

Outdoor School - Bogong

"Educating for Sustainable Living"

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Teacher Booklet - VCE Programs

An online version of this booklet can be downloaded at www.outdoorschool.vic.edu.au
Parent/Guardian & Student Booklets can be translated into various languages for parents of your students using the 'Translate' icon in the Review tab when opening in the word.

Before Coming You Must Organise

Forms

Send out and collect up completed Bogong forms for all students and visiting teachers. These are:

Code of Cooperation (See page 4)

- This must be read and agreed to by the parents/guardians and student.

Bogong Consent Form (See page 5)

- Must be read by parent/guardian's and students, then signed by both in conjunction with reading the Code of Cooperation.

Bogong Medical Forms (See pages 6-9)

- These forms must be completed and signed indicating the students' current medical status with any information requiring specific attention or treatment (e.g. medications being taken).
- Asthmatic students **must** bring all medications for their condition to Bogong.
- Asthmatic students **must** complete the attached Asthma Update Form and supply their Asthma Action Plan
- Students with allergies should complete the attached Allergic Reactions Action Plan.
- Students with anaphylaxis **must** complete the Anaphylaxis Action Plan.

Information for Parents and Students

Send the VCE Parent/Guardian & Student Booklet home to parents/guardians for them and the students to read. A copy can be found at www.outdoorschool.vic.edu.au Discuss the Code of Cooperation, and clothing/equipment list with students.

Transport

Organise transport to and from Bogong. We encourage you to share transport with other schools visiting that same week to reduce costs. To optimise learning and allow safe travel time we would like schools to arrive at the times agreed in the 'Bogong Offer'. These times are important to Bogong for staffing and planning purposes. Bogong will give you recommended travel times from your school. We recommend Falls Creek Coach Service for their reliability and experience with times for getting to Bogong although you may have a preferred company.

Continued over page

Entering the Data

The student and visiting staff details from the consent and medical forms must be entered via our online portal.

You will receive automated emails to remind you when to complete these tasks but you may do this earlier if suitable for you.

1. Use this link <http://tinyurl.com/y8266pzu> to access the Cumulus portal.
2. If you have accessed this site before, log in as you have previously done.
3. If you have not been to this site before create a new account with your edumail address (must be edumail) and a password.
4. Once there you must enter the student's names, their consent and medical details, as well as your visiting teacher's names and medical details.

A copy of the forms must then be scanned/email or faxed to Bogong two weeks prior to the program running.

Allocating Learning Groups

If your student numbers are greater than 14 students, we require you to allocate these students into two 'Learning Groups'.

Log on to the Cumulus portal as above and **allocate students to learning groups at least 3 weeks prior to your program starting date**. Any specific details regarding any student learning/behaviour that will assist us please let us know.

- Learning groups will consist of approx. 10-12 students + 1 visiting teacher + 1 Bogong teacher.
- The intention is for these groups to remain the same throughout the program. Where there are more than 12 students the visiting teacher must allocate the students into their learning groups

Once in Cumulus, follow the prompts to find the group allocation section. Select each student individually and place them into a group. If the visiting teacher wishes to be in a particular group, please indicate this on the list.

Allocating Rooms (VCE Summer programs only)

If attending Bogong outside of the winter, you are required to allocate your students into room pairs via our online portal. To do this access the portal and select the room allocations tab and place students into room pairs.

Please complete this at least three weeks prior to the start of your program

Program Design and Curriculum

Closer to the program commencing:

1. The Bogong Program Manager will contact you via phone or email to discuss the logistics of your program such as numbers, program timetable, arrival and departure times.
2. Your Bogong Teacher(s) will contact you via phone or email to discuss the specific areas of study from the study design. Please consider they key knowledge and skills you would like to address.

Continued over page

For VCE Winter Programs

You will need to log on to our online portal and select one of these three program options for your students. Please consider the learning intentions you hope to achieve whilst here in your selection. Also note there is an increase in cost for Programs B and C for the downhill component.

