

Campbell High School

An ACT Government School
Principal: Kerrie Heath



Success today creates tomorrow

OUTDOOR EDUCATION 1 COAST CAMP

Dear All,

Your son's/daughter's Outdoor Ed class is planning a 3 day camp down to Nowra/Jervis Bay. We are camping at Jervis Bay Holiday Park, Snorkelling at honeymoon bay/Scottish rocks and climbing in Nowra. During this excursion students will receive instruction on snorkelling technique, information on marine life and be given the opportunity to explore the beautiful Jervis bay waters. Students will also have the opportunity to test their rock climbing skills on outdoor natural cliffs as well as test themselves with some abseiling.

Prior to the excursion students will complete theory classes covering water safety, Snorkelling skills, rope skills and cliff safety. Students will form small groups to plan and share responsibility for the supply and preparation of food.

The cost for this camp is \$160, which covers transport, accommodation, equipment hire, and instruction. Wetsuits are also provided. As this is an optional activity, a payment will be required to cover the costs. If the school is unable to cover the costs, the school may not be able to provide the activity. Individual records of contributions are confidential.

CAMP DETAILS

| | |
|-----------------------|---|
| DATES: | Wednesday 31 st October to Friday 2 nd November (Week 3) |
| ACCOMMODATION: | Jervis Bay Holiday Park |
| VENUE: | Jervis Bay and Thompsons point Nowra. |
| TRANSPORT: | School Bus |
| DEPART: | 8:30 am from school Wednesday 31 st of October (please arrive at school at 8:00am) |
| RETURN: | 4.30pm-ish to school Friday 2 nd of November |
| COST: | \$160.00 (If you would like to discuss a payment plan please don't hesitate to contact me via the information provided) |

Ambulance cover: please note that free ambulance transportation for students on school excursions only applies within the ACT. Please do not hesitate to call me on **61423185** if you have any queries regarding this excursion.

Maths/OE
Tomas Rodriguez Lovibond

A/g Principal
Steven Collins

Consent Form for Outdoor Education Activities

- A Destination: __Jervis Bay, NSW_____
- B Excursion date: Wednesday 31st of October to Friday 2nd of November
- C Parent/Guardian emergency contact _____ BH _____ AH
- D I consent to _____'s taking part in the excursion described above.
(Student's full name)
- E I consent to _____'s participation in any swimming activities that will take place on Camp (all activities will be fully supervised)

- I hereby grant permission for staff to seek medical attention as deemed necessary by the teacher in charge and accept responsibility for all costs incurred thereby.
- The Teachers accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to adequately control and supervise their behaviour and activities.
- Parents should be aware that teachers are not responsible for injuries or damage to property which may occur on an excursion where, in all circumstances, a teacher has not been negligent. Parents should warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

It is customary for the school to request a financial contribution towards meeting the cost of your child's participation in this camp/excursion. These contributions are voluntary.

The school has made every effort to keep the costs of this activity at a reasonable level. The school does not make any profit from this trip. A small outdoor education equipment levy is included in the costing to allow Outdoor Education to remain self sustaining.

If however there is insufficient funding available to meet the cost of the camp/excursion, regrettably we may not be able to proceed with this educational activity.

Signature of Parent/Guardian: _____ Date: _____

EQUIPMENT CHECKLIST FOR YOUR FRIDGE

- 2 x Towel (beach and bath towel)
- Bikini/Boardies/Swimmers/Rashies
- Hat
- Sunscreen
- Wetsuit if you have one

- Shorts/trackies for around the camp
- 2 x t-shirt
- 1 x hoodie/jumper
- 4-5 x Underwear
- Suitable shoes for camp
- Day pack
- Water bottle (2 litres)
- Torch
- Camera (If you want!)
- Water proof jacket

- Tent for your group
- Ground mat to sleep on (essential)
- Sleeping bag (essential)
- Pillow
- Plate/bowl/cutlery/cup for yourself
- Esky (1 per group)
- Tea towel

What's provided:

- BBQ's
- Microwave
- 2 hotplates
- Showers
- Snorkel Gear
- Wetsuits

Timetable

- Timetable is subject to change due to weather conditions
- Drink plenty of water between activities to avoid dehydration
- Full length wetsuits are provided for the Snorkelling
- Rash vests are advisable for the other water based activities
- Always bring spare dry clothes to the beach activity sessions

N.B.

