



PRINCE
ALFRED
COLLEGE

Year 8 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2021



February 2021

Dear Parents,

Your son will soon embark on his year 8 Outdoor Education experience at Scotts Creek. A major focus of the Year 8 Outdoor Education Program is the balance between environmental education, personal development and adventure. Students take part in a 2-night kayak expedition aimed at developing specific skills in kayaking, navigation, camp craft and water safety. The program promotes a spirit of adventure and discovery. Upon arrival at Scotts Creek Outdoor Centre the boys enjoy two days of climbing on the adventure high ropes course and the opportunity to complete the Big Wall and Jurassic Journey team challenges. Students will need to utilise their leadership skills, teamwork and safety principles learnt during the week to help each other achieve personal and group goals.

The kayaking journey, as planned, begins at our launch point downstream of Scott's Creek and finishes at our Scotts Creek campus, located 7km South of Morgan on an anabranch of the Murray River. We have a very unique environment which provides a wonderful opportunity for outdoor and environmental activities. We hope that your son's experience is both enjoyable and valuable.

To help your son prepare for this program, please note the following:

Clothing – see the attached sheet for a list of clothing. Make sure clothing is included which can get wet or dirty. Please see that all items listed are brought along and suitably named.

Fruit and Vegetables – Fruit fly outbreaks in South Australia have forced PIRSA to place strict controls on bringing fresh fruit and vegetables into the Riverland. This means that **NO** fresh fruit and vegetables can be brought to Scotts Creek. Please use the link provided to order the required fruit and vegetables, which will be sourced locally and delivered to Scotts Creek. **Please order your fruit and vegetables no later than the Monday prior to your program.** No orders after this time will be processed and your son will not have access to fruit and vegetables for the expedition component of the program.

[Fruit and Vegetable order form](#)

[Primary Industries SA Information](#)

Medical & Consent Forms - Please ensure the [Prince Alfred College Outdoor Education consent form](#) is signed and returned to your son's class teacher.

To ensure your son's medical information is correct, please log on to the PAC website (instructions to follow) and check that the medical details are up to date. If your son requires specialist medication, e.g. Ventolin, Epipen etc. please ensure this is packed and sent with your son from home (any medication he currently has stored at PAC will be sent as 'back up' only). Please inform Micha Jensen of any current medication or special concerns. Medication required on program must be accompanied by a completed [Medication Authority form](#).

Covid-19 – Please do not send your son on program if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19. [If unsure, please refer to the College information here.](#)

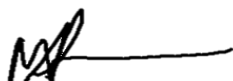
Please do not allow your son to bring iPods, electronic games, mobile phones or money. We would like to get away from our normal high-tech style of living for the week. We also request that no nuts are brought along by your son as part of his menu.

Our Outdoor Education staff are looking forward to working with your son. We believe the program is an exciting learning experience that will be enjoyed by all. We trust that boys will take this opportunity to strengthen existing friendships and establish new ones. Cooperation, consideration and respect for others and our environment are central to the success of this program.

Every effort should be made to learn new skills and acquire attitudes during the program that are positive, thoughtful and constructive. Hopefully they will stay with each student throughout school and adult life.

If you require any further information, please contact me personally on 0439 803 000 or at mjensen@pac.edu.au.

Yours Sincerely,



Micha Jensen
Director of Scotts Creek Outdoor Centre

Outdoor Education at Prince Alfred College

Outdoor education in the Middle School is concerned with more than just participating in recreational activities and games. Its primary aims are to encourage the development of “intelligent performers” and to encourage students to understand the importance of a balanced, healthy lifestyle. Throughout the three years of Middle School, students should develop knowledge, critical thinking and reflection skills, and a sense of responsibility, as well as interpersonal and self-motivational skills. This should encourage choices that will contribute to long term healthy lifestyles.

Outdoor education will bring the unique perspective of learning through the physical, which can greatly contribute to students’ approaches to learning skills, and is transferable across other subject groups and life situations.

The learning and development associated with outdoor education should contribute to students developing the qualities of the student life framework and engage with the fundamental concepts of the ‘Princes Man’—holistic development and learning, intercultural awareness and communication.