Program A	Day	Night
Monday	Arrive 1pm. Intake and XC Ski Prep	Parks Ranger Talk
Tuesday	XC ski day	Campout prep
Wednesday	XC ski tour	Campout
Thursday	Ski tour, return to Bogong, gear cleanup.	FCRM Talk
Friday	Packup and depart at 10am	

Program B	Day	Night
Monday	Arrive 1pm. Intake, XC Ski & Snowshoe Prep	Parks Ranger Talk & Campout prep.
Tuesday	XC ski tour – snowshoe to campsite	Campout
Wednesday	Ski tour, return to Bogong, gear cleanup.	Downhill prep
Thursday	Downhill ski day	FCRM Talk
Friday	Packup and depart at 10am	

Program C	Day	Night
Monday	Arrive 1pm. Intake and XC Ski Prep	Parks Ranger Talk & Campout prep.
Tuesday	XC ski day	Study night
Wednesday	XC ski day	Downhill prep
Thursday	Downhill ski day	FCRM Talk
Friday	Packup and depart at 10am	

Hazard and Risk Information

The program will contain activities and events which are different from those experienced at school. Qualified and experienced teachers are responsible for the supervision and teaching of all adventure activities and necessary precautions are taken to minimise the possibility of injury.

Teachers/parents/guardians should understand however, that all the listed activities do carry risk of physical injury and that accidents can, and do occur. However, Outdoor School Bogong has an active and ongoing risk management program whose objective is to provide a safe and effective environment for everyone.

Depending on the time of year your visit may include summer activities such as bushwalking, climbing/abseiling, mountain biking, orienteering/rogaining, canoeing, pioneering, high ropes, creek walking, and the sensory trail course. For those attending during winter activities may include cross country skiing, snow-camping, downhill skiing and snow shoeing, yet in the event of limited snow cover, summer activities may be included. Many of the activities are conducted in remote locations subject to severe weather and other natural hazards. In the event of injury or illness, communications or emergency services may be limited or not available for periods of time. This may result in delays in injured/sick group members accessing more definitive care. It is important that students are appropriately insured for medical treatment as Outdoor School - Bogong, being a State Government School of Victoria, does not have any insurance to this effect.

Student Code of Cooperation

Guiding Principles

- To ensure that the rights of all individuals are protected whilst at Bogong, and to and from Bogong.
- To establish the best possible learning environment.
- To ensure that breaches of the code of cooperation are treated in a fair and consistent manner and within the expectations of staff and students.

Rights	Responsibilities & Expectations
All individuals and their property are to be valued and treated with respect.	All students should treat one another, staff and property with respect.
All individuals have the right to a safe, secure and cooperative working environment in which participation, risk taking and confronting challenges are encouraged.	All students should act and behave in a way which does not endanger, intimidate or interfere with the participation of others.
All individuals have the right to privacy.	All students should respect others rights to privacy.
Staff should be able to perform their duties in an atmosphere of order and cooperation.	Students should comply with instructions given by any members of staff and should willingly participate in the daily routine of the School.
Staff, students and the natural environment have the right to exist in a healthy and environmentally considerate atmosphere.	All students should conduct themselves in a healthy and environmentally friendly manner towards other students, staff and the natural environment.
Bogong expects support from all students, parents/guardians and staff in implementing this Code of Cooperation.	All students should behave according to this code and accept the consequences if it is breached. All staff should fairly, reasonably and consistently implement this code. Staff and parents/guardians of participating schools should support Bogong in implementing the Code of Cooperation.

Specific Rules at the School

To respect the rights and expectations of all individuals at the school the following forms of behaviour are considered a breach of the code and are therefore unacceptable:

- Bringing cigarettes, alcohol, non-prescribed drugs, offensive weapons, and pornographic material.
- Using language which is offensive, sexist or racist.
- Fighting, bullying (physical, verbal, indirect or cyber) or any other forms of aggressive behaviour.
- Being in the lodges/room of a person of the opposite gender.
- Being in another student's room without permission.
- Leaving Bogong Campus boundaries without permission.
- Behaving in a manner which damages or vandalises the property of others or the environment.
- Climbing of trees, buildings or other structures without teacher supervision.
- Students bringing deodorant sprays.

