

South Metropolitan Region
Adventurous Activities
Foundation Skills Weekend

Heathcote Scout Camp 2 Freeman Rd Heathcote

18-19 Feb 2023

Weekend Handbook



For the Youth members

This weekend will give you an opportunity to get OAS progressions, Safe and Trained participant in some activities and a range of skills that will be prerequisites for many of the activities to be offered later in the year.

On offer will be

1. Canoeing skills.
2. Aquatic rescue skills.
3. Canyoning skills (just the skill, we don't have a real canyon!)
4. Abseiling skills.
5. Bushwalking and navigation skills.
6. Vertical rescue skills, (for persons with previous experience)
7. Mountain Biking.

For the Adults and Leaders

Come along and assist in the running of some of these activities and start your journey toward guide qualifications.

We will be offering opportunities to further your training and qualifications.

1. **Aquatic Rescues** - This is needed for running Fishing, Canoeing / Kayaking and Canyoning activities
2. **Vertical Rescue** - Needed for Canyoning, Abseiling, Caving and Climbing
3. **Navigation skills** - needed for Bushwalking, Canyoning, XC skiing, Snow shoeing and Caving
4. **Cycling Skills** - Needed to take your kids out for that fun ride.

This is very much a hands on weekend and you will be encouraged to run some of these activities with the help of qualified adventurous activities Guides overseeing the events. Remember, we are here to help you and will support you in any way we can.

For All participants

Saturday night will be catered for in the form of a large BBQ event. This will be a chance to network, meet Scouts and Leaders from other groups and find out about Adventurous Activities and the qualification system.

A night bushwalk will be conducted taking approximately 2 hours. You will have to prepare a route card and do some night time navigation.

The Activities

Mountain Biking

We will be supplying around 18 Bikes for the Activities and 20 helmets.

It is strongly recommended that you supply your own bike and helmet if you have it. It must be in good condition as we will not be providing a bike repair service.

Patrol 1 will leave Heathcote scout camp and ride to Abseiling (Noorumba). Patrol 1 will then do the abseiling activity. Patrol 2 will be shuttled back to Heathcote with their bikes to start their ride session.

The same arrangement will happen on Sunday for patrols 3 and 4.

The ride will be around 13 kilometres and focuses on both riding, safety and teaching skills. If time permits, we will cover some basic bike repair and maintenance.

Bring along

1. Water and food
2. Sun protection

Abseiling

Rockschool will be conducting the abseiling sessions.. Persons at OAS stage 4 and under will be top rope belayed. Again, if you have your own harness and equipment you can bring it along (providing it meets current safety standards). If you're in a morning MTB patrol you will have to MTB ride with it in your kit.

Rockschool will provide all equipment. A limited number of persons with extensive vertical rescue experience will have a chance to show their skills and be assessed.

Aquatic Rescues and Canoeing

This will happen at Prince Edward Park on the Woronora River.

If participants could self-drive and car pool to the venue it would help us enormously. We have a 15 seater bus but at this point we do not know our car pooling situation. The bus will be used for overflow from carpooling. The activities at this venue will be Aquatic rescues, Deep water canoe rescues and basic paddle skills. We will be supplying 12 canoes, PFDs and paddles. If you have your own PFD, I encourage you to bring it along.

Bring along

1. change of clothes and towel
2. Sun hat and sun screen, Rashie and **water shoes or old shoes you can get wet in.**
3. Water and food

Canoeing

Also, at Prince Edward Park. You will have a chance to go for a little paddle up the pretty Woronora River.

Aquatic Rescues (Basic Water Rescues)

This is a hands on in the water session. Amongst several requirements participants will have to contact tow a swimmer a minimum 10 metres in deep water.

Deep Water Canoe Rescues.

Again, hands on in the water. We will be covering Tee rescues and canoe re-entry. Please open the hyperlink here [The Canoe over Canoe Rescue - YouTube](#)

For Saturday Patrol 3 will do rescues and Patrol 4 will do canoeing.

Both patrols will swap and midday.

