

Survivor (Lake Version) Activity Plan

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1 OUTCOMES

- Participate in a range of physical individual and team challenges
- Develop teamwork and cooperation in completing tasks
- Provide opportunities for leadership
- Develop creative thinking and problem-solving techniques
- Provide a fun and cooperative environment for solving physical and mental challenges in the outdoors
- Reflect on their participation in all activities

2 ACTIVITY

2.1 OUTLINE

A Survivor session at Lake Camp begins in the area between Tebin 6 and the fire pit. A session can run from 1.5 – 2.5 hours in length. Each session will include the elements outlined below and follow a similar outline. Some of the initiatives listed won't be included in the shorter sessions:

Start: The spiel for the activity goes along the lines of ... "In order to survive and get your whole group safely back to civilization after a devastating plane crash, you must work together to overcome any obstacle you come across. You want to get to safety before nightfall, so you must travel quickly and not carry too much. The most you can carry is one item from the pile per person. One person must also carry the map to your destination, and they are the only person who can direct the team where to go."

As a team, the students will encounter a number of challenges along the way that they will have to get through.

Over the Electric Fence: If anyone touches it as they attempt to go over it, that part of their body gets an electric shock and is paralysed (meaning it cannot be used for later challenges of activity).

Through the Toxic Swamp: No one can touch the swamp with any part of their body. The items that the team has in their possession can be used to stand on, but only if they are continuously in contact with someone in the group. If an object is left by itself, it 'sinks in the swamp' (is eliminated by the leader). The whole team has to get across the swamp. If someone touches the swamp, they either need to be carried across or the whole team starts again (leader's discretion).

Build an Emergency Shelter: The leader or the teacher with the group will feign an injury. Therefore, as it 'getting nearly nightfall', the group will need to erect an emergency shelter for the casualty. Only people with torches can "see" everyone else is blind because it is so dark.

Survival Hut: *(this part is not done during shorter sessions)*

As it is dark and so hard to see the best thing to do is to camp the night at the survival hut. There you should be able to make a fire to get warm. You can also cook some food & stay dry if it rains. After this, you can find the map to return to civilization (the easy path back to the Lake Camp Dining Hall).

Once they have made a fire and cooked some food (*see Lake Camp Bushcraft Activity Plan*) let the group search for the map. The map should take them back to the dining hall via the easy path!!

Debrief: The Coolamatong instructor will wrap up the session and run a debrief in relation to how well the team worked together.

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

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
- Closed toe shoes, preferably runners
- Clothing suitable for the weather conditions (e.g. hats for sunny days & jackets / fleece jumpers 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. This activity is within 200 metres of Lake Camp Dining Hall in the event 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 is found.

3 PEOPLE

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 at a Survivor session. One instructor will be provided by Camp Coolamatong, who will have experience delivering in the activity. They will introduce and wrap up the activity for the group. During the activity, they assist the group when they are struggling, and then coordinate the debrief and reflection on any teamwork and conflict situations.

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. Ideally, the group size will be capped at 25.

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 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

4.1 LOCATION

The Survivor course is situated on the Camp Coolamatong property on the Banksia Peninsula. The location is accessible by tracks suitable for vehicles in the instance of an emergency, but does not have any vehicle traffic going past.

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 Lake Survivor 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 Low - Only periodic review
Anaphylaxis	At start of camp, teachers inform Coolamatong staff 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 & afternoon tea to so students with allergies are given correct 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.					
	When walking through the bush there should be a Coolamatong leader at the front.					
	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.					
Sprains and Strains	Technique coaching is given during 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.					

Cold Exposure	Students are briefed on what is appropriate clothing to wear according to weather	Satisfactory	Minor	Likely	Medium	Ongoing review required
	If multiple students are cold, leaders have the option to terminate session early to ensure that students get warm and dry.					
	Adhere to Coolamatong’s Adverse Environmental Conditions Policy in managing, modifying and cancelling activities in extreme weather.					
Falls & Trip Hazards	Students must wear closed toed shoes outside.	Satisfactory	Insignificant - Minor	Likely	Medium	Ongoing review required
	Students are briefed on appropriate shoes for each activity					
	Debris removed from paths as seen. If object isn’t removable by hand, an alternate path is sought					
	Bi-yearly campsite hazard checks identify trip hazards to be addressed by maintenance work					
Heat Exposure: - dehydration - heat stroke - hyperthermia - sunburn	Students are told to bring full water bottles to all activities. Spare water bottles are available.	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 Adverse Environmental Conditions Policy when managing, modifying and cancelling activities due to extreme weather					
Lost Student	Students are 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					
	Start of week briefing advises school staff that they need to provide group management and student supervision for all activities					
Injury due to equipment failure	Periodic maintenance checks identify hazards associated with specific initiative elements to be addressed by maintenance	Satisfactory	Minor	Possible	Medium	Ongoing review required
	Groups must stay together and wait for their designated leader before beginning an activity					
	All participants must be briefed on each activity before entering the activity area or touching any equipment					
Injury due to Lightning strike	Adhere to the Adverse Environmental Conditions Policy when managing, modifying and cancelling activities due to extreme weather	Satisfactory	Major - Severe	Rare	Medium	Ongoing review required

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.