Personal ICT hardware such as phones, iPods and tablets are not to be brought to Bogong.

To maximise student learning we expect students to disconnect from all mobile devices for their time at Bogong. This allows students to engage with their peers, and the outdoor experience. Any mobile devices that are brought to Bogong, will be collected by Visiting Teachers upon arrival and stored in a secure place. If needing more information you may access a copy of our Personal Mobile ICT Devices Policy from our website via the following link <http://www.outdoorschool.vic.edu.au/policies/3699/>

Implementation Process

The School has developed levels of appropriate responses and sanctions. Any breach of the Code of Cooperation will initiate a restorative approach. The staff will decide the appropriate level of action.

Outdoor School – Bogong
Parent Consent Form – Valid 2019 & 2020



Student's Full Name: _____

Parent/Guardian Consent – please circle as appropriate – (if left blank we will assume yes is the response):

The information about your child/ward and family collected through this Enrolment Form will only be shared with school staff who need to know to enable our school to educate or support your child/ward, or to fulfil legal obligations including duty of care, anti-discrimination law and occupational health and safety law. The information collected will not be disclosed beyond the Department of Education and Training without your consent, unless such disclosure is lawful. For more about information-sharing and privacy, see our school's privacy policy: Data will be kept permanently as per the 2018 Retention and Disposal Authority for Records of School Records 3.3.1 Summary Enrolment Records requires. The collection and use of the students personally identifiable information via consent forms provided within the handbook and stored via Cumulus is done in accordance with the Privacy and Data Protection Act 2014. Data will be kept permanently as per the 2018 Retention and Disposal Authority for Records of School Records 3.3.1 Summary Enrolment Records requires.

I agree to my child/ward using the internet and computer network at Bogong in accordance with the same internet student user's agreement that applies at their current school.	Yes	No
I also consent to my child/ward being photographed and/or visual images of my child/ward being taken whilst at Bogong by the DET. I also consent to these photos being used for use in the school's publications, the school's social media accounts and the school's website, for publicity purposes without acknowledgment and without being entitled to any remuneration or compensation.	Yes	No
Is English your child/ward's main language?	Yes	No
Is your child/ward of Aboriginal or Torres Strait Islander origin?	Yes	No
Has your child/ward been away from home before?	Yes	No
I authorise the teacher in charge to administer paracetamol as per the Outdoor School protocol.	Yes	No

I agree to my child/ward's attendance at the Outdoor School - Bogong on ____/____/____ (Starting Date)

I also agree to him/her taking part in any excursion or activities arranged for students in connection with the school program. I have read the **Parent & Student Booklet** and understand the program contains potentially hazardous activities in remote areas subject to natural hazards and severe weather.

I will notify the school if my child/ward is in contact with any infectious disease within four weeks of departure date. In the event of any illness or accident, where it is impracticable to communicate with me, I authorise the teacher in charge to consent to my child receiving such medical or surgical treatment as may be deemed necessary. I accept responsibility for payment of any expenses thus incurred. In the event of my child/ward being unable to accompany the rest of the group home due to ill health or accident I will make the necessary arrangements in liaising with the School Principal for their return.

I agree to ensure that my child/ward's mobile devices (phones, tablets, iPods etc.) remain at home whilst they attend this program.

Should my son/daughter violate the rules of the school to the extent that the teacher in charge in consultation with the Principal of Outdoor School Bogong considers that he/she should be sent home, I agree to organise this withdrawal and fully cover the transport costs involved in this process.

Parent/Guardian's Full Name (please print)

Parent/Guardian's Signature

Date

I have read the Outdoor School Student Code of Cooperation and I hereby undertake that while travelling to and from the school and while in attendance I shall behave in a good and proper manner and shall observe whatever rules are decided on as best for the welfare of all.