Frequently Asked Questions

Is food provided

NO, However, we will be providing a BBQ dinner for you on Saturday night. You must provide all your other meals. Please bring along a lunch for Saturday and Sunday that you can have out in the field (school lunch type)

What do I have to bring?

Everything you would need on a standard scout camp. If you have your own abseiling or mountain biking kit, feel free to bring it along.

What qualifications will I get?

For youth members we are concentrating on OAS. For Leaders and older scouts if they wish we can sign off on components or possibly full VET and Safe and Trained Participant (SP and TP). We can only sign off on what you can show us or provide evidence for. Some VET and TP and SP qualifications require you to do the activity three times at three different locations. Without documented proof, we can only sign off on such an activity for one session.

What do you need from me to help with my qualifications?

Bring along a thumb drive containing

1. Any photos of you doing the activity you want qualifications in.
2. Your Log book (see the attached template).
3. Anything we can use as evidence for your assessor.
4. A current first aid certificate if you have one.

What else do I need to bring along

1. A compass, Protractor, or Romer
2. Pen and paper
3. Sun hat
4. Swimmers and water shoes or shoes that you are comfortable with getting wet.
5. Full camping kit (see attached)
6. A small day pack
7. Mountain Bike (Optional)
8. Head lamp.

Can I stay in the bunk rooms? Can I camp on the Parade ground?

Sorry but no and no. We have the Rover support team staying in the bunk rooms and we need Leaders to camp with the youth members to look after your patrols. Camping will also give us an opportunity to sign off on some of your Trained Participant Core requirements. Camping on the Parade ground is not allowed. This was a strong condition to us using the Camp.

Can I use a Kitchen?

Only for Tea and Coffee. You will be out in the field most of the time and a BBQ dinner is provided for Saturday night.

Program

Saturday		Sunday	
Time	Activity for participants	Time	Activity for participants
6:00		6:00	
6:30		6:30	
7:00	Registrations start	7:00	
7:30	Camp set up for participants	7:30	
8:00		8:00	Activities start 8:00
8:30	Activities start 8:30	8:30	
9:00		9:00	
9:30		9:30	
10:00		10:00	
10:30		10:30	
11:00		11:00	
11:30		11:30	Activities end 12:00 noon
12:00	Activities end 12:30 pm	12:00	Lunch
12:30	Lunch	12:30	Activities start 12:30pm
13:00	Activities start 1:00pm	13:00	
13:30		13:30	
14:00		14:00	
14:30		14:30	
15:00		15:00	
15:30		15:30	
16:00		16:00	Activities end 4:30 pm
16:30	Activities end 5:00 pm	16:30	All return to camp
17:00	All return to camp	17:00	Pack and wrap up
17:30	Bushwalk theory and Navigation	17:30	
18:00		18:00	
18:30	BBQ dinner	18:30	
19:00		19:00	
19:30		19:30	
20:00	Bushwalk to Lake Eckersley	20:00	
20:30		20:30	
21:00	Free time	21:00	
21:30	Lights out curfew	21:30	

Venue and Patrol Allocation

Heathcote		Noorumba		Woronora	
MTB	Abseiling	Aquatics	Canoeing		
P1	P2	P4	P3	Sat am	
P2	P1	P3	P4	Sat pm	
P3	P4	P1	P2	Sun am	
P4	P3	P2	P1	Sun pm	

