

# Survivor (Farm Version) Activity Plan

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## 1 OUTCOMES

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- Participate in a range of physical individual and team challenges
- Develop teamwork and cooperation in completing tasks
- Participate in map reading skills to locate hidden items
- 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

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### 2.1 OUTLINE

A Survivor session is held in the paddock adjacent to the Farm Camp accommodation. A session can run from 1.5-2.5 hours. Each session will include the elements listed below and follow a similar outline. Some of the initiatives won't be included in the shorter sessions. Most of the items require the team to collect an item in the process of (or after) completing the initiative.

**Crash site (starting location)** Students find a jumbled code hidden on the plane. Solving the code helps them progress to the next stage.

**Lava Pit:** Each member of the team has to cross the 'lava pit' without touching the tanbark by swinging on the rope. If a person touches the ground, then the whole team needs to start again.

**Pharaoh's Pyramid:** The five tyres need to be moved to another pole by only moving one tyre at a time and not placing a bigger tyre on top of a smaller tyre.

**Maze:** All students are blindfolded and must work as a team to get everyone through the maze.

**Spider Web:** All students must go through the spider web from one side to the other without touching the web. If they touch the web, they will have to start again. Restrictions may apply with how many people can go through each hole of the web,

**Quicksand:** The three metal planks are used between each post, resting on the post securely, so that all team members can get across to the finish without touching the sand. (*Safety point: Each plank has a painted strip on both ends. The width of this painted strip needs to be resting on the posts or another plank before it can be stood on.*)

**Fence climb:** Students have to be connected to each other and walk across the posts and over the fence. If the connection is broken or somebody touches the ground everybody will have to start again.

Electric fence: Students work together to get every person over the electric fence without touching it.

**Darts:** Students unlock the darts canister with the code from the puzzle (opposite colour letters) and the code sheet from the ammo box. They use the darts to burst the balloons, which cantilevers another item to collect.

(*Safety points: Everyone is instructed to stay back unless they are using the darts. The people with the darts step up to the throwing line and have their go. They will retrieve the darts only after being told to.*)

**Final Challenge:** Students work together to use a pulley system to manoeuvre the 'pilot' (mannikin) into the boat to set off from 'Survivor Island'

**Debrief:** The Coolamatong instructor will wrap up the session and run a debrief in relation to how well the teams worked together and in line with the theme of the camp.

## 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 are in working order, are ample for use in an emergency and are 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.

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

- Whistle
- Mobile phone
- First Aid Kit
- Master map and instructions

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 weather conditions (e.g. hats for sunny days & jackets / fleece jumpers when 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 the Farm 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 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 adults at a Survivor session. One instructor will be provided by Camp Coolamatong, who will have experience delivering the activity within industry standards. The second adult will need to be provided by the school. The staff member will be required to either assist students who are struggling, or in the event of a larger group, will lead one of the split groups through the activity. If a school adult will be leading a group, the Coolamatong instructor will provide the teacher with a detailed instruction sheet. They will highlight any safety instructions that are crucial to specific activities.

School adults are encouraged to not provide the solutions straight away, allowing students the opportunity to solve the challenge independently. Ideally, group size will be capped at 30 for the activity or 15 per activity group.

### 3.2 SCHOOL STAFF MEMBER REQUIREMENTS

Camp Coolamatong provides instructors who are trained in the delivery of each activity. They are 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

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### 4.1 LOCATION

The Survivor course is situated on the Camp Coolamatong property on the Banksia Peninsula. It is in the paddock immediately east of the Farm Camp, no further than 200 metres from the Dining Hall. The location is accessible by tracks suitable for vehicles in the instance of an emergency, but it 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 session 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 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 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 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 always wear closed toe shoes around the campsite.					
Bites & Stings: snakes	Students must always wear closed toe shoes around the campsite.	Satisfactory	Major	Possible	High	Constant review required
	During orientation and before activity, 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.					
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.					
	Adherence to the <b>Coolamatong's Adverse Environmental Conditions Policy</b> in managing, modifying and cancelling activities due to extreme weather.					

Falls & Trip Hazards	Students must wear closed toe shoes outside.	Satisfactory	Insignificant - Minor	Likely	Medium	Ongoing review required
	Students must wear appropriate shoes for each activity.					
	Debris is removed from all paths as seen. If an object is not removable by hand then an alternative 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 must bring water bottles to all activities. Spares are available as needed,	Satisfactory	Insignificant - Minor	Possible	Medium	Ongoing review required
	During hot weather (especially Terms 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> when managing, modifying and cancelling activities due to extreme weather					
Lost Student	Students are to stay with their group in activities.	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					
Sprains and Strains	Technique coaching is given during the activity.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	School staff should be aware of any existing injuries and should notify Coolamatong leaders if these affect a student's involvement.					
Injury due to equipment failure	Periodic maintenance checks identify & rectify hazards associated with specific initiatives.	Satisfactory	Minor	Possible	Medium	Ongoing review required
	Groups must stay together and wait for their designated leader before beginning an activity					
	All participants are briefed on each initiative before starting it or touching any equipment					

## 5.2 EMERGENCY MANAGEMENT

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.