Student's Signature

Date

Cancellation or Withdrawal

The Department of Education and Training (DET) reserves the right to cancel a program for any reason. In the event of a student's application being withdrawn prior to the commencing date of the program the DET through the Principal reserves the right to make a refund only where a reasonable excuse for withdrawal is offered. No refund will be made where a student leaves during the program except in the case of illness, and then only on a pro rata basis.

Outdoor School – Bogong
Medical Information Form – Valid 2019 & 2020
 For Students & Visiting Teacher (VT) to fill in



This information is intended to assist Outdoor School – Bogong in case of any medical emergency with your child/ward or a VT.
 All information is held in confidence.

School: _____ Year Level/Visiting Staff: _____

Student Full Name: _____

Student Date of Birth: _____ Student Gender: Female Male Gender Diverse

Parent/Guardian/Contact Person's Full Name: _____ Date of Birth: _____

Address: _____ Postcode: _____

Parent/Guardian/Contact Person's Mobile Phone: _____ Other Phone: _____

Home Email Address: _____

Medicare No: _____ Valid to: _____ Child's Number (eg. 2, 3, 4): _____

Health Insurance Fund: _____ Member No: _____ Ambulance Subscriber: Yes No

Tick	Item	Details
<input type="checkbox"/>	Diabetes	
<input type="checkbox"/>	Dietary Requirements	
<input type="checkbox"/>	Dizzy Spells/Blackouts	
<input type="checkbox"/>	Fits Of Any Type	
<input type="checkbox"/>	Hay Fever	
<input type="checkbox"/>	Heart Condition	
<input type="checkbox"/>	Migraines	
<input type="checkbox"/>	Physical Difficulties	
<input type="checkbox"/>	Previous Injuries - When	
<input type="checkbox"/>	Sleepwalking	
<input type="checkbox"/>	Travel Sickness	
<input type="checkbox"/>	Other	

Please tick the box on the left if your child/ward suffers any of the following:

<input type="checkbox"/>	Anaphylaxis	If ticked, you MUST attach the appropriate completed Anaphylaxis Action Plan.
<i>Responsible person is:</i>		Please state below who will be responsible for carrying the EpiPen?
<input type="checkbox"/>	Allergies	If ticked, you MUST complete and attach the Allergic Reactions Action Plan
<input type="checkbox"/>	Asthma	If ticked, you MUST complete and attach Asthma Update Form along with your child's personal Asthma Action Plan.

Year of Last Tetanus Immunisation (If known): _____

Medication – Is your child/ward presently taking tablets and or medicine? YES / NO (If yes please detail below.)

Condition	Medication	Dosage	When given & instructions.

Swimming Ability: please tick the distance your child/ward can swim comfortably.

Cannot Swim Weak Swimmer (<50m) Fair Swimmer (50-100m) Competent Swimmer (100-200m) Strong (200m+) Swimmer

Signature of Parent/Guardian:
 DET requires this consent to be signed for all students and teachers attending school excursions.

Date:

School Camp and Excursion

Asthma Update Form



Asthma
Foundation VIC

Name: _____

Date of birth: _____

Confirmed Triggers

Has the student been hospitalized due to asthma, had an acute asthma attack or worsening asthma in the last two weeks? Yes No

Has the student's asthma medications changed in the last two weeks? Yes No

Is the student well enough to attend camp/excursion? Yes No

This form is to be completed by parents/carers of students with asthma prior to an excursion or camp. The form is to be attached to a copy of the student's Asthma Action Plan and brought with students to the camp or excursion. Please provide as much detail as possible.

OTHER MEDICAL CONDITIONS

Has the student had any other illness in the last two weeks? Yes No

If YES, please provide details:

Nature of illness? _____

When? _____

Severity? _____

Has this affected their asthma? Yes No

ALLERGIC RHINITIS (HAY FEVER)

Does the student hay fever? Yes No Does the student have an action plan for hay fever? Yes No

Confirmed Triggers for hay fever

Medication	Device	Dose	When
.....
Treatment			
.....			

