**Insert School Name Here**

*Add School Logo*

**Year 10 Camp**

**Month Year**

**Ern Halliday Recreation Camp**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Camp Rules**

Please take the time to put together some rules for your camp so it will be a successful and memorable time for all.

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**

**What do I need to bring to camp?**

**Personal goals for camp**

In the space below please write your personal goals that you would like to achieve on camp.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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| **Time** | **Date:** | **Date:** | **Date:** |
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| **20.00** |  |  |  |
| **21.00** |  |  |  |
| **22.00** |  |  |  |

**Camp Timetable**

**Abseiling**

Describe your abseiling experience and feelings