When the curriculums of outdoor education and other subject groups are developed according to these principles, students will be given the opportunity to:

- Develop a combination of transferable skills promoting physical, intellectual, emotional and social development
- Engage with other subject areas through outdoor education experiences and vice versa
- See the areas of interaction as relevant to outdoor education and contributing to holistic learning
- Consider new, differing and contrasting ideas to their own and use them in the learning process
- Develop abilities to communicate their knowledge, skills and reflections in a variety of situations
- Understand the importance of intellectual, physical and emotional balance
- Give thoughtful consideration to their own learning and experience
- Develop their understanding of the natural environment and their relationship within it to make informed decisions that promote an environmentally sustainable future
- Discover their personal strengths and areas for improvement to become more resilient and independent individuals



Intended Program

Year 8 Outdoor Education (Adventure Perspective)					
	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	8.55am depart Capper St	Wake Up	BREAKY Pack up	Wake Up Fishing	Wake Up Pack up
7:45		BREAKY		Duties	Duties
8:00		Packing Kayaks	BREAKY	BREAKY	
9:00			Paddle to SCOC	High Ropes Course	Big Wall Challenge
10:00		Start Paddling	Arrive at SCOC Begin clean up		High Ropes
11:00			Arrive at Start site		
12:00				LUNCH	
12:30	Packed LUNCH	LUNCH	LUNCH	LUNCH	Depart for PAC
1:30	Kayak Basic skills Session	Paddling	Continue clean up / debrief	Jurassic Journey	
3:00					
4:30	Set up Camp	Arrive at camp	Mission Impossible		
		Set up			
5:00			Free time	Free time	
5:45			Duties	Duties	
6:00	Trangia DINNER	Trangia DINNER	DINNER	DINNER	
7:30	Campfire and games	Campfire and games	Belay School	Indoor Bouldering	
8:30			Reflection	Reflection	
9:30	Lights Out	Lights Out	Lights Out	Lights Out	

Dates & Times

The bus will depart from Capper St. at 8.55am. Students are asked to arrive at 8.45am. The bus will return to PAC from Scotts Creek at approximately 3.00pm on Friday.

The following dates are intended for Year 8 programs:

Class

- 1) 8PMC/GZH
- 2) 8JGR/TEA
- 3) 8JRE/DKE
- 4) 8MFR/DCR

Program Date

Term 1, Week 8, Monday 15th – Friday 19th Jan
 Term 2, Week 4, Monday 10th – Friday 14th May
 Term 2, Week 7, Monday 31st May – Friday 4th June
 Term 3, Week 3, Monday 2nd Aug – Friday 6th Aug

Medical Information

It is essential that the PAC Outdoor Education staff have up-to-date medical information for your son. Please follow the steps below to ensure that all medical information has been checked and updated prior to returning your son's consent form. Alternatively, you can phone the PAC Health Centre on 8334 1205.

Student Medical records can now be reviewed and updated within the Parent Lounge:

<https://tass.pac.edu.au/parentlounge>

Access to Parent Lounge is via Single Sign-On. If you haven't yet set up your access, please contact ICT Services for support: ictservices@pac.edu.au

Once you have logged into Parent Lounge, to make changes to the Student Medical Records please select:

- Student Details -> Medical Details.

To update any of the information on this page please click "Update" / "New" within the relevant section.

After you have made your changes click "Submit Changes" / "+ Submit New" to save your updates.

Please note that these changes might not be visible immediately as they will be reviewed by our Health Centre staff.