Patrols

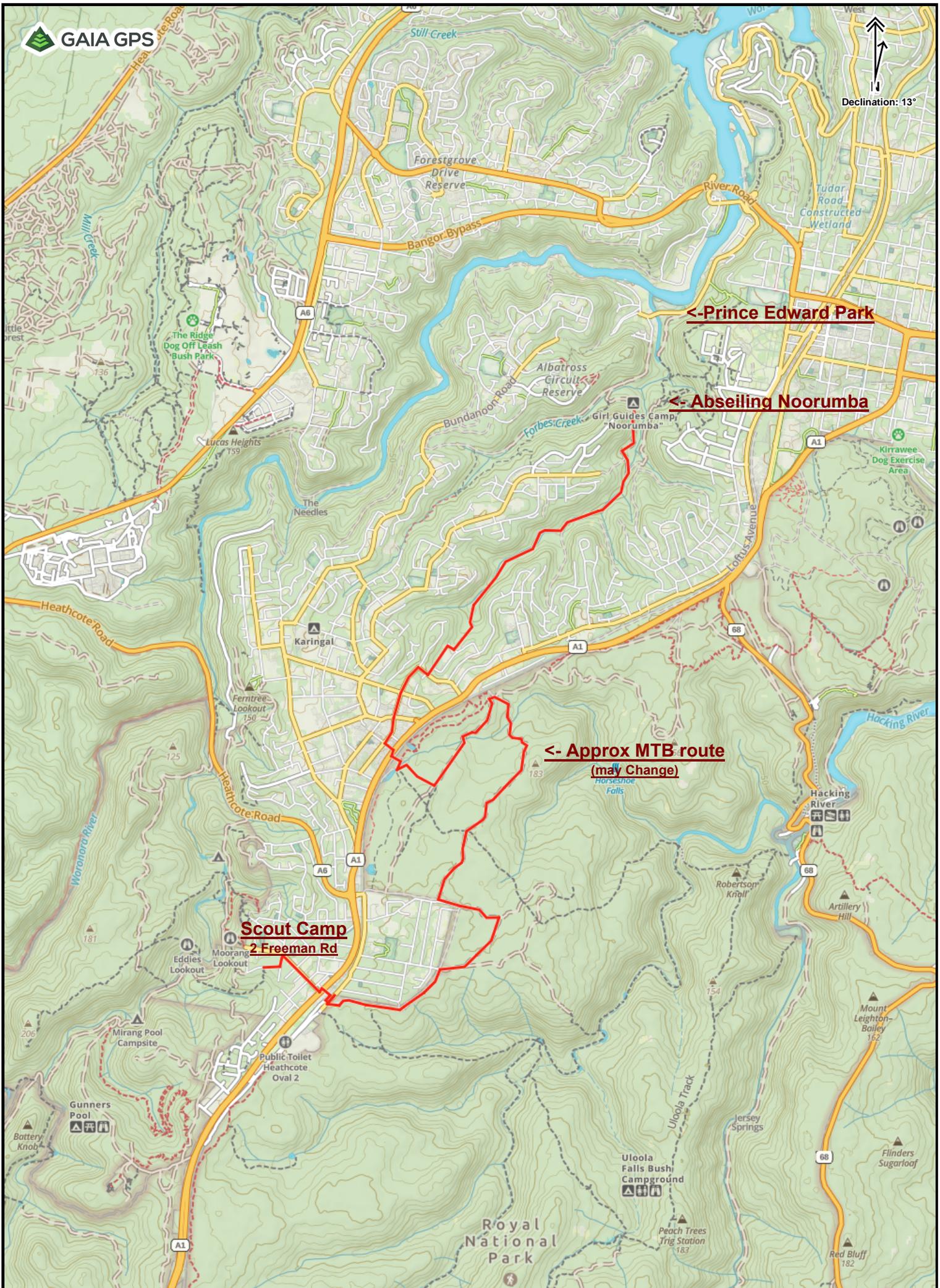
Patrols One and Two

	Surname	First Name	Patrol	Appointment	Formation
	Pulido				
1	Quintana	Karla	1	Assistant Scout Leader	1st Sefton
2	Pearce Pulido	Alfonso	1	Scout	1st Sefton
3	Pearce Pulido	Rigel	1	Scout	1st Sefton
4	Vuong	Noah	1	Scout	1st Sefton
5	Jacob	Trey	1	Scout	1st Sefton
6	Yin	Yue Xuan (Luc)	1	Scout	1st Sefton
7	Co	Alysha	1	Venturer Scout	1st Sefton
8	Chen	Selina	1	Venturer Scout	1st Sefton
9	Coughlin	Francesca	1	Venturer Scout	1st Sefton
10	Blackmore	Melinda	1	Joey Scout Leader	1st St Andrews
11	Summerfield	Charles	1	Assistant Cub Scout Leader	Drummoyne
12	Summerfield	Lucy	1	Scout	Drummoyne
13	Summerfield	Matthew	1	Scout	Drummoyne
14	Scott	Lachlan	1	Venturer Scout	Georges River Scout Group
15	Zeederberg	Mike	1	Assistant Venturer Scout Leader	Iron Cove Scout Group
16	Murdoch	Tim	1	Scout Leader	2nd Gymea (St Catherines)
1	Cowcher	Tony	2	Group Leader	1st Kosciuszko
2	Egger	Daniel	2	Adult Helper	1st Kosciuszko
3	Marsden	Dan	2	Adult Helper	1st Kosciuszko
4	Cairns	Jennifer	2	Adult Helper	1st Kosciuszko
5	Collum	Sarah	2	Venturer Scout Leader	1st Kosciuszko
6	Cowcher	Daniel	2	Venturer Scout	1st Kosciuszko
7	Cunninghame	Nat	2	Venturer Scout	1st Kosciuszko
8	Egger	Joe	2	Venturer Scout	1st Kosciuszko
9	Egger	Erica	2	Scout	1st Kosciuszko
10	Kelly	Grace	2	Scout	1st Kosciuszko
11	Marsden	Patricia	2	Scout	1st Kosciuszko
12	Coles	Ashton	2	Venturer Scout	1st Kosciuszko
13	Coles	Jesse	2	Scout	1st Kosciuszko
14	Ward	Madeleine	2	Scout	1st Oatley Bay
