



PRINCE
ALFRED
COLLEGE

Year 8 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2024



February 2024

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 skills in leadership, teamwork, kayaking, navigation, camp craft and water safety. The program promotes a spirit of adventure and discovery. The boys will also experience climbing on the adventure high ropes course and the opportunity to complete the Big Wall and various team challenges. Students will utilise their leadership skills, teamwork and safety principles learnt during the week to help each other achieve personal and group goals.

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 are named.

Consent Forms

- You will receive excursion information and consent in your Parent Lounge.
- Access via Home Page under (Events and Payments). View 'Other Details' and accept T&Cs and advise diet requirements.
- Complete the consent form 2-weeks before your camp date.

Medical Information and Medication Agreement

Log on to the PAC Parent Lounge and check that the medical and dietary details are up to date.

- Pack any specialist medication from home e.g. Ventolin, EpiPen etc. Inform the class teacher and Daniel Cibich of any current medication or special concerns.
- If your son takes ANY regular medication, complete and return a [Medication Agreement](#). (including OTC medications such as Panadol).

Catering and Dietary Requirements

- Update dietary requirements via the consent process in the Parent Lounge
- All meals, including on expedition, will be provided by Scotts Creek.
- Pack a quantity of scroggin – see details in this booklet under *CATERING*.
- Do not pack any fruit and veg. Scotts Creek is in the Riverland fruit fly exclusion zone.

Covid-19

If your son has tested positive for Covid in the 5-days prior to the start date, please do not send them on camp. Please do not send your son on program if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19.

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.

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 on 0436 636 565 or at dcibich@pac.edu.au.

Yours Sincerely,



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
- Consider 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 and Challenge)					
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am					Wake Up
6:30am	8.45am depart Capper St	Wake Up	Wake up/ Expedition preparation	Wake up	Paddle back to Scotts Creek
7:00am			BREAKFAST	BREAKFAST Pack up camp	
7:30		Duties			BREAKFAST
7:45			Challenge Walls	Expedition preparation	
8:00		High Ropes/ Jurassic Journey			Paddling to Cordola
8:30			Welcome and program prep	Paddling to Cordola	
9:00		High Ropes/ Jurassic Journey			Paddling to Cordola
10:00			High Ropes/ Jurassic Journey	Paddling to Cordola	
11:00		High Ropes/ Jurassic Journey			Paddling to Cordola
11:30	High Ropes/ Jurassic Journey		Paddling to Cordola	Paddling to Floodplain	
11:45		High Ropes/ Jurassic Journey			Paddling to Cordola
12:00	High Ropes/ Jurassic Journey		Paddling to Cordola	Paddling to Floodplain	
12:30		LUNCH			LUNCH
1:30	Team building activities/ Belay School	High Ropes/ Jurassic Journey	Paddling to Cordola	Paddling to Floodplain	Depart for PAC
3:00	Afternoon Tea break				
3:30	Belay School/ Team building activities				
5:00	Jog & Dip				
5:45	Duties	Duties	Duties	Duties	
6:00	DINNER	DINNER	DINNER	DINNER	
	Journals	Journals	Journals	Journals	
7:30	Evening activity	Evening activity	Evening activity	Reflection / Transfer of Learning	
8:00					
8:30					

9:30	Lights Out	Lights Out	Lights Out	Lights Out	
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Dates & Times

The bus will depart from Capper St. at 8.45am. Students are asked to arrive at 8.30am. 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	Program Date
1. Mr Law, Ms Persian (Watsford)	Term 1, Week 8, Monday 18 – Friday 22 March
2. Mr Serwan, Ms Li (Waterhouse)	Term 2, Week 3, Monday 13 – Friday 17 May
3. Mrs Hassam, Mr Nicholls (Taylor)	Term 2, Week 8, Monday 17 – Friday 21 June
4. Mr Bubner, Mr Theakstone (Cotton)	Term 3, Week 3, Monday 5 – Friday 9 August

