



## Stage 2 Overnight Excursion to Gosford

Thursday 12 September 2019

Dear Parent/Carer,

Stage 2 Overnight Excursion is in Term 4 Week 5, Monday 11 and Tuesday 12 September 2019.

Please complete the attached Medical form with your child's details. This form needs to be completed and returned to Mrs Di Giglio by Thursday 19 September 2019.

Final payments need to be made by last day of term, Friday 27 September 2019. Balance owing notes will be sent home before this date. As numbers are now finalised and funds are now committed to Outdoor Education, we will not be able to provide refunds after tomorrow.

We have summarised the balance owing for you below:

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Balance Owing: \_\_\_\_\_

Please return to the office money box in an envelope marked clearly with your child's name, class and what the payment is for.

Mrs York  
Principal

Mrs Di Giglio  
Excursion Coordinator



## OUTDOOR EDUCATION NSW MEDICAL AND ACTIVITY RESTRICTION FORM

Please complete the Medical and Activity Restriction Form and return to the school office or the teacher/s responsible for organising the camp at your son/daughter's school.

### ***Participant Details***

Surname: ..... Gender:  M /  F  
 Given Name/s: ..... Date of Birth: ..... / ..... / .....  
 Address: .....  
 .....

### ***Emergency Contact Details***

Parent /  Guardian /  Contact Person: .....  
(Name in Full)  
 Telephone: .....  
(Home) (Business) (Mobile)

### ***Medical Information***

Medicare N<sup>o</sup>: ..... Ambulance Cover:  Yes /  No  
 Position on Medicare Card (eg. 1,2): ..... Medicare Expiry: .....  
 Private Health Insurance Fund:  Yes /  No  
 Fund Name: ..... Fund Policy N<sup>o</sup>: .....

### ***Please answer the following medical questions regarding your son/daughter:***

1. Is your son/daughter in good health?  Yes /  No
2. Does your son/daughter suffer any chronic illness, or disability?  Yes /  No  
 If yes, please specify: .....  
 .....
3. Does your son/daughter need to take any form of medication on camp?  Yes /  No  
 If yes, please specify: (dose, frequency etc.) .....  
 .....
- Does the medication need refrigeration?  Yes /  No
4. Has your son/daughter suffered from any acute illness during the past four months?  Yes /  No  
 If yes, please specify: .....  
 .....
5. Has your son/daughter had any major surgery (knee, back, heart, etc.)?  Yes /  No  
 If yes, please specify: .....
6. Has your son/daughter been treated by a doctor during the last four weeks?  Yes /  No  
 If yes, please attach a doctors report with instruction about medical treatment and a certificate stating that the participant is fit to attend.
7. Does your son/daughter have any allergies? (insects, food, medication, etc.)  Yes /  No

If yes, please specify: .....

.....

8. Does your son/daughter have any special dietary requirements?  Yes /  No

If yes, please specify: .....

.....

9. Does your son/daughter: wet the bed?  Yes /  No  
sleep walk?  Yes /  No

10. Has your son/daughter had the Diphtheria Tetanus Toxoid booster injection?  Yes /  No

If yes, what date was the last booster given? ..... / ..... / .....

11. Do you give permission for Panadol to be administered to your son/daughter if required?  Yes /  No

**Activity Restrictions**

All activities are instructed by qualified instructors and at all times are supervised and accompanied by your son/daughter's school teachers.

During your son/daughter's time at camp the original program which is organised in consultation with the schools requests may need to be changed due to weather or other unforeseen events. We recommend you view the entire activity list available at the centre your child is attending. This can be done by going to [www.outdoorednsw.com.au](http://www.outdoorednsw.com.au) and clicking on (Morisset, Gosford, Forster or Wyee). Once inside the sites page you can click on "Activity List" to receive a download of the sites entire activity list.

If you do not want your son/daughter to participate in any particular activity or activities, please write them in the space provided and notify your son/daughter of the activity or activities for which they are to be excluded. Please be aware that any activities that have been restricted cannot be changed by the student on arrival should they then wish to participate. All activities are "Challenge by Choice" and no student is forced to attempt any activity:

.....  
.....

Is your son/daughter permitted to participate in swimming/water activities?  Yes /  No

If no, please inform your son/daughter that they are not to participate in any swimming/water activities.

How do you rate your son/daughter swimming ability?

Non Swimmer  Average  Competent (swim more than 50m)

**Parent or Guardian Consent**

In the event of any accident or illness and I am unable to be contacted, I authorise the obtaining of such medical assistance on my behalf that my son/daughter may require. I also agree to cover medical fees and/or cost of such assistance that may be incurred while my son/daughter is with Outdoor Education NSW.

