a time climbing. *Maximum 3 black bands.*
- ***RO***: Rogaining - use **map and scorecard** (*collected from K2*). Find as many checkpoints as possible before time limit. All team members must stay together throughout rogaining activity. You do **not** have to find all checkpoints to begin next event. *Find as many checkpoints as possible.*

The Rules...

- Only one person per team on mountain bike and mountain climb at any time.
- Teams must stay together.
- Maximum of 2 pegs, 3 icy-pole sticks and 6 bands/hair ties.
- Cannot do the same event one after the other
- Life jackets must be checked by teacher or Coola leader before going on the water.

2.2 EQUIPMENT

All Camp Coolamatong instructors are familiar with the activity specific and safety equipment required for each activity. Each session the instructor will ensure:

- All equipment is set up, in working order and safe to use
- All first aid equipment is in working order and taken on the activity
- All communications is in working order, is adequate for use in an emergency and is taken on the activity
- All participants, including school staff, have appropriate footwear and clothing
- All participants have been checked that their safety equipment is correctly fitted and they know how to use it appropriately.

Sit on top kayaks: Open plastic kayaks with molded seats. Buoyancy within the seats and a wide design for stability

Paddles: Carbon fibre shaft with plastic blades, fixed length only.

Personal Flotation Device (PFD): All PFD's are Type 2 Ultra Blade L50

Bikes: All bikes are single speed and have seat height adjustment

Bike Helmets: Must be worn on a bike at all times. They are regularly checked and in line with Australian standards.

Instructor's Kit: Each instructor will carry a bag with them containing the following safety equipment:

- Whistle
- Mobile phone
- First Aid Kit

Participant Clothing: This will vary depending on the weather but needs to including the following:

- Clothes that can get wet. Not just bathers.
- Enclosed shoes that will stay on in the water.
- Clothing suitable for the weather conditions (e.g. hats for sunny days & thermals for the cold)
- Any glasses or sunglasses should be secured.
- Valuable or sentimental jewellery should be removed.

2.3 COMMUNICATION

Camp Coolamatong staff carry mobile phone communications with them on every activity and there is coverage throughout the campsite property. They will have communications in a waterproof dry bag with them at any time they are on the water and more than 100 metres from land. All activities are within 800 metres of the main campsite buildings or the office in the event of communications failure.

2.4 FIRST AID

Camp Coolamatong activity staff all hold a current CPR and First Aid Qualification. They will carry a First Aid Kit with them on all activities. The school staff members, if they are appropriately qualified, will be the first port of call for administering first aid. Camp Coolamatong instructors will administer first aid when:

- It is an emergency situation
- The school staff member is not trained AND it cannot wait until the school's designated first aider can be found.

3 PEOPLE

3.1 ACTIVITY INSTRUCTOR

All Coolamatong activity staff hold a current First Aid qualification, CPR certification and Working with Children's Check (WWCC)

There must be a minimum of two staff for this activity. One instructor will be provided by Camp Coolamatong. They will hold a current Bronze Medallion and have qualifications (or the equivalent experience) of a Flatwater Canoe Guide or Instructor. The second staff member will need to be provided by the school.

The minimum supervision will be at 2:12 (this includes the School Staff Member)

3.2 SCHOOL STAFF MEMBER REQUIREMENTS

Camp Coolamatong provides instructors who are trained in the delivery of each activity. They are able to facilitate a session in safe manner and instruct the students on the technical knowledge and skills they require to participate in the activity.

It is Camp Coolamatong's, as well as the DEECD, policy that the students must always have a school staff member present, whether this be a registered teacher or another approved school representative. The school staff member is responsible for student behavior, group management and the overall welfare of their students. Each activity cannot commence if they are not present.

It is also required that the school staff members will read this document and familiarise themselves with the activity and their responsibilities.

3.3 STUDENTS

School staff are responsible for getting informed consent from parents/guardians for all students who come on camp. It is also the responsibility of the school to inform Camp Coolamatong of any medical conditions or issues that will impact on the students participating in the activity.

4 ENVIRONMENT

4.1 LOCATION

The Adventure Race activity at Coolamatong is undertaken at Mason's Bay on Lake Victoria. This venue is classified by the Victorian Department of Education and Early Childhood Development as a Type 2 Venue: Open deep-water venues include deep and/or flowing water at non-surf beaches, lakes, channels, rivers and dams.

Due to the topography of the land at no point during the Adventure Race will the kayaks be more than 200 metres from shore. There will also be a kayak and PFD ready at the shore should the leader need to assist or rescue participants.