15	Ward	Brianna	2	Scout	1st Oatley Bay

Patrols

Patrols Three and Four

1	McGloin	Victoria	3	Cub Scout Leader	1st Wearne Bay
2	Smith	Susan	3	Scout Leader	1st Wearne Bay
3	McGloin	Caitlin	3	Scout	1st Wearne Bay
4	Morin	Jeremy	3	Scout	1st Wearne Bay
5	Burrough	Isla	3	Scout	1st Wearne Bay
6	Elkin	Joshua	3	Scout	1st Wearne Bay
7	Ibarra	Darcey	3	Scout	1st Wearne Bay
8	Beaupark	Martin	3	Scout Leader	2nd Sutherland (ARMCO)
9	Despoges	Simone	3	Assistant Cub Scout Leader	2nd Sutherland (ARMCO)
10	Caldwell	Kent	3	Adult Helper	2nd Sutherland (ARMCO)
11	Beaupark	Antonio	3	Scout	2nd Sutherland (ARMCO)
12	Wright	Milo	3	Scout	2nd Sutherland (ARMCO)
13	Caldwell	Grace	3	Scout	2nd Sutherland (ARMCO)
14	Nishioka-Lopez	Kaori	3	Assistant Cub Scout Leader	1st Alcheringa
15	Dunbar	Gavin	3	Assistant Joey Scout Leader	1st Camden South
				Assistant Venturer Scout	
1	Pryor	Amy	4	Leader	1st Albion Park
2	Pearson	Ellie	4	Assistant Joey Scout Leader	1st Albion Park
3	Shedden	Fiona	4	Assistant Scout Leader	1st Albion Park
4	Shedden	Alex	4	Assistant Scout Leader	1st Albion Park
				Assistant Venturer Scout	
5	Scheitel	Lyndsay	4	Leader	1st Albion Park
6	Owers	Chris	4	Scout Leader	1st Albion Park
7	Rodriguez	Paris	4	Rover	1st Albion Park
8	King	Kathryn	4	Cub Scout Leader	1st Grays Point
9	King	Lachlan	4	Cub Scout	1st Grays Point
11	Schnabel	Anders	4	Venturer Scout	1st Heathcote
12	Griffiths	Ethan	4	Venturer Scout	1st Heathcote
13	Goodall	Leeroy	4	Venturer Scout	1st Heathcote
14	Eaton	Ruth	4	Cub Scout Leader	2nd Enfield
15	Harvey	Janet	4	Scout	2nd Enfield

