



8 November 2024

Dear Parents/Caregivers

RE: 2024 YEAR 10 OUTDOOR EDUCATION CAMP – CONTO CAMPGROUND MARGARET RIVER

This year, all Year 10 Outdoor Education students will participate in a camp as part of their Outdoor Education studies. The camp will be held at Conto Campground in Margaret River over 4 days and 3 nights, with all students participating in rock climbing, abseiling, surfing, hiking and caving.

This experience will allow students to apply various skills they have acquired in the Year 10 Outdoor Education program. A team of OE and PE teachers will lead staff members to support each class throughout the camp, ensuring that every group has at least two staff members trained in aquatic rescue and first aid to guarantee the safety of all students.

Details of the camp can be found below:

Dates: Tuesday, 19 November 2024 – Friday, 22 November 2024

Location & Transport: **Students are to meet at UFCC at 7:40am on Tuesday, 19 November.**
Bus to and from Conto Campground, Margaret River.

Students return to UFCC at 3.00pm on Friday, 22 November

Dress: Students are to arrive at school in their college PE uniform and a day pack containing the following: hat, sunscreen, 2 litre water bottle (minimum), medication (if required), snacks, lunch or money to purchase lunch.

Contact: In case of emergency only during school hours 9470 0900 or after hours 0438 953 048.

What to bring:

Item	Checklist
Packing bag/duffle bag (no suitcases)	
Daypack - large enough to hold all items for the day including jacket/jumper, hat, sunscreen, towel, food and water	
Esky for perishable foods (one per cooking group)- Freezer blocks or frozen water bottles will assist in keeping food cold	
Cooler bag for non-perishable food (one per cooking group)	
Cooking utensils required for meals organised in cooking group- e.g. spoon, tongs, spatula	
Reusable plate, bowl, cup, knife, fork and spoon	
Water bottle(s)- minimum 2 litres	
Headtorch for cooking at night- with extra batteries	
Food – breakfast, lunch, dinner & snacks. A reminder that dinner is the only meal that is cooked using the Trangia. Please refer to your group’s meal plans in your assignment. *Please note milk is provided for breakfast and students are given a piece of fruit daily	
Bag/s for wet or dirty items	
Sleeping bag	
Sleeping mat (yoga or exercise)	
Pillow	
Towel – Beach (quick dry)	
Hat & sunglasses	
Tea towel	
Sunscreen	
Insect repellent	
PE uniform for travel to and from Margaret River	
4 shirts (at least 2 with collars)	
2 jumpers for warmth in evening	
2 pairs of shorts	
1 tracksuit pants for caving	
Comfortable sleeping attire	
2 modest bathers/boardshorts *Bikinis may be worn under rash vest/t-shirt but are not permitted to be worn by themselves at any stage throughout the camp	
Rash vest/old t-shirt *Must be worn during all water-based activities	
Waterproof jacket	
Underwear	
Socks	
Hiking shoes or old joggers	
Joggers	
Thongs, crocs or slides	
Notepad and pen	
Toiletries (toothbrush, toothpaste, sanitary products, wipes, moisturizer, deodorant etc.)	
Money (*cash/card only) to spend on lunch Tuesday and/or Friday	
Prescribed medications – including EpiPens or Asthma reliever. If this is applicable to your child, you must complete the College Camp Medication form and indicate their medication needs on the permission form which is part of this communication.	

Medication: If your child requires prescription medicine to be administered during camp, please complete the 'College Camp Medication Form' (**page 4**) and provide the medication in the packaging requested to ensure these can be administered safely. These should both be handed to staff on the morning of camp. Please indicate if your child will be bringing medication on the permission form.

Staff will carry simple analgesia (Panadol and Nurofen) and antihistamine. Please indicate on the permission form if you consent to these being administered if needed.

Students with Asthma should bring their Asthma puffers on camp. **These should be carried with them at all times.**

What NOT to bring:

- Mobile phones/electronic devices
- Valuables
- New/good clothing/items
- Strictly no medication (*other than prescription medication that is to be held by staff for the duration of the camp*)

Please access this link to grant permission and complete medical information for your child by Wednesday, 13 November 2024.

[Permission Link](#)

Please feel free to contact your child's Outdoor Education teacher directly should you have any concerns or queries regarding the camp.

Kind regards

Mrs Tamara Keyes
**LEARNING AREA COORDINATOR
HEALTH AND PHYSICAL EDUCATION**

Mr Michael Tassone
**YEAR 10 OUTDOOR EDUCATION
TEACHER IN CHARGE**

COLLEGE CAMP MEDICATION RECORD

This information is confidential and will be available only to relevant staff and emergency medical personal. Medication will be administered at camp when it is necessary for a student to safely participate in the camp program.

For the safety of staff and students, camp medication **must be provided in either a Webster Pak or blister pack** prepared by a pharmacist in line with a Doctors prescription. Your local pharmacist should be able to assist with this and there is a small fee involved. This is proven to be the safest way for medication to be administered by school staff.

PARENT/GUARDIAN TO COMPLETE

Name of Student	
Date of Birth	
Allergies	
Current additional medications	

MEDICATION INSTRUCTIONS

Name of Medication	
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Strength	Dosage
Time to be administered	Route
Medication start date	Medication end date

Prescribing Doctors Name	
Reason for Medication	
Side effects/comments	

	I confirm that my child is well enough to participate in camp activities.
	I confirm that this medication has been given to my child previously (a first dose cannot be given on camp).
	I understand that medication must be provided to the College in the way described in this medication agreement.
	I approve release of this information to emergency personnel.
	I authorise the above medication to be administered as prescribed by the College.

Parent/Guardian Information

Parent/Guardian Name	Phone Number	Email
Details of Emergency Alternate contact		
Contact Name	Contact Number	

Parent signature

Date