

# Canoeing Activity Plan

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## 1 OUTCOMES

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- Teach basic canoeing strokes
- Allow participants experience and time on the water to become confident in these strokes
- Promote teamwork between canoe partners
- Maximise fun throughout the activity
- Introduce participants to new experiences (i.e. capsizing a canoe)

### Half or full day canoe journey (3-6 hours)

- Teach more technical canoe strokes
- Allow participants experience and time on the water to become confident in these strokes
- Promote teamwork between canoe partners
- Maximise fun throughout the activity
- Develop a sense of journey and community

## 2 ACTIVITY

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### 2.1 OUTLINE

A basic canoeing session is held at Duck Arm approximately 300 metres from either campsite and can run from 1 ½ - 3 hours in length. Each session will include the following elements and follow a similar outline:

- The correct fitting of helmets (for participants in Primary School) and lifejackets will be demonstrated and then checked by a Coolamatong leader
- Participants will be instructed how to safely carry canoes to the water from the storage racks
- The Coolamatong instructor will provide an on-land instruction of basic strokes to paddle a canoe
- What to do if the canoe capsizes will be explained
- Boundaries, dangers ( including weather conditions) and whistle signals will be highlighted
- The instructor must be the first boat on the water and will demonstrate how to enter the canoe safely. School staff may be asked to help the participants onto the water
- Time will be given for the participants to practice their skills whilst the instructor moves around the group coaching participants
- The instructor will then base the rest of the session (games, activities etc.) on the students' skills and capabilities
- The instructor must be the last boat off the water
- After the equipment has been placed away, the session will be wrapped up back at the campsite, before the students can have showers or change clothes

### 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 ample enough for use in an emergency and is taken on the activity
- All participants, including school staff, have appropriate footwear and clothing, including closed toe shoe

- All participants have been checked that their safety equipment correctly fitted and they know how to use it appropriately.

Canoes: Open plastic canoes with buoyancy and wide design for stability

Paddles: Plastic t-grip and blade with aluminum shafts. A variety of sizes available.

Life Jackets: All life jackets are Type 2 Ultra Blade L50 in line with Australian Standards. **ADD ORANGE**

Helmets: Plastic shell with foam inner. Variety of sizes available (worn by participants in Primary School).

Instructor's Dry Bag: Each instructor will carry a waterproof dry bag with them containing the following safety equipment:

- Whistle
- Waterproof case with mobile phone
- First Aid Kit
- 2 spare woolen/polar fleece jumpers, beanies & gloves
- Tow Rope
- Games equipment
- Spare paddle to be taken on Canoe Journeys.

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

- Clothes that can get wet, bathers must provide adequate sun protection.
- Rain coat are available for rain and caps for use in windy weather
- Enclosed shoes that will stay on in the water.
- Clothing suitable for the weather conditions (e.g. hats for sunny days & jackets or polar fleece for the cold)
- Any glasses or sunglasses should be secured.
- Valuable or sentimental jewellery should be removed.

#### Maintenance

- Maintenance is performed on all the activity equipment at the conclusion of every term. This is documented.

## **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 even of communications failure.

## **2.4 FIRST AID**

Camp Coolamatong instructors all hold current certification in *HLTAID009 Provide Cardiopulmonary Resuscitation* and *HLTAID011 Provide First Aid* as a minimum. 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**

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### **3.1 ACTIVITY INSTRUCTOR**

All Camp Coolamatong instructors hold industry-recognised First Aid and CPR qualifications (see 2.4) and have a current Working with Children Check (WWCC).

There must be a minimum of two staff on the water during canoeing. 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 1:8 participants (this includes the School Staff Member) for risk management and 2:16 to fulfill child safe policy.

### **3.2 SCHOOL STAFF MEMBER REQUIREMENTS**

Camp Coolamatong provides instructors who are trained in the delivery of each activity. They can 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 and DET 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. The activity cannot commence if he/she is not present.

School staff members are encouraged to 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**

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### **4.1 LOCATION**

Canoeing at Coolamatong is undertaken in Duck Arm 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.

Duck arm where the sessions are conducted has shallow banks along much of the sides and multiple jetty along the southern side of the arm. Due to the nature of the lake system the likelihood of the water level changing is very low.

Due to the topography of the land at no point along the arm will a canoe be more than 200 metres from shore. There are different variables within this depending on the type of session.

Basic canoe session:

- Participants are in the enclosed end of the arm, sheltered by the hill above.
- Participants are no more than 150 metres from the shore and starting point.
- Participants are no more than 500 metres from the campsite.