Wilful damage of property while with Outdoor Education NSW will be paid for either by the student involved or by their parent/s or guardian.

..... to attend the program run by Outdoor Education.  
(Son/Daughter's Full Name)

Signature of Parent/Guardian ..... Date: ..... / ..... / .....



## STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

- |  |  |
|--|--|
| <input type="checkbox"/> 4 T-shirts (no mid-riff or sleeveless shirts allowed) | <input type="checkbox"/> Torch (make sure it is working before you bring it on camp)                                 |
| <input type="checkbox"/> 4 pairs of shorts                                     | <input type="checkbox"/> 1 water bottle (1 litre capacity minimum)   |
| <input type="checkbox"/> 2 long sleeve shirts or jumpers                       | <input type="checkbox"/> Insect repellent and Sunscreen  |
| <input type="checkbox"/> 2 pair of long pants for cold weather                 | <input type="checkbox"/> 2 pairs of sensible joggers or boots (1 old pair that you can get wet - <b>no thongs!</b> ) |
| <input type="checkbox"/> Spare socks and underwear                             | <input type="checkbox"/> 2 plastic bags to put your dirty or wet clothes in  |
| <input type="checkbox"/> Hat or cap  | <input type="checkbox"/> Toiletries - <i>toothbrush, toothpaste, soaps.</i>  |
| <input type="checkbox"/> 1 raincoat  | <input type="checkbox"/> 2 towels (1 for outdoors, 1 for showers)  |
| <input type="checkbox"/> Pyjamas   | <input type="checkbox"/> Swimmers  |
| <input type="checkbox"/> 1 pillow and pillow case                              | <input type="checkbox"/> Hair tie for abseiling (if you have long hair)  |
| <input type="checkbox"/> 1 sleeping bag or sheet/s with blanket                | <input type="checkbox"/> 1 plate, 1 bowl, 1 fork, 1 knife, 1 spoon, 1 cup and tea towel (mess kit)                   |

**Note:**

In addition to the above items it is also recommended that you bring a small day pack so that personal items such as medications, water bottles, hats, raincoats, insect repellents and sunscreens can be easily carried during the day.

If your program includes a visit to the Watagan Mountains a separate gear checklist outlining the specific items to be packed for the visit should be included with your camp information.



## GOSFORD ACTIVITY LIST

<b>Abseiling</b>	5m and 10m abseil tower at the centre.	Generally Yr. 7+ Min. Yr. 5
<b>Archery</b>	Safe and fun. Structured lesson and practice time.	All ages
<b>Bushwalking</b>	Guided bushwalking experience. From 1/2 day environmental awareness to 3 day expeditions.	Generally Yr. 5+
<b>Challenge Ropes</b>	Aerial harnessed obstacle course winding through the trees to a height of 15m before a flying fox finish.	Age dependent Generally Yr. 5+
<b>Expeditions</b>	Combining navigation skills, bushwalking, abseiling, rock climbing. Ranges from overnight bivouacs to 3 day expeditions.	Age Dependent Min. Yr. 9+
<b>Flying Fox</b>	A fully harnessed 160m flying fox over water activity both fun and exhilarating.	Generally Yr. 5+
<b>Fencing</b>	Great fun and very safe. Protective equipment used to suit all ages. Structured lesson and practice time	All ages
<b>Giant Swing</b>	Very exhilarating 15m harnessed pendulum swing.	Generally Yr. 7+ Min. Yr. 3
<b>Icebreakers</b>	Introductory Get To Know You and trust building activities.	All ages
<b>Initiatives Exercises</b>	Student led problem solving and initiative activities.	All ages
<b>Navigation Challenge</b>	Extension of orienteering skills. Bush point to point course.	Generally Yr. 7+
<b>Night Activities</b>	Games Night, Disco, Music Quiz, Trivia Quiz, Videos, Challenge Night, Commando, Camp fire.	All ages
<b>Orienteering</b>	Introduction to navigation. Score course or point to point courses at the centre.	Generally Yr. 7+ Min. Yr. 5
<b>Raft Building</b>	Small group teamwork activity. Construct and race your raft.	Generally Yr. 7+
<b>Rock Climbing</b>	10m rock climbing tower	Generally Yr. 7+ Min. Yr. 3
<b>Sports</b>	Oval games, basketball, volleyball, table tennis	All ages
<b>Treasure Hunt</b>	Basic introduction to map reading.	Yr 2 +
<b>Tree Tops Adventure Park</b>	Off-site excursion to the Tree Tops Adventure Park 4 courses of varied levels – <b>Additional Cost approx. \$25</b>	Generally Yr. 7+ Min. Yr. 5

**NOTE:                      Some activities may require transport or incur additional cost.**