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 information is managed with the Parent Lounge. To review and update this:

1. Log in to the Parent Lounge: <https://tass.pac.edu.au/parentlounge> using your Single Sign-On (SSO) email address
2. Select "Student Details" -> "Medical Details"
3. Select "Update" or "Add" as appropriate
4. If you have multiple students, a select box is available in the top right-hand corner of the page

If you have any access issues, please contact ICT Services ictservices@pac.edu.au

Catering

All meals will be provided by Scotts Creek. On expedition, the boys will be working in small groups to prepare, cook and serve all meals. Fresh fruit will be available daily. Meals are healthy, nutritionally balanced, and plentiful.

Pack some scroggin for the kayak expedition. Scroggin is a term used for a collection of quick-fix snack foods that can give you an energy boost when required. Ideas for a scroggin bag include dried fruit, rice/ soy crisps, nutria-grain, small amounts of lollies and chocolate. All ingredients should be mixed to reduce packaging and kept in a zip lock bag or small Tupperware container. **NO NUTS.** PAC is a NUT aware school. DO NOT pack nuts.

Refer to the packing list for bringing personal eating equipment, tea towel and rubbish bag.

If your son has any dietary requirements, please outline this on the consent form. If you have any further questions regarding catering, please contact Daniel Cibich on 0436 636 565 or dcibich@pac.edu.au.

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.

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
Daniel Cibich	0436 636 565 (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.

Daniel Cibich	Director of Scotts Creek Outdoor Centre
Shannon white	Learning and Adventure Manger
Samuel Ambrose	Outdoor Education Instructor
Elliot Thompson	Outdoor Education Instructor

Mosquitoes

Staying near a body of water such as Scotts Creek and the Murray River enhances the likelihood of mosquitoes 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

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 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. The following rules have been developed:

- Boys will be expected to always wear personal floatation devices (PFDs) in the water.
- 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 waterfront area if a Scotts Creek staff member or supervising teacher accompanies them
- Boys must never dive from the bank or jetty

The Scotts Creek staff always consider safety a top priority. 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.

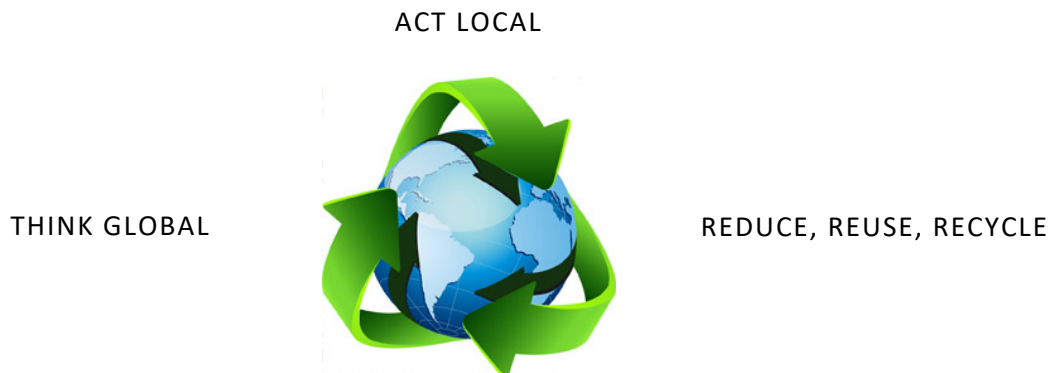
The staff at Scotts Creek have developed expeditions that match the boys' level of experience. The staff are trained and qualified in all outdoor activities and have means to evacuate students if the need arises.

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
- ☐ Long sleeved shirt
- ☐ 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 / Aero guard)
- ☐ 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)
- ☐ 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)
- ☐ **SCROGGIN! No fresh fruit. A medium size zip lock bag or school lunch box**

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Personal first aid kit includes

Band-Aids, adhesive tape, insect repellent, triangular bandage, and roller bandage.

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