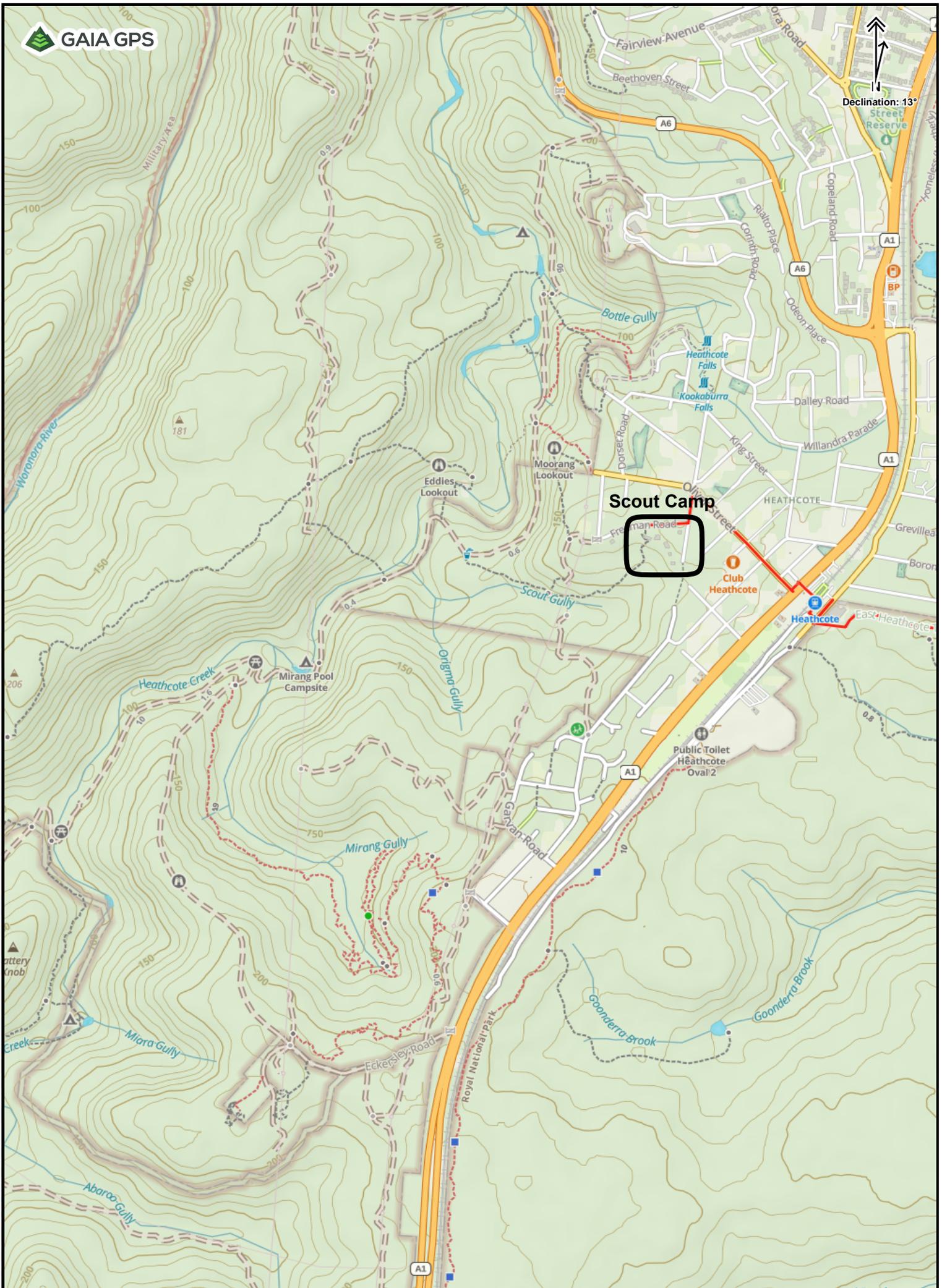


Scout Camp
2 Freeman Rd

<- Prince Edward Park

<- Abseiling Noorumba

<- Approx MTB route
(may Change)



Declination: 13°

Scout Camp

Gear list for lightweight camping **Acknowledgments to Oatley Bay Sea Scouts**

This list covers the individual gear required for most light weight camps including hikes, Scout Hike and State Rally. Leaders will let you know if there are any special requirements for a camp.