ADDITIONAL ASTHMA MEDICATION REQUIREMENTS

1. Medication Device Dose When
.....
Instructions for use
.....

2. Medication Device Dose When
.....
Instructions for use
.....

Doctors Name: _____

Phone: _____

Address: _____

Emergency Contact: _____

Phone: _____

The information provided on this plan is true and correct.

Signed: _____

Date: _____

Additional information:

Name: _____

Date of birth: _____

Photo

Confirmed allergens: _____

Asthma Yes No

Family/emergency contact name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by: _____

Dr: _____

Signed:  _____

Date: _____

Note: The ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens.

For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline autoinjector instructions.

Instructions are also on the device label and at: www.allergy.org.au/anaphylaxis

Note: This is a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- **For insect allergy, flick out sting if visible. Do not remove ticks.**
- Stay with person and call for help
- Give medications (if prescribed) _____
Dose: _____
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.**
- 2 Give adrenaline autoinjector if available.**
- 3 Phone ambulance* 000 (AU), 111 (NZ), 112 (mobile)**
- 4 Phone family/emergency contact**

Commence CPR at any time if person is unresponsive and not breathing normally. If uncertain whether it is asthma or anaphylaxis, give adrenaline autoinjector FIRST, then asthma reliever.

* Medical observation in hospital for at least 4 hours is recommended after anaphylaxis

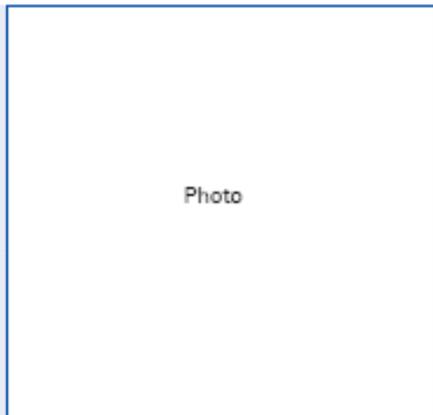
Additional information

ACTION PLAN FOR Anaphylaxis

For use with EpiPen® Adrenaline Autoinjectors

Name: _____

Date of birth: _____



Confirmed allergens: _____

Asthma Yes No

Family/emergency contact name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

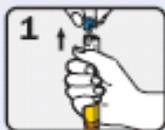
Plan prepared by: _____

Dr: _____

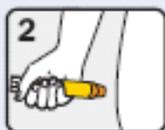
Signed: _____

Date: _____

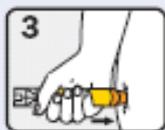
How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE.



PLACE ORANGE END against outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.
REMOVE EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at:
www.allergy.org.au/enaphylaxis

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr
- Give other medications (if prescribed) _____
Dose: _____
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
- 2 Give EpiPen® or EpiPen® Jr
- 3 Phone ambulance* 000 (AU), 111 (NZ), 112 (mobile)
- 4 Phone family/emergency contact
- 5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

If in doubt, give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally. If uncertain whether it is asthma or anaphylaxis, give adrenaline autoinjector FIRST, then asthma reliever.

EpiPen® is generally prescribed for adults and children over 5 years.

EpiPen® Jr is generally prescribed for children aged 1-5 years.

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information _____

Note: This is a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

Personal Clothing and Equipment

This list provides information on the types of the clothing and other essentials that you should bring. It also outlines the equipment supplied by Bogong.

Clothing

- 1 set of thermal underwear (top and bottom)
- 2 warm jumpers (polar fleece or woollen preferred)
- 3 pairs shorts
- 2-3 pair of pants (tracksuit or quick dry)
- 5 T-shirts
- Bathers (Oct-April)
- Long sleeved shirt (sun protection)
- Solid walking boots or sneakers for activities (must be worn in). Not slip-ons
- Comfortable shoes (for around camp).
- Old runners/sandals for wet activities (not thongs).
- 5 pairs underwear
- 5 pairs socks (hiking socks - long and warm).
- Pyjamas
- Warm gloves
- Beanie
- Neck warmer (in winter)
- Sunhat (Bogong can supply one)

Toiletries

- Soap, toothbrush, toothpaste, hairbrush, roll-on deodorant (**don't bring spray deodorant**).

