

Camps NSW



Forster

Organisation Package 2





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

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 <https://adventureland.com.au> and clicking 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 Camps NSW.

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

..... to attend the program run by Camps NSW.
(Son/Daughter’s Full Name)

Signature of Parent/Guardian Date: / /



Adventureland Forster

Permission Note

I give permission for _____ to attend the Adventureland Campsite for
(Name of Participant)

the purpose of an excursion with _____ School.
(Name of School)

- During their time on camp I understand that they will be participating in adventure activities that involve some element of risk.
- Before attempting any activity, they will receive safety briefings from qualified staff to lessen the possibility of accidents or injury.
- They will be required to wear approved safety equipment whilst participating in certain activities.
- Some activities may be physically demanding, which require a basic level of physical fitness.
- The participant does not suffer from any illness, ailment or incapacity that may affect their participation.
- All of the adventure activities are based on Challenge by Choice, students will be encouraged to participate in them.

I do not give permission for the above named participant to participate in the following activities (A list of all activities available at Adventureland is available via the website or through the school) as they can't comply with the above criteria or because I don't give them permission.

Safety guidelines may be for an adventure activity, night activity or even the general guidelines for keeping safe around the campsite. If they don't listen or follow these guidelines they may be excluded from that activity or future activities. This is done for their own safety and the safety of others in the group.

Signed: _____

Relationship to Participant _____ Date: ____/____/20____
(Parent / Guardian)

**If a signed form isn't completed for each participant they will be unable to participate in any activities at Adventureland



STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

- | | |
|---|--|
| <input type="checkbox"/> 4 T-shirts (no mid-driff 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 (No short, 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 - no thongs!) |
| <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 and beanie | <input type="checkbox"/> Toiletries |
| <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) |
| <input type="checkbox"/> Optional Items – Camera, Souvenir / Shop Money | |

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.



FORSTER ACTIVITY LIST

Archery	Safe and fun. Structured lesson and practice time.	All ages
Canoeing	3 person canoes. All students wear PFD's.	All ages
Challenge Ropes	Aerial harnessed obstacle course winding through the trees to a height of 15m	Age dependent Generally Yr. 5+
Flying Fox	A fully harnessed 160m flying fox over water activity both fun and exhilarating.	Generally Yr. 5+
Fencing	Great fun and very safe. Protective equipment used to suit all ages. Structured lesson and practice time	All ages
Giant Swing	Very exhilarating 15m harnessed pendulum swing.	Generally Yr. 7+ Min. Yr. 3
Go Karts	A wide range of Go Karts from beginner to experienced level across a practice and official race track.	Strict minimum Yr. 7+
Icebreakers	Introductory Get To Know You and trust building activities.	All ages
Initiatives Exercises	Student led problem solving and initiative activities.	All ages
Night Activities	Games Night, Disco, Music Quiz, Trivia Quiz, Videos, Challenge Night, Commando, Camp fire.	All ages
Mud World	Challenging mud course for teamwork and a lot of fun.	Generally Yr 7+
Quad Bikes	A fun and exhilarating way to a beginner level of quad biking around and man- made track	Strict minimum Yr. 7+
Raft Building	Small group teamwork activity. Construct and race your raft.	Generally Yr. 7+
Sports	Oval games, basketball, volleyball, table tennis	All ages
Teamwork Challenge	A wide range of climbing aerial obstacles requiring teamwork to complete at heights of up to 15m	Generally Yr. 7+
Waterslides	2 action packed waterslides	All Ages
Zorb / Water Balls	A unique opportunity to experience a fun and exciting activity.	Height and weight restrictions

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

Adventureland - Forster



Souvenir List

- | | |
|-----------------------|---------|
| ○ Pen | \$2.00 |
| ○ Eraser | \$2.00 |
| ○ Ruler | \$2.50 |
| ○ Wristband | \$2.50 |
| ○ Stress Ball | \$3.00 |
| ○ Drink Bottle | \$5.00 |
| ○ Frisbee | \$5.00 |
| ○ Yoyo | \$5.00 |
| ○ Fluffy Animal – Sml | \$5.00 |
| ○ Boomerang | \$8.00 |
| ○ Crystals | \$10.00 |