- Speakers are not to be brought or used on camp
- If a camera/phone/valuable device is brought it is at the students own risk

| DAY \ TIME | ACTIVITIES \ EVENTS |
|------------------|--|
| <u>Wednesday</u> | |
| 8:30 AM | Depart Campbell High School car park |
| ~ 12.00 PM | Lunch and camp set up |
| 1.30 PM | Snorkel Session at Honey Moon Bay |
| 3.30 PM | Finish session, head back to camp |
| <u>Thursday</u> | |
| 9.00 AM | Jump on bus and drive to Thompsons point to Rock climb |
| ~ 12:15 PM | Break/Lunch |
| 1.00 PM | Set up Abseil for those who want to Abseil |
| 4.30 PM | Finish activity, head back to camp |
| <u>Friday</u> | |
| 8.00 AM | Breakfast, Pack up |
| 10.00 AM | Last Snorkel at Scottish Rocks |
| 12.30 PM | LUNCH |
| ~ 1.00 PM | Depart for CBLH |
| ~ 4.30 PM | Arrive at CBLH |

Letter to Parents Excursion Medical Information and Consent Form

Dear Parents

I am attaching an Excursions Medical Information and Consent Form and request that you complete and return it to the school as soon as possible.

The information you are requested to give on the attached form will be used to record the student's medical, accident and other details. The contents and use of this form meet the requirements of the *Privacy Act 1998(Cwth)* and will be treated as confidential. This information will be made available to government or private medical or paramedical staff and other relevant officers in the event of an accident or emergency.

You have the right to keep certain medical information private, provided that the omitted information will not affect the provision of appropriate medical care. You are also entitled to check the record processed from the information you have provided, and to correct any inaccuracies.

To ensure that the information on this form is accurate and current, you are requested to advise the school immediately of any changes that should also be reflected on the General Medical Information and Consent form kept at the school and arrange to update the form.

Management of Medical Conditions

The department is committed to providing a safe and healthy environment for students. While school staff have a duty of care to students to provide first aid assistance when required, parents will be aware that schools cannot be responsible for the general management of medical conditions.

In special circumstances, staff may be able to assist with the administration of medication. In these cases, departmental policies require principals to ensure that a comprehensive written authority is obtained from the student's parents and also seek from them a written statement from the student's doctor authorising a member of staff to administer the prescribed medication.

First Aid Plans for Anaphylaxis, Asthma, Diabetes and Epilepsy

You are asked to indicate on the attached Excursion Medical Information and Consent form if the student suffers from any of these conditions. For students who are known sufferers of asthma, anaphylaxis, diabetes, or epilepsy, Emergency Treatment Plans must be completed, signed by both parents/carers and the student's doctor and provided to the school. Proformas for these plans are available at the school's front office. In the absence of a written and signed Emergency Treatment Plan, only standard first aid can be given in an emergency.

Emergency Treatment of an Asthma Attack

Please read this section carefully and seek clarification from your family doctor if necessary. These plans will be followed where students require first aid treatment for their condition. If the student should suddenly collapse at school and/or have difficulty in breathing, as with all medical emergencies, professional help will be sought immediately. Where indicated, a bronchodilator inhaler device ("puffer") will be administered while awaiting medical assistance, whether or not the student is known to have a pre-existing asthma or other health problems.

This treatment could be life saving and ACT Health (Department of Thoracic Medicine, The Canberra Hospital) advises that bronchodilator inhalers are safe and are accepted as a first line therapy to be used in the emergency procedures for asthma.

Anaphylaxis – Administration of Adrenaline by EpiPen or Similar Device

If your child suffers from anaphylaxis, you should obtain a written Anaphylaxis Treatment Plan signed by your doctor and yourself as parent or carer. In the absence of a written and signed Anaphylaxis Treatment Plan, only standard First Aid can be given in an emergency and staff will be unable to administer adrenaline. If your child is given adrenaline to treat an isolated anaphylaxis attack, it can help the anaphylaxis and is unlikely to cause any significant side effects.

Medical Services for Students attending ACT Government Schools

ACT Health advises that the following arrangements apply to students in ACT Government schools involved in school accidents requiring ambulance transportation and/or treatment in accident and emergency sections of either public hospital in the ACT.

Ambulance Transportation

Students injured while under supervision at school or in a school-related situation are transported free of charge to the emergency section of either public hospital in the ACT.

Parents and guardians of students who participate in excursions and other school trips outside the ACT should note that free ambulance transportation only applies in the ACT. Free ambulance cover does not apply to students in the Jervis Bay area of the ACT.