Please Note:

- Schools who attend late Term 2 or early Term 4 (possible winter conditions) should make sure to bring extra warm clothing to their program. A day skiing can sometimes be incorporated into a program at these times.
- All personal items and luggage should be clearly marked with the owner's name. The Department of Education and Training does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.
- Try to utilise clothes and other items you have at home rather than buying anything special for the program.
- Recommended pocket money for students is \$20 for meals on route. There is no facility at Bogong Campus to spend this money.
- Outdoor School Bogong is a Sunsmart School. Students are encouraged to wear a hat and clothing with long sleeves and collars, to wear suitable sunglasses and to apply sunscreen.
- Students are not to bring deodorant sprays as they can set off the emergency fire alarm. Bring a roll-on deodorant instead.

Linen

- Sleeping Bag for sleeping indoors at Bogong, (where applicable an Alpine Sleeping Bag will be provided by Bogong for overnight hikes)
- 1 pillow
- 2 towels

Other Items

- Sunglasses & sunscreen
- Drink bottle
- Torch (small with new battery)
- Personal medical requirements
- Book for personal reading

Bogong Supplied Gear

- Fitted sheet
- Waterproof jackets
- Waterproof over pants
- Gloves
- Lunch box and drink bottle
- Day-packs
- Specialist equipment (tent, sleeping bag, backpack, helmet etc.) are all provided.

When You Are At Bogong

Working with Our Teachers

During timetabled activities the Bogong teachers will be responsible for all logistical and practical decision making with respect to the movements and skill development of the group. The visiting teacher's role will be to assist in the management of students and where appropriate team teach with the Bogong staff.

For winter programs, prior skiing experience is essential and requires strenuous physical activity, thus a reasonable level of fitness is expected from visiting teachers.

Visiting Teacher Survey

On a Thursday evening all visiting teachers are to complete an online survey. This will take about 10 minutes and is valued by our school for further improvement.

Personal Mobile Devices such as Phones or iPods

Students' personal portable devices such as phones, iPods, MP3 players, tablets are to be left at home. To maximise student learning we expect students to disconnect from all mobile devices for their time at Bogong. This allows students to engage with their peers, and the outdoor experience. Any mobile devices that are brought to Bogong, will be collected by Visiting Teachers upon arrival and stored in a secure place. If needing more information you may access a copy of our Personal Mobile ICT Devices Policy from our website via the following link <http://www.outdoorschool.vic.edu.au/policies/3699/>

Winter

General Program

Our ski programs are aimed at **beginners**. Students who can ski well may not find our program suitable for them. All skiing is at Falls Creek, and the students are transported to and from the resort each day.

Snowshoeing (1/2-1 day)

Snowshoeing is an ideal way for students to move around without requiring the skills needed for skiing. Students may explore off track amongst the Sub-Alpine forest in a quieter manner or move up and down steeper terrain.

Cross Country Skiing (2-3 days)

Cross country skiing enables the skier to ski uphill and yet still allow glide on flat or downhill. Students are instructed in the basics of cross country skiing which will enable them to explore different aspects and areas of the alpine environment by way of a ski tour.

Ski Touring & Snow Camping (2-3 days)

This is conducted on the Bogong High Plains. Students snowshoe or XC ski in groups of up to 12, accompanied by one Bogong Teacher and one Visiting Teacher. Groups can visit a number of huts and environmentally sensitive sites en route. Students cook for themselves using lightweight stoves under supervision. Snow-camping is preceded by a preparation session where students are given information, training, equipment, and food required for a safe and enjoyable experience.

Downhill Skiing (1 day)

Basic downhill skiing skills are introduced to students. The first day of downhill skiing involves instruction with Bogong staff in the morning and after lunch a 2-hour lesson with the Ski School. One of the school's teachers accompanies the group during the ski school lesson.

Evening Sessions

A selection is made from the following sessions: Parks Victoria talk; Falls Creek Resort Management talk; Ski gear/skills prep; study night; environmental studies talks directed towards the study design. There may be a night where the visiting staff will be required take an activity session.