Half or full day canoe journeys:

- Participants paddle around the Banksia Peninsula and end the trip at Mason's Bay, Lake Victoria.
- In Duck Arm, participants are no more than 200 metres from shore.
- Outside of Duck Arm in Lake Victoria it is a leader's responsibility to keep participants within 200 metres of shore.

## 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 session being cancelled or the activity modified in accordance with Coolamatong's Adverse Environmental Conditions Policy. In addition to this the following local wind descriptors for Duck Arm should be taken into account. These are for the canoeing session boundaries from the canoe ramp to the first buoy across to the Coolamatong jetty and down to the boat ramp.

- **South/South Easterly Winds:** Area boundary is sheltered up to 20 knots. Canoes will be pushed towards the northern bank and the canoe ramp. Take care to avoid jetties and boats.
- **South/South Westerly Winds:** Area boundary is sheltered up to 20 knots. Canoes will be pushed back towards the buoy and northern bank. Take care to avoid jetties and boats.
- **North/North Easterly/North Westerly Winds:** Area boundary is sheltered up to 25 knots. Canoes will be pushed towards the Coolamatong jetty and the jetties on the South side of the arm. In winds stronger than 15 knots it is important to maintain the boundary line between the first buoy and the Coolamatong jetty.
- **Easterly Winds:** Area boundary only sheltered from Camp Coorong jetty back to canoe ramp. Sheltered up to 15 knots, winds beyond this will move canoes significantly. Canoes will be pushed back towards the boat ramp and it will be hard to move off from this area. Take care to avoid jetties and boats.
- **Westerly Winds:** Area boundary only sheltered up to 15 knots, winds beyond this will move canoes significantly. Canoes will be pushed out towards the first buoy and it is important to maintain this boundary. Take care to avoid canoes being split from the group or games getting too close to the boundary. Ensure that canoe pairings are even before getting on the water.

## 5 RISKS

### 5.1 RISK ASSESSMENT MATRIX

The following table outlines the specific risks associated with canoeing 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
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Describe the risk event, cause/s and consequence/s	Describe any existing policy, procedure, practice or device that acts to minimise a particular risk		Effective ness of exist ing cont rols	Risk Conse quences	Risk Likeli hood	Risk Rating	Extreme/High - Do not proceed Medium - Ongoing review required Low - Only periodic review required
Anaphylaxis	At start of camp 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 epipens on all activities with anaphylactic students and be trained how to administer them.						
	School staff liaise with Coolamatong kitchen staff at start of camp regarding students with allergies						
	School staff hand out morning and afternoon tea to ensure students with allergies are getting the right food.						
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 closed toe shoes at all times around the campsite.						
Bites & Stings: snakes	Students must wear closed toe shoes at all times around the campsite.		Satisfactory	Major	Possible	High	Constant review required
	During orientation and before any activity that uses the bush, students are briefed as to what to do if they see a snake.						
	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 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 <b>Adverse Environmental Conditions Policy</b> in dealing with managing modifying and cancelling activities due to extreme weather.						

Drowning	All life jackets are checked to be in working order before each session.		Satisfactory	Severe	Rare	Medium	Ongoing review required
	During water activities student are to wear life jackets that have been checked by a Coolamatong instructor to be properly fitted.						
	Students who are identified by schools to 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.						
	When free swimming occurs, regular head checks are made by the Coolamatong instructor						
	Students are briefed on what to do if they capsize their watercraft (e.g. canoe).						
	If free swimming without PFD's students are not allowed any deeper than their waist height.						
	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 are instructed to bring full 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 <b>Adverse Environmental Conditions Policy</b> 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
	When travelling between activities there should always be a Coolamatong leader at the front and a school staff member at the back.						
	When going on extended periods of travel the Coolamatong leader will ensure they have the entire group by stopping to group up and doing regular head counts.						
	Orientation briefing advises school staff that they need to provide group management and student supervision for all activities.						
	Orientation briefing advises school staff that they need to manage students' whereabouts during the free time periods of camp.						
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 <b>Adverse Environmental Conditions Policy</b> 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
Split Group	In a journey program groups are to stay within voice contact of front and back boats and regular stops made to keep group close together		Satisfactory	Minor	Possible	Medium	Ongoing review required
	Ratio of 1 leader : 6 boats on flat undemanding water						
	There is always 1 bronze medallion qualified staff member to 20 participants.						
	At least one canoe has an adult capable of deep water rescue						
	Adherence to the <b>Adverse Environmental Conditions Policy</b> dealing with managing, modifying and cancelling activities due to extreme weather						
Injury due to hit from Paddle	All students in grade 6 or younger must wear helmets		Satisfactory	Minor	Unlikely	Low	Periodic review required