4.2 WEATHER

Due to the nature of water activities the weather can seriously affect a session. Each session is assessed by the Program Manager prior to commencing; with participant skills, weather conditions and outcomes being taken into consideration. During the session, the Coolamatong leader may also use their discretion to modify or finish a session early based on conditions changing.

Strong winds, wet and cold conditions and extreme temperatures may result in a sessions being cancelled or the activity modified in accordance with Coolamatong's Adverse Weather Policy. In addition to this the following local wind descriptors for Mason's Bay should be taken into account.

South/South Easterly Winds: Area boundary is buffered by waves beyond 15 knots. Kayaks will be pushed back towards the shore. Take care to avoid other kayaks.

South/South Westerly Winds: Area boundary is buffered by waves beyond 15 knots. Kayaks will be pushed back towards the shore. Take care to avoid other kayaks.

North/North Easterly/North Westerly Winds: Area boundary is sheltered up to 25 knots. Beyond the sand-bar and spit on the easterly side of the bay wind will take the kayaks further into the lakes. In winds stronger than 15 knots it is important to maintain the boundary line.

Easterly Winds: Area boundary sheltered up to 15 knots, winds beyond this will move kayaks significantly towards the westerly shore of Mason's Bay.

Westerly Winds: Area boundary is buffered by waves beyond 15 knots. Kayaks will be pushed back towards the sandbar and spit. In winds stronger than 15 knots it is important to maintain the boundary line.

5 RISKS

5.1 RISK ASSESSMENT MATRIX

The following table outlines the specific risks associated with the Adventure Race and the existing controls that are in place to manage these risks. This risk assessment matrix is not all encompassing. There may still be risks associated with being in the outdoors doing adventure activities that have not been documented.

Risk Description	Existing Controls	Rating				Actions
		Effectiveness of existing controls	Risk Consequences	Risk Likelihood	Risk Rating	
Describe the risk event, cause/s and consequence/s	Describe any existing policy, procedure, practice or device that acts to minimise a particular risk					Extreme/High - Do not proceed Medium - Ongoing review required Low - Only periodic review required
Anaphylaxis	At start of week briefing teachers are required to give Coolamatong staff details of any allergies and anaphylaxis.	Satisfactory	Major	Unlikely	Medium	Ongoing review required
	School staff need to carry epi-pens on all activities with those students and be trained how to administer them					
	School staff liaise with Coolamatong kitchen staff at every meal for students with allergies					
	School staff give students morning and afternoon tea to ensure students with allergies are getting the right meals					
Bites & Stings: Insects (mosquitoes, ants, bees, wasps, scorpions)	Students are instructed to apply insect repellent before every activity session.	Satisfactory	Insignificant	Likely	Medium	Ongoing review required
	Students must wear fully enclosed shoes at all times around the campsite.					
Bites & Stings: snakes	Students must wear fully enclosed shoes at all times around the campsite.	Satisfactory	Major	Possible	High	Constant review required
	During orientation and before any activity that it situated in the bush, students are briefed as to what to do if they see a snake.					
	When walking through the bush there should be a Coolamatong leader at the front.					

Bites & Stings: snakes	When walking through the bush groups must stick to the defined and clear tracks					
	Students are not allowed in the bush in groups of less than three.					
Cold Exposure	Students are briefed on what is appropriate clothing to wear according to weather	Satisfactory	Minor	Likely	Medium	Ongoing review required
	In water activities students are advised to not get into the water until the end of the session					
	For all water activities leaders carry spare jumpers & beanies					
	Students who show signs of being cold are to be taken back to camp for a <u>warm</u> shower and dry clothes.					
	If multiple students are cold, leaders have the option to terminate session early to ensure that students get warm and dry.					
	Adherence to the Coolamatong Extreme Weather Policy in dealing with managing, modifying and cancelling activities due to extreme weather.					
Drowning	All PFD's are checked to be in working order before each session.	Satisfactory	Severe	Rare	Medium	Ongoing review required
	During water activities students are to wear PFD's that have been checked by a Coolamatong instructor to be properly fitted.					
	Students who are identified by schools as poor swimmer are identified to the Coolamatong staff.					
	There is always 1 bronze medallion qualified staff member to 20 participants.					
	Students are briefed on activity boundaries to participants prior to entering the water					
	Whistle signals are explained before entering the water.					
	Students each have a buddy who they cannot enter the water without.					
	Regular head checks are made.					
	Students are briefed on what to do if they capsize their watercraft (e.g. kayak).					
	If free swimming without PFD's students are not allowed any deeper than their waist height.					