Catering

Your son is required to provide food for the kayak expedition. This includes a pre-prepared **packed lunch on Monday** and suitable food to be prepared by your son for **2 dinners, 2 breakfasts, 1 additional lunch** and ample **snacks (no nuts)** for an active couple of days until mid-morning on Wednesday. Your son has received a menu booklet which will have been explained in a tutorial session. This booklet highlights appropriate food choices and menu options. **Please ensure your son does not bring any nuts in his expedition food.**

Please note; your son will enter a fruit fly exclusion zone. [Please ensure that all fruit and vegetables are ordered through the online order form](#). Please order your fruit and vegetables no later than the **Monday prior to your program**. The order will be delivered to Scotts Creek and packed ready for the expedition. **NO** fresh fruit or vegetables can be brought into the Riverland area, even with an itemised receipt. **On the spot fines may apply.**

Class	Program Date	Fruit and veg order by
1) 8PMC/GZH	Term 1, Week 8, Monday 15 th – Friday 19 th March	10 th March
2) 8JGR/TEA	Term 2, Week 4, Monday 10 th – Friday 14 th May	4 th May
3) 8JRE/DKE	Term 2, Week 7, Monday 31 st May – Friday 4 th June	24 th May
4) 8MFR/DCR	Term 3, Week 3, Monday 2 nd Aug – Friday 6 th Aug	26 th Jul

The Scott's Creek Catering team will provide meals for the rest of the program. Meals are healthy, nutritionally balanced and plentiful. If your son has any dietary requirements please outline this on the consent form. If you have any further questions regarding catering please contact Micha Jensen on 0439 803 000 or mjensen@pac.edu.au. Your son will not require any additional food once he arrives at the Scotts Creek campus.

Accommodation

Scotts Creek Outdoor Centre contains facilities that consist of three sub-divided dormitories, each containing 20 beds. Beds are bunk style with comfortable mattresses. During expedition students will be accommodated in lightweight camping tents that provide protection against insects and inclement weather. It is important to respect the privacy of others. This means that the dormitories or tents of other boys must not be entered at any time and that others' personal equipment must not be tampered with.

Communication Systems

The site has a direct phone line for emergency communication. On trips away from the residential site, 4G mobile and satellite phones are used for emergency communication.

SCOC Office	08 8540 2231
Micha Jensen	0439 803 000 (24 Hours)

Staff

PAC Outdoor Education Staff are highly qualified and experienced Outdoor Educators. Staff are trained in First Aid and are familiar with the Scotts Creek environment

Micha Jensen	Director of Scotts Creek Outdoor Centre
Sarah Habel	Outdoor Education Instructor
Sean Meredith	Outdoor Education Instructor
Ellie Stroehrer	Outdoor Education Instructor
Bel Rowe	Outdoor Education Instructor

Mosquitoes and Ross River Fever

Staying near a body of water such as Scotts Creek and the Murray River enhances the likelihood of mosquitos being present. There is no effective way of ensuring a mosquito free environment and therefore, as there is no guaranteed safe means of co-habiting with mosquitoes, it is recommended to staff and students that they take as many practical preventative measures as possible. We recommend the following:

- Wear long sleeve shirts and pants particularly at dusk
- Use tropical strength repellent

Covid-19

In line with the College, the Scotts Creek staff are taking precautions to make Scotts Creek a Covid Safe environment for all. This includes, but is not limited to, social distancing measures, increased cleaning, individual equipment issued to students where practical, and hand hygiene stations at key locations around the property. Please do not send your son on program if they are unwell or displaying any signs and symptoms of Covid-19.

Daily Duties

One of the many activities that we participate in whilst on program is the care and maintenance of the space in which we live. It is important for boys to understand that these jobs are not chores, but activities that are vital to the care and well being of the site and the people we are staying with.

Initially, individuals are responsible for the tidiness and cleanliness of their own bed and personal gear. The members of each dormitory are responsible for sweeping and cleaning their room and surrounds. This includes emptying bins and ensuring that the lawn areas are free of litter.

During the program, boys will be expected to complete individual duties. Boys are encouraged to be co-operative and thorough in their approach to these tasks.

Boundaries

One of the features of Scotts Creek is its open areas. This area is sufficient for all of the Centre's activities. There should be no reason for students to leave the Centre, unless under the direct supervision of a staff member.