	Briefing to advise students no splashing with paddles, splash only using hands		tor y				
	Students briefed about always holding the T grip of the paddle						
Graze/ laceration from barnacles	Closed toed shoes must be worn in water at all times		Sati sfac tor y	Insig nific ant	Pos sibl e	Lo w	Periodic review required
	When holding onto jetties or buoys students are warned not to touch the barnacles.						
	Students are advised to not capsize their canoes around the banks, jetties or branches.						
	Capsizing on canoes is done in a controlled environment at the boat ramp that is clear from debris on which barnacles grow						
Stings: Jelly fish	Coolamatong able to ID jelly fish and look for the presence and number of jelly fish present in the water		Sati sfac tor y	Insig nific ant - Min or	Lik ely	Me diu m	Ongoing review required
	Staff trained in First Aid						
Capsizing	Participants briefed on repercussions of capsizing including being trapped under an overturned boat.		Sati sfac tor y	Mod erat e	Rar e	Lo w	Periodic review required
	Participants taught a technique how to escape from over turned boat						
	Participants no further then 200m but often within 50m of the bank.						
	Intentional capsizing on canoes is done in a controlled environment at the beach/ boat ramp that is clear from debris on which barnacles grow						
	Coolamatong staff trained in deep water rescue						

## 5.2 EMERGENCY MANAGEMENT

It is a requirement that all Coolamatong Instructors must carry a mobile phone with available reception to make calls on. They must also carry a first aid kit. All Coolamatong Instructors have, as a minimum, current certification in *HLTAID009 Provide Cardiopulmonary Resuscitation* and *HLTAID011 Provide First Aid*.

In the event of a medical emergency, the Coolamatong instructor or School Staff member at the site of the emergency should call 000 if needed and will begin coordinating the handling of the emergency. The most senior member of Coolamatong staff should be notified as soon as practicable, and they will step in to manage the situation as required.

Refer to Camp Coolamatong's Emergency Management Plan for further details about procedures and incident protocol in an emergency.

## 6 Appendix A

### BLUBBER (CATOSTYLUS MOSAICUS)

#### Common Name

Blubber

#### Size and Appearance

Mushroom-shaped bell 5-30cm in diameter. They are a creamy white brown colour (blue if found further north). No tentacles but eight 'fronds' or 'frills' hang underneath. The sting causes minor skin irritation.

#### Distribution

The Australian species is found in Queensland, Victoria and New South Wales and into South East Asia.

#### First Aid

1. Remove casualty from water if safe to do so
2. DRSABCD
3. Wash area with sea water (not freshwater)
4. Keep casualty at rest and reassure
5. Do not allow rubbing of the sting area
6. Place casualty's stung area in hot water (as hot as the victim can stand) for 20 minutes
7. If local pain is unrelieved by heat or if hot water is not available, apply a cold pack or ice in a bag
8. Send for medical aid if symptoms persist or covers a sensitive area (e.g the eyes) and seek assistance from lifeguards



### LITTLE MAUVE STINGER (PELAGIA NOCTILUCA)

#### Common Name

Little Mauve Stinger

#### Size and Appearance

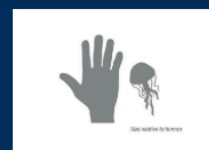
A small mushroom-shaped body from 2-6cm in diameter. Unlike most jellyfish, the bell is covered with numerous wart like lumps containing nematocysts (stinging capsules). The bell is usually pink or mauve with 8 pale brown tentacles 10-30cm in length.

#### Distribution

Common in Australian waters. Occasionally large swarms invade the Sydney region.

#### First Aid

1. Remove any adhering tentacles
2. Wash area with seawater (not freshwater)
3. Place casualty stung area in hot water no hotter than the rescuer can comfortably tolerate for 20 minutes.
4. If pain is unrelieved by heat or if hot water is not available apply a cold pack or ice in a dry plastic bag.
5. Send for medical assistance if symptoms persist.



## JIMBLE (CARYBDEA RASTONI)

### Common Name

Jimble

### Size and Appearance

Transparent bell 1.5-3cm in diameter. Four tentacles, one in each corner, 5-15cm long.

### Distribution

Australia-wide. Most common in South Australia, Western Australia and southern New South Wales.

### First Aid

1. Remove casualty from water if safe to do so
2. DRSABCD
3. Remove any adhering tentacles
4. Wash area with sea water (not freshwater)
5. Place casualty's stung area in hot water (as hot as the victim can stand) for 20 minutes
6. If local pain is unrelieved by heat or if hot water is not available, apply a cold pack or ice in a bag
7. If pain persists or is generalised, or if the sting area is large or involves sensitive areas (e.g. the eyes), dial triple zero (000) and seek assistance from lifeguards if available



## Appendix B

