

# Frisbee Golf Activity Plan

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## 1 OUTCOMES

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- To promote and develop teamwork.
- Work as a team to achieve the lowest course score
- Provide an opportunity to complete an activity which may be both technically (motor skills) and mentally challenging
- Develop problem solving strategies for completing various holes.
- Follow map and guidelines/instructions for each individual hole.

## 2 ACTIVITY

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### 2.1 OUTLINE

A Frisbee Golf session is held in the Frisbee Golf paddock. The gate to this paddock is located 50m to the right of the Farm Camp Dining Hall. A session can run from 1-2 hours in length. Using the language of golf, a 'hole' is actually a target or multiple targets to hit for each section. A Frisbee Golf session will include these elements and follow a similar outline:

- Participants operate individually but work towards achieving low scores for their team, OR participants work in 'mini teams' (pairs or threes) and take turns to throw but having a single score for each hole.
- Participants aim to get the least points by completing each hole in the least amount of throws.
- Participants will be instructed on how to throw a Frisbee and what each hole entails.
- The layout of the course and format of the session will be explained.
- Safety points will be highlighted, including rules and what to do in an emergency.
- Students will engage in the activity with a staff member or teacher supervising them
- Once students have completed a hole, their score is recorded and they will move to the next hole.
- At the end of the session, individual points will be tallied up and put towards your team's score or each 'mini team' will tally their score and compare it to other 'mini teams' to determine the winner.

### 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 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 they know how to appropriately use their equipment

Instructor's Kit: Each instructor will also carry the following safety equipment:

- Whistle
- Mobile phone
- First Aid Kit

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

- Clothes that are flexible and easy to move in
- Enclosed shoes
- Clothing suitable for the weather conditions (e.g. hats for sunny days & thermals for the cold)
- 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. This activity is within 100 metres of the main campsite buildings or the office in the event of communications failure.

## 2.4 FIRST AID

All Camp Coolamatong activity staff 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, or
- 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 Coolamatong activity staff hold a current First Aid qualification, CPR certification and Working with Children Check (WWCC).

There must be a minimum of two staff at a Frisbee Golf session. One instructor will be provided by Camp Coolamatong, who will have experience delivering the Frisbee Golf activity. The second staff member will need to be provided by the school. The school staff member will be required to assist students who are struggling and go with one of the teams. Group sizes will be capped at 30.

## 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 and DET policy that 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 Frisbee golf course is situated on the Camp Coolamatong property on the Banksia Peninsula. It is located on the right side in the first paddock, 100m from Farm Camp Dining Hall. The paddock is accessible by tracks suitable for vehicles in the instance of an emergency.

### 4.2 WEATHER

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 Environmental Conditions Policy.

## 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
		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 epipens 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,)	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 is in paddocks, students are briefed as to what to do if they see a snake.					
	When walking through the paddock, the Coolamatong leader should keep checking in with the group at the highest numbered hole to check for snakes.					
Cold Exposure	Students are briefed on appropriate clothing to wear according to weather	Satisfactory	Minor	Likely	Medium	Ongoing review required
	If multiple students are cold, leaders can terminate session early to ensure that students become warm and dry.					
	Adherence to the <b>Coolamatong Adverse Environmental Conditions Policy</b> in dealing with, managing, modifying and cancelling activities due to extreme weather.					
Falls & Trip Hazards	Students must wear closed-toe shoes at all times when outside.	Satisfactory	Insignificant - Minor	Likely	Medium	Ongoing review required
	Students are briefed on appropriate footwear for each activity.					
	Debris is removed from paddocks as seen. If object is not removable by hand then an alternative route 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, 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> in managing, modifying and cancelling activities due to extreme weather.					
Lost Student/s	Students must 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.					
	Start of week briefing advises school staff that they need to provide group management and student supervision for all activities					
	Students are required to stay in the boundaries of the Frisbee Golf paddock until end of the activity.					

Sprains and Strains	Hazards checked as part of routine maintenance schedule, especially holes in the ground.	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> in managing, modifying and cancelling activities due to extreme weather.	Satisfactory	Major - Severe	Rare	Medium	Ongoing review required
Drowning	Students are instructed that all water is out of bounds and they are not to go near the water in the small dam.	Satisfactory	Severe	Rare	Medium	Ongoing review required
	The school staff and Coolamatong leader will regularly check that students are staying away from the small dam.					

## 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.

## In an Emergency

<b>1. Verify</b>	<b>Verify the Report</b>	Confirm with other campers, campsite staff, emergency services or other reliable people the accuracy of the information about the emergency		
<b>2. Notify</b>	<b>Notify Camp Staff &amp; Emergency Services</b>	By the quickest means possible notify: <ul style="list-style-type: none"> <li>• Camp Coolamatong staff; and</li> <li>• Emergency Services</li> </ul>		
<b>3. Assess</b>	<b>Assess the danger posed</b>	Observe what is happening to decide: <ul style="list-style-type: none"> <li>• if the danger has passed;</li> <li>• if the danger is increasing or decreasing</li> </ul>		
<b>4. Act</b>	<b>Take action based on assessment</b>	<ul style="list-style-type: none"> <li>• Sound the fire alarm (located in pantry at Farm Camp, or kitchen at Lake Camp)</li> <li>• Move people away from the danger</li> <li>• Collect camper medical forms &amp; medication</li> </ul>		
<b>5. Assemble</b>	<b>All leaders and campers proceed to Assembly Areas</b>	<b>Assembly Areas</b>		
		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;"><i>Farm Camp site</i></th> <th style="width: 50%; text-align: center;"><i>Lake Camp site</i></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Volleyball court</td> <td style="text-align: center;">Deck outside Dining Hall</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• Priority is always the safety of human life</li> <li>• Do not return to buildings or tebins</li> <li>• Identify any campers not accounted for</li> </ul>	<i>Farm Camp site</i>	<i>Lake Camp site</i>
<i>Farm Camp site</i>	<i>Lake Camp site</i>			
Volleyball court	Deck outside Dining Hall			
<b>6. Refuge</b>	<b>Move to Refuge Area</b>	<b>Refuge Areas</b>		
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Dining Hall	Dining Hall Move to Farm Camp if necessary (only if directed or clearly safe to do so)			
<b>7. Wait</b>	<b>Keep the group together in Refuge Area until further notice</b>	<ul style="list-style-type: none"> <li>• Stay in Refuge Area unless told to move by Coolamatong Director, SU staff or Emergency Services.</li> <li>• In consultation with Coolamatong Director, two leaders may be sent together to find missing camper.</li> <li>• Leaders may be sent to perform tasks by Coolamatong Director.</li> </ul>		