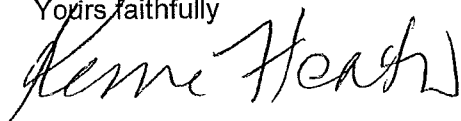
Parents and guardians are reminded to check their health cover for ambulance transportation outside the ACT.

Casualty Treatment

1. Under the Medicare arrangements no charges are raised for services provided at the accident and emergency sections of ACT public hospitals.
2. If a student is subsequently admitted to hospital after receiving treatment in the accident or emergency section, s/he will be automatically classified as a Medicare patient and no charge will be raised.
3. If you elect to have the student treated by a doctor of your choice, a hospital charge will apply. The doctor may also charge for their services. You are advised to have medical insurance if you wish to choose this option.

Your cooperation in completing and returning the attached form promptly would be appreciated.

Yours faithfully



Principal

Date: / /



ACT
Government

Education and Training

**EXCURSION MEDICAL INFORMATION AND
CONSENT FORM**

This form is intended to be used to assist the school in the case of any medical treatment required or medical emergency involving a student on a category C & D excursion, overseas excursion, sports and all outdoor adventure activities. A copy of each student's form must be taken on the excursion.

The Directorate collects the information contained in this form to provide or arrange first aid and other medical treatments for students. The information collected will be held at your child's school and will be made available to staff of the school and to medical or paramedical staff in the case of an accident or emergency. The information contained in the form is personal information and it will be stored, used and disclosed in accordance with the requirements of the *Privacy Act 1998(Cwth)*. Parents/carers note that in the absence of an Emergency Treatment Plan only standard First Aid should be administered.

Personal Details

| | | | | | |
|--|--|----------------------------|--|-------------------|---|
| Student's Name: | | Date of Birth: | | Sex: | <input type="checkbox"/> M <input type="checkbox"/> F |
| School: | | School Year: | | Camp/Excursion: | |
| Parent/Carer: | | | | | |
| Address: | | | | | |
| Contact Telephone Nos | | | | | |
| Business Hours: | | After Hours: | | Mobile: | |
| Other Contact for Emergency: | | | | Telephone No: | |
| Name of Student's Doctor: | | | | Telephone No: | |
| Medicare No: | | Private Health Fund No: | | Membership No: | |
| Ambulance Fund: NOTE: Parents are responsible for ambulance costs outside the ACT. | | | | | |

Please tick if your child suffers any of the following:

- | | | | | |
|---|---|--|--|---|
| <input type="checkbox"/> allergies | <input type="checkbox"/> blood pressure | <input type="checkbox"/> epilepsy | <input type="checkbox"/> hayfever | <input type="checkbox"/> nose bleeds |
| <input type="checkbox"/> anaphylaxis | <input type="checkbox"/> diabetes | <input type="checkbox"/> fainting | <input type="checkbox"/> headaches | <input type="checkbox"/> reaction to drugs |
| <input type="checkbox"/> asthma | <input type="checkbox"/> eczema | <input type="checkbox"/> fits or blackouts | <input type="checkbox"/> heart condition | <input type="checkbox"/> sight/hearing problems |
| <input type="checkbox"/> other (please specify) | | | | <input type="checkbox"/> sun screen sensitivity |

If you have ticked any of the boxes above an Emergency Treatment Plan must be provided. Proforma Plans are available from the school. NB. Without an Emergency Treatment Plan the school can only provide first aid treatment.

| | |
|---|--|
| Date of last tetanus injection: | |
| Has the student suffered from any acute illness or injury or been treated by a medical practitioner for an illness or injury during the last 4 weeks? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| If YES, please state nature of illness/injury and obtain a report from the doctor that the student is fit to undertake the camp/excursion | |
| | |
| Is the student presently taking any medication? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| If YES, please state name of medication, dosage, etc. (Please note: The teacher in charge must be informed about the management of any medication prior to leaving on an excursion. Arrangements need to be agreed on the transport, storage and administration of medication. In all cases medication must be labelled with the students name, dosage and frequency of administration.): | |
| | |
| I consent to my child receiving paracetamol for temporary pain relief? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| Are you aware of any physical or psychological limitations of your child? Please give details. | |
| | |
| Is there any other information which you believe may help us to provide the best possible care? | |
| | |

Consent to medical attention: In the case of my child requiring medical treatment or in the case of a medical emergency, I consent to the school providing first aid or treatment as outlined in an emergency treatment plan and I further authorise the school, where it is impracticable to communicate with me, to arrange for him/her to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay any costs which may be incurred for the medical treatment, ambulance transport and drugs.

Signed