Summer Adventure Activities

Below is a brief description of some activities that maybe in your program. If you wish to view students participating in activities, please refer to our website. Many of the activities are conducted in remote and rugged locations and in environments subject to severe weather and other natural hazards. In the event of injury or illness, access to communications or emergency services may be limited or not available for significant periods of time. This may result in delays in injured or sick group members accessing more definitive care.

Rockclimbing & Abseiling introduction – An introduction to the techniques and skills of climbing and abseiling conducted on a number of artificial rock walls in and around the Bogong Campus. Students may be involved in belaying other students under active supervision and after training and assessment by teachers.

Rockclimbing & Abseiling extension - Students are taken to a site on the Bogong High Plains where they have the opportunity to extend the climbing and abseiling they have done at the Campus. This is normally done as a half day activity combined with a half day of bike riding.

Orienteering – Students are introduced to Orienteering (navigation using a map and compass). They progress from a simple course around the Campus to a more complex and challenging set of courses in the forest area around Bogong Village. Please Note: due to the nature of the activity, there are times when the students are not directly supervised by a teacher.

Rogaining - This is similar to orienteering. Students team up for a four to five-hour challenge to test themselves within a defined area on the Bogong High Plains. Students are briefed on safety and lost procedures, and carry radios monitored by teachers. This allows students to take on leadership, initiative, teamwork and responsibility in an alpine setting. Please Note: due to the nature of the activity, there are times when the students are not directly supervised by a teacher.

Canoeing - Canoeing is conducted on Lake Guy, which adjoins the Campus. The students are introduced to the basic methods of flat water canoeing to enable them to explore the lake environment.

Creek Walking - This involves students following a river bed upstream by moving from rock to rock, wading and walking along the river bank. It is done at Bogong Village in the Rocky Valley stream. It has ready access to areas above the normal flood line over the length of the activity.

High Ropes - Bogong has a well-developed High Ropes Course constructed in a forest setting adjacent to the Campus. A new course was constructed after the 2003 bushfires and comprises 12 activities.

Bike Riding - Bike riding is conducted on the Bogong High Plains using existing trails. It provides the opportunity for students to enjoy the spectacular scenery and environment of the high country. Instruction, practice session and bike check is conducted prior to the tour.

Pioneering - Pioneering is an initiative activity session where students are taught a number of knots and lashings that allow their group to solve the problem of crossing a low creek by constructing a simple bridge.

Initiative Activities - These activities develop initiative, trust, co-operation, group participation and self-confidence.

Environmental Studies - (Bogong's Backyard)

These sessions look at the ecology of the area and incorporate presentations and student practical work on the land use issues, history, flora, fauna, climate, water and geology associated with the Alpine environment. A blindfolded 'sense trail' in the bush is also used to introduce environmental concepts.

Overnight Bushwalk - Bushwalks are normally conducted on the Bogong High Plains. Students hike in groups of 12, accompanied by one Bogong Teacher and one Visiting Teacher. Walks can visit a number of historic cattleman's huts and environmentally sensitive sites en route. Students cook for themselves using lightweight stoves under supervision. Bushwalks are preceded by a hike preparation session where students discuss the bushwalk and are given information, training, equipment, and food required for a safe and enjoyable experience.

General Information

Physical Fitness for the Program

The activities undertaken can be strenuous and it is strongly advised that students and visiting teachers undertake a **planned comprehensive fitness program** as part of their preparation for their time at Bogong.

Student Expectations

The following should be made clear to students before their departure from school:

- Smoking, non-prescribed drugs and alcohol are strictly prohibited!
- Students will follow a tight program leaving them little free time.

Bogong is a school operated by the (DET), has a set curriculum and **is not a holiday centre**.

Accommodation

Depending on the time of year, students and visiting teachers are accommodated in either our two-story Fainter Lodge, Nelse Lodge or House 23. Student rooms are furnished with 2-4 single bed, mattresses (Bogong will supply the bottom sheet – students are to bring a sleeping bag & pillow). All buildings facilities include modern bathrooms, indoor and outdoor recreation areas, drying rooms and a dining room. Facilities (i.e. wheelchair ramps and specialised bathrooms/toilets) are provided for students with physical disabilities. Refer to the Outdoor School website for more information.