Your pack including your share of tent and food should not weigh more than 20% of your body weight eg if you weigh 40kg your pack should weigh no more than 8kg (not including water)

- Hike Pack - make sure it fits you comfortably.
- Sleeping Bag
- Mat
- Inner sheet
- Torch
- Toilet Gear(toothbrush, small toothpaste, deodorant, brush/comb)
- Towel and soap (see note)
- Mess kit
- Water Bottle
- Whistle
- First Aid Kit
- Boots
- Socks
- Trousers
- Shirt
- Jumper
- Parka or raincoat - even if forecast to be dry this will keep you warm.
- Hat (plus beanie in winter)
- Sunscreen
- Any medication in a zip loc bag with their name on it
- PL and APL should have a watch

For Rally and Scout Hike wear your scout scarf, scout shirt is optional. For other hikes you don't need uniform.

It could be cold at night and warm during the day so layers of clothes will help. Don't bring too many changes as they will be heavy, just enough so you can keep warm and get dry if you get rained on.

We will work out menus and shared equipment (tents, stoves etc) at Scouts. We usually shop for food and do a final pack and check of gear at Scouts at the meeting before the camp.

If you want to be really seriously lightweight you can think about weighing each individual item and putting them on a spreadsheet so you can work out what you can actually fit in your weight allowance. If nothing else know what your pack weighs with your sleeping bag and mat in it - that is your starting weight and lets you know what you have left for other items.

The next few pages have some tips about why things are on the list and what to look for if you want to buy things. I mentioned Big W, Rivers, Anaconda and Aldi as shops but for Big W you can try K Mart and Target and for Anaconda there are other camping stores like Kathmandu, Paddy Pallin, BCF, Rays outdoors etc.

Let us know if you would like to borrow any of the things on the list. We have packs and mats at the troop. Most people don't like sharing sleeping bags so that one you should probably buy. If your scout enjoys hiking you can start with the basics and ask Santa to help you with some of the more expensive items on the list. Keep an eye out for sales at Aldi, Anaconda, Kathmandu etc.

Lightweight camping - Gear description

<p>Hike Pack - make sure it fits you comfortably.</p>	<p>We have some packs at the troop that scouts can borrow if you don't have one. If you want to buy one take the scout with you to try it on.</p> <p>A 55-65 litre capacity pack is about right. Smaller and they won't fit everything, larger and it will encourage them to carry too much!</p>
<p>Sleeping Bag</p>	<p>Lightweight but warm enough for the conditions. For the locations where camps like Scout Hike and State Rally are held a temperature rating around 0° is ideal.</p> <p>Down usually gives the best warmth for the weight but is more expensive and needs a bit more looking after</p> <p>Synthetic bags are usually cheaper and more likely to retain warmth if they get wet.</p> <p>Sleeping bags will last longer if you air them after each camp and store them out of their compression bags.</p>
<p>Mat</p>	<p>Lightweight foam or self inflating. Important to insulate you from the cold ground as well as for comfort. 3/4 length mats can be good for hiking. Kathmandu have a 3/4 lightweight self inflating mat that often comes on half price sale so watch the website.</p> <p>Self-inflating mats will last longer if you store them with the valve open, either flat or loosely rolled.</p>
<p>Inner sheet</p>	<p>Helps keep your sleeping bag clean and adds a few extra degrees of warmth to your sleeping bag. Silk is lightest but is expensive and harder to look after. Cotton is often better for scouts.</p>
<p>Torch</p>	<p>A head torch is best to keep your hands free so you can put your tent up in the dark. Will you need spare batteries?</p>
<p>Toilet Gear (toothbrush, small toothpaste, deodorant, brush/comb etc)</p>	<p>Mini containers and combs are great for hiking (check the travel section at the supermarket)</p> <p>Some super keen hikers cut the handle off their toothbrush to save weight</p>
<p>Towel and soap</p>	<p>Add a small towel and soap if you will be at a campsite where showers are an option or just a towel if there is somewhere to swim</p> <p>Lightweight microfibre towels are best. They dry much faster than normal towels and are less likely to go smelly if you scrunch them up wet in your bag.</p> <p>You can buy these at camping stores like Anaconda and sometimes at Aldi.</p>
<p>Sunscreen</p>	<p>Mini containers to save weight</p>
<p>Mess kit</p>	<p>Keep it light - plastic and small, but make sure you have a decent knife in case you need to open packaging. A small cloth can double for washing and drying</p>
<p>Water Bottle</p>	<p>Keep hydrated! If you are hiking you may need more than one. Check with your patrol leader to see how much water you need to carry.</p> <p>Some scouts like the hydration packs with a water tube you can sip from while you are walking. These are handy but not cheap. Don't put cordial in them or you will never get the taste out! Don't buy the whole hydration pack unless you will use it for other sports, you just need the bladder and tubes and you can buy these separately to put in your daypack or hike pack.</p> <p>As an alternative I often carry a small water bottle with a karabiner clip on my bag so I don't need to stop to drink. I refill it from a larger bottle when we take a break.</p>