Drowning	Coolamatong leader is first on – last off water in all water based activities					
Falls & Trip Hazards	Students must wear closed toed shoes at all time when outside	Satisfactory	Insignificant - Minor	Likely	Medium	Ongoing review required
	Students are briefed on appropriate footwear for each activity					
	Debris is removed from all paths as seen. If object is not removable by hand then an alternative path is sought					
	Bi-yearly Camp site hazard checks identify trip hazards to be addressed by maintenance work					
Heat Exposure: -dehydration -heat stroke -hyperthermia -sunburn	Students must bring water bottles to all activities. Spares are available for those who don't have one.	Satisfactory	Insignificant - Minor	Possible	Medium	Ongoing review required
	During hot weather (term 1 & 4) extra water is taken out to refill water bottles.					
	All students must wear hats, sunscreen and appropriate sun smart clothing (term 1 & 4)					
	Adherence to the Coolamatong Extreme Weather Policy dealing with managing, modifying and cancelling activities due to extreme weather					
Lost Student	Students are asked to stay with their group at all times.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	Students briefed on the activity boundaries					
	Students briefed that the whistle signals the end of the activity					
	When travelling between activities there should always be a Coolamatong leader at the front and a school staff member at the back.					
	Start of week briefing advises school staff that they need to provide group management and student supervision for all activities					
	Start of week briefing advises school staff that they need to manage students whereabouts during the free time periods of the week.					
Sprains and Strains	Technique coaching is given during each of the activities.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	School staff should be aware of any existing injuries and are asked (during the start of week briefing) to notify Coolamatong leaders if these affect a student involvement with an activity.					

Injury due to Lightning strike	Adherence to the Coolamatong Extreme Weather Policy dealing with managing, modifying and cancelling activities due to extreme weather	Satisfactory	Major - Severe	Rare	Medium	Ongoing review required
Illness due to presence of harmful algae in the water	Staff to advise participants on the suitability of water activities on the basis of advice provided by Parks Victoria on water conditions during Algal blooms	Satisfactory	Moderate	Rare	Low	Periodic review required
Injury due to hit from Paddle	Students are given coaching on how to use a paddle correctly	Satisfactory	Minor	Unlikely	Low	Periodic review required
	Students are instructed to paddle at the same time as each other, by either, watching the person in front or having an agreed call					
	Briefing to advise students no splashing with paddles, splash only using hands					
Injury from Equipment: -falling off a bike -faulty bike	Students have a full safety briefing before being given any equipment.	Satisfactory	Minor	Unlikely	Low	Periodic review required
	Students must wear helmets at all times when riding a bike.					
	Leaders to check if any students are not able to ride a bike and identify a substitute participant for that student on that leg.					
	Faulty bikes must be taken off the activity and moved to maintenance area with "fault" tag					
Graze/laceration: -slip in hill climb	Provision of rope to assist with climb	Satisfactory	Insignificant/ Minor	Unlikely	Low	Periodic review required
	Only walking pace allowed					
	One participant at a time on climb					
Graze/laceration: -cuts to feet in water	Closed secured shoes must be worn in water at all times	Satisfactory	Insignificant/ Minor	Unlikely	Low	Periodic review required
	Students shoes are checked that they are suitable prior to commencing the activity and leaving the campsite					

5.2 EMERGENCY MANAGEMENT

It is a requirement that all Coolamatong Activity Instructors must carry a mobile phone with available reception to call on. They must also carry a first aid kit and will all hold a current Level 2 First Aid Qualification.

In the event of an emergency the Coolamatong Program Manager should be notified immediately. To avoid confusion they will then call 000 if need be and will coordinate the handling of the emergency. The procedure for handling an emergency is as follows:

1. VERIFY	Verify the Report	Confirm with other campers, campsite staff, emergency services or other reliable people the accuracy of the information about the emergency
2. NOTIFY	Notify Camp Staff & Emergency Services	By the quickest means possible notify: <ul style="list-style-type: none"> • Camp Coolamatong staff; and they will contact the Emergency Services
3. ASSESS	Assess the danger posed	Observe what is happening to determine: <ul style="list-style-type: none"> • Has the danger passed; • Is the danger increasing or decreasing; • How many casualties there are • What are their injuries (if any)
4. ACT	Take action based on assessment	<ul style="list-style-type: none"> • Move people away from the danger • Collect camper medical forms and medication • Apply first aid if needed • Sound the fire alarm (located in Pantry) if campers need to be assembled