Catering

The Campus employs a chef and assistant who provide all meals and specifically cater for the tastes and appetites of teenagers. For catering purposes, the actual numbers of students and staff from each school needs to be confirmed on the Cumulus online portal two weeks in advance with any special dietary requirements.

Transport

Schools are required to arrange for return transport between the school and Bogong. Outdoor School recommends Falls Creek Coach Service for their reliability and experience with times for getting to Bogong. Local transport during the program may be either self-drive using school vehicles, or by coach. The High Plains Road from Mt Beauty to Falls Creek is declared hazardous from the Queen's birthday weekend until the end of the snow season and requires a special bus licence to drive on it.

Sick Students

Should a student(s) be unable to take part in the program, then a visiting teacher may be required to supervise them at the Campus. Bogong has a sick bay for dealing with first aid needs.

Telephone

Inward phone calls are received between 8.30am and 4.30pm. Outgoing calls may be made any convenient time by staff or students if needed. Students are discouraged from calling or receiving calls during the program. Bogong has an answering machine at times when the office is unattended. An after-hours phone number for emergencies is provided on the answering machine. All Bogong teachers have phones for safety during program.

Emergency Telephone Numbers

Bogong Campus (Office)	03 5754 1732	Bogong Campus (Fax)	03 5754 1735
Principal – Tony Keeble	0417 541 732	Campus Principal – Roger Blackwell	0417 202 578
DET Office of Emergency Management – 24 hours		03 9589 6266	

Privacy, Student Engagement, Mandatory Reporting & Child Safe Policies

Outdoor School has privacy, student engagement, mandatory reporting and child safe policies. These are available on the schools website at <http://www.outdoorschool.vic.edu.au/policies/3699/>

Clothing and Equipment For Bushwalking, Ski Touring & Snow Camping

If your school has incorporated an overnight snow camp into your winter program, then the items on the Personal Student List below need to be brought on the program by each student and visiting teacher.

Ski Touring & Snow Camping Clothing & Equipment List		
Personal Student List <i>Supplied by Students</i>	Individual Student List <i>Supplied by Bogong</i>	Group List for pairs <i>Supplied by Bogong</i>
<ul style="list-style-type: none"> • Thermal Underwear (if available) <ul style="list-style-type: none"> ○ Long johns ○ Top • Warm Jumper x 2 <ul style="list-style-type: none"> ○ (Polarfleece or Woollen) • Tracksuit Pants – 2 pair <ul style="list-style-type: none"> ○ (one to wear, other to sleep in) • Spare Gloves • Socks – 4 pair <ul style="list-style-type: none"> ○ (Woollen/Synthetic mix) • Underwear • Beanie • Sunhat • Sunglasses • Sunscreen & Lip Balm • Plastic bags x 4 (30cm x 30cm) • Waterbottle • Small Torch - <u>spare batteries</u> • Personal Medication 	<ul style="list-style-type: none"> • Backpack • Backpack Liner • Sleeping Bag • Sleeping Bag Liner • Sleeping Mat • Waterproof Jacket • Waterproof Overpants • Gaiters • Mug • Plate • Bowl • Knife, Fork, Spoon <p>Winter Additions</p> <ul style="list-style-type: none"> • Snow Goggles • Waterproof Gloves • Cross Country Skis • Ski Boots • Ski Poles 	<ul style="list-style-type: none"> • Tent • Stove • Fuel Bottle • Matches • Water Bag • Toilet Paper • Food Bags • Food <p>Winter Additions</p> <ul style="list-style-type: none"> • Tarp • Snow Shovels • Snow Pegs • Stove board

Bogong Teachers Leader's Equipment List

- First Aid Kit
- Medical Summary
- Foam Mat
- Mobile Phone & Radio
- Ski Repair Kit
- Map & Compass