Lightweight camping - Gear description

Whistle	In case you get lost - a lightweight plastic one is best (not needed for Rally)
First Aid Kit	<p>All scouts should have a small personal kit plus we will send a larger one with each patrol leader. You don't need to buy one - a lot of the commercial ones aren't very useful anyway.</p> <p>See this link for a great suggested list for a scout first aid kit.</p> <p>Camps like Rally and Scout Hike will have full first aid facilities at the activity bases and sleep points for any major issues, but scouts should be able to deal with minor scrapes and bumps.</p>
Boots	<p>If the weather is dry you will probably get away with sneakers, but boots are better for keeping you dry and give a bit more support on rough ground. There is nothing worse than wet feet and you won't be able to afford the weight of a spare pair of shoes. Whether you decide to wear boots or sneakers I suggest you spray your shoes with waterproof spray for more protection. Get this from supermarkets.</p> <p>You don't want to buy an expensive pair of boots while feet are still growing. You can often get reasonably priced ones at Rivers, Big W and similar stores. Anaconda often have some cheaper styles on clearance but otherwise most prices start around \$90+. There are lots of other stores you can try too.</p> <p>If you do buy new boots make sure you wear them a bit before the camp so your feet get used to them. That should reduce the risk of blisters. See the link for some more tips on avoiding blisters and other feet problems.</p>
Socks	<p>Clean dry feet will help you keep happy. Bring spare socks!</p> <p>Make sure they are the right thickness for your boots to fit comfortably</p>
Clothes	<p>Limit changes on lightweight hikes. You probably won't shower but a change of undies might make you feel better. If rain is forecast you might want one change of clothes in case you get wet. Layers will keep you warmer than one thick jumper. Thermals are usually light and very warm so essential in cold weather</p>
Parka or raincoat - even if forecast to be dry	<p>An ideal raincoat for hiking is made from a breathable material (not plastic) but designed to keep out lots of rain. Camping stores can give you advice on this. You probably won't get a good one from Big W type stores (although you can sometimes at Aldi). Lightweight spray jackets often start letting water through after a while.</p> <p>You want it to be long (ideally mid-thigh, at least covering your butt) so it doesn't creep up your back and leave you with a wet backside! Unlike boots you can get away with buying a few sizes too big to allow for growing room. Raincoats are also useful for extra warmth at night or in windy conditions.</p>
Hat	A beanie is essential in winter, a sun hat all year round for day time.
Any medication in a zip loc bag with their name on it	<p>If you want to send Panadol or any other medication with your scout please make sure it is recorded on their E1 form. Make sure they know that Scouts must never give their medication to another scout.</p> <p>Epipens or asthma puffers will be kept by scouts. For other medication it will depend on the camp whether the medication is held by scouts or leaders.</p>
Watch	Essential for PLs and APLs, optional for others. Need to get to activities on time.

If you want it back put your name on it!

If you would be sad if it got stained, broken or lost don't bring it!