Safety Considerations

The Murray River represents a unique, wild environment in which to adventure. The river has a fluctuating water depth and has numerous underwater obstructions which increase potential accidents. With this in mind, the following rules have been developed:

- Boys will be expected to wear buoyancy vests in the water at all times
- Boys will be expected to wear shoes whilst involved in all aquatic activities and around Scotts Creek Outdoor Centre
- Boys can only go down to the landing and water front area if a Scotts Creek staff member or supervising teacher accompanies them
- Boys must never dive from the bank

The Scotts Creek staff consider safety a top priority at all times. Students can aid the staff and be responsible for their own well-being by following these "common-sense" rules.

General Program Expectations

All staff want the program to be fun enjoyable and safe for everyone. Therefore, all school rules and expectations apply. Boys are asked to:

1. Listen carefully and follow instructions given by all staff
2. Be courteous to all adults and peers
3. Allow everyone to feel safe
4. Respect other people's property
5. Be responsible for your own belongings
6. Stay on the site property unless with a staff member
7. Take care of the natural environment

Fire Extinguishers

Fire Extinguishers are an important and expensive piece of safety equipment. The Centre has numerous fire extinguishers, placed strategically in case of emergency. Students must not tamper with these devices. Boys involved in tampering or improper use of the fire extinguishers will be billed for their repair or replacement.

Emergency Procedures

In the unlikely event of a serious accident or incident the Centre has an extensive and detailed Emergency Management Plan.

In the event of a fire at the Centre, a long and continuous siren will be sounded. Students and staff are expected to move to the meeting area immediately. A roll will be called to account for every present member. Once this has been completed the staff of Scotts Creek have specialised tasks to bring the emergency under control quickly.

The staff at Scotts Creek have developed expeditions that match the boys' level of experience. The staff are trained and qualified in all outdoor activities and have means to evacuate students if the need arises.

Living Lightly at Scotts Creek

Boys are reminded to:

- Turn off the light when you are the last to leave a building
- Have short showers
- Use the rainwater tank for drinking only
- Turn the water off when brushing your teeth
- Recycle waste produced

All these help us to use less energy and materials that lessen our impact on the earth.



Gear and Equipment List

- ☐ Broad Brimmed Hat
- ☐ Water bottle 1 LTR (minimum)
- ☐ Two Pairs of Shoes
 - An old pair for aquatics (these will get wet!)
 - A comfortable pair for around the Centre and at campsites
- ☐ Four sets of underwear
- ☐ Four sets of socks
- ☐ Two pairs of shorts
- ☐ Three T-shirts
- ☐ Bathers/ Board Shorts
- ☐ Track Pants
- ☐ Two Jumpers
- ☐ Thermals, Top and Bottom (polypro or wool)
- ☐ 2x Towel
- ☐ Sunburn Cream, Lip Balm

At night...

- ☐ Small, compact torch **with spare batteries** (head torches are very useful)
- ☐ A compact, warm sleeping bag (bring extra blankets if you don't think yours is warm enough)
- ☐ Beanie
- ☐ Insect repellent (Tropical Strength Rid / Aeroguard)
- ☐ Pillow & Pillowcase

Out on expedition...

- ☐ Waterproof jacket - **This can be borrowed from Scotts Creek**
- ☐ Knife, Fork, Spoon (metal is best)
- ☐ Bowl and Cup (plastic or enamel)
- ☐ Cooking utensils (wooden spoon, small chopping board, knife)
- ☐ Tea Towel x 2
- ☐ 2 plastic shopping bags/ large zip lock bags for rubbish
- ☐ Personal First Aid Kit *(see Notes)
- ☐ Warm polar fleece or woolen jumper
- ☐ Toiletries (Toothbrush, toothpaste, deodorant)
- ☐ **FOOD!!!! And Fruit and Vegetable order completed**

* *Personal first aid kit includes Band-Aids, adhesive tape, insect repellent, triangular bandage, and roller bandage. Personal medication can be carried and administered by the students (asthma puffer), or by the staff (antibiotics), this is at the parents discretion and should be noted on the consent form.*

Items we encourage you to bring...

- ✓ Fishing Gear
- ✓ Camera
- ✓ Book

Items to leave at home...

- ✗ Electronic equipment – iPods, iPads, games etc.
- ✗ Extra junk food (chips, soft drink, nuts of any kind etc.)
- ✗ MOBILE PHONES
- ✗ Money