



OUR REF: JCT/LJL

4 July 2018

Dear Parent/Guardian

Re: Arm River White Water Rafting TCE Outdoor Education Camp - Information for students and parents

The next TCE Outdoor Education camp for the year will be held at the Arm River Education Centre on the Mersey Forest Road. The trip is the second of three camps this year, and a great opportunity to build upon previous experiences and assess students against many of the course criteria.

Activities

This is a four day trip during which time students will be participating in the both theory and white water rafting.

The group will be complete a day of theory and workshops at Launceston Church Grammar School covering topics such as:

- River Systems
- Environmental Awareness
- Weather Systems
- Risk Management

Dates and Times

The group will need to meet at 9.00am on Tuesday 10 July at Outdoor Education (lower carpark) and will aim to return to school by 4.30pm on Friday 13 July.

Accommodation

When the students are rafting they will be based at the Arm River Education Centre on the Mersey Forest Rd, near Lake Rowallan. This is a "rustic" facility, used widely for school groups, and suits our needs perfectly for this trip. There is a large community kitchen (with refrigeration), an area for communal dining, a lounge area and bunk beds. It also has wood heaters. Students will still need to bring bed linen and a pillow.

Cost

Additional costs for this trip will be approximately \$45.00 which covers the accommodation and specialist equipment required for the trip including raft hire. This will be charged to your school account.

Pre-Trip meeting and Gear Hire:

Students have already had one pre-trip meeting about this camp. The second pre-trip meeting is scheduled for lunch time on Thursday 5 July in the Outdoor Education Area. During this time, we will organise food groups.

Gear hire will occur on the Tuesday prior to departure. Please see attached equipment list for available items.

Staff

Staff accompanying students on this trip include Willem van den Bosch, Jennifer Tait, Luke Stack and Isaac Carter.

Equipment and Clothing Lists

One of the expectations for TCE Outdoor Education is that students will be able to prepare clothing and equipment for themselves. As this may be your child's first winter rafting trip, we suggest that students paddle in the following clothing:

Paddlewear:

- Wetsuit full length (for insulation) *not optional
- Thermal tops
- Long sleeved fleece or wool jumper
- Thermal pants/leggings
- Old shoes to wear while rafting (old trainers, volleys, etc). These **will** get wet. Slip on shoes are NOT suitable in the river environment. *not optional

Students should be able to create their own packing lists for all other clothing and equipment for this trip. This includes warm clothes and rainwear at the camp site, implements to eat food (school will provide stoves), sleepwear. A thorough clothing and equipment check will be done prior to departure on the Tuesday morning. Please remember the following key considerations:

- The Arm River Outdoor Education Centre is situated close to the alpine level for Tasmania. Consider the time of year. We hope for good weather, but it is not out the realms of possibility that it will be wet, windy and cold.
- **Students are asked not to not pack any cotton clothing.** When wet, cotton clothing provides very little thermal protection and takes a long time to dry. Other synthetic fibres including polyester or woollen materials are quick drying, lighter and warmer when wet. Please avoid bringing any clothing constructed of cotton.
- Students are encouraged to bring a device that can take photos and/or videos for their logbook assessment task.

The school will provide:

- All paddling equipment.
- All safety and emergency equipment (First aid kits, GPS, EPIRBS, Satellite phone)
- Sleeping bags, sleeping mats, rainwear, thermals, wetsuits can all be hired through us.

Food Arrangements

Students will be organizing their own food for breakfasts and lunches and dinner with other people in the group. As we will be in a residential accommodation space is less critical. Please try to remove any unnecessary packaging before departure.

Some ideas for breakfasts, lunches, dinner and snacks include:

- Breakfast – Oats (porridge), Low GI cereals such as Sustain, All Bran, Special K, Long-life milk or milk powder, etc.
- Lunch – Wraps/bread with ingredients such as salami, tuna, cheese, carrot, cucumber, etc. Do not bring food which requires cooking for lunch. **Students should bring lunch from home for Tuesday.**
- Dinner – Students are asked to take part in a group catering exercise on one of the nights. Together with several peers, they will cook a dinner for all participants including staff. We estimate there will be 20 people to feed. Think about previous camps and some of the recipes all students have cooked on repeated occasions. Dishes such as tomato pasta, carbonara, Stir fry with noodles, curries with rice. As the conditions may be cold we suggest you consider larger

than normal servings. Meat should be vacuum packed.

- Snacks - Muesli Bars, Dried Fruit, Chocolate, Jellies, Hot Drinks, etc.

Please note that we will not be near shops so self-sufficiency is essential.

Risk and Safety

Student safety is our first and foremost priority. At all times outdoor activity is run by qualified and experienced staff, and is conducted within the guidelines set down by state or national associations governing these activities. There is, however, an inherent degree of risk with all outdoor education programmes. Indeed, one of the overarching objectives of outdoor education at Launceston Church Grammar School is for students to consider risk (real or perceived) when they make decisions concerning themselves or others. It is therefore not possible or desirable to eliminate risk from our programme. Any parent wishing to discuss the health and safety of their child whilst on outdoor education programme is most welcome to arrange an appointment with the outdoor education department through the school.

Our experiences of taking school-aged children in to an outdoor setting have shown that most problems are not caused by accidents, but arise from existing medical conditions. For this reason we ask that you please ensure that your child's medical and dietary information is correct and up to date. Please see below on how to update this information.

Medical Details/Agreement and Indemnity Forms

Please read and sign the attached Agreement and Indemnity Form and return it to the School to indicate that you have read all the information and give permission for your child to attend the camp.

We require the most accurate and up to date medical information and swimming ability for students while we are on camp. In order to update these details please use the Parent Lounge feature on our website <https://tass-web.lcgs.tas.edu.au/parentlounge/login.cfm>. Even if your child's medical details have not changed, we insist that the details are checked and acknowledged regularly in the portal provided.

If any students are required to take any medication on camp they must have a signed letter from their doctor authorising staff to administer this. The letter and medication must be handed to staff at the start of the camp.

Altered return time from Camp

On occasions, camps are forced to come home early or are delayed in their return. In the event of severe weather or other extenuating circumstances leading to the alteration of pick-up times, parents will be sent a Push Notification through the Skoolbag App to advise of any changes, hence if there is no Alert posted on the Skoolbag App it is to be assumed all times outlined in this letter are correct.

Further Information

If you require further information concerning the camp or the outdoor education programme, please phone me at school on (03) 6336 6000 or by email at jtait@lcgs.tas.edu.au.

Yours sincerely



Jennifer Tait
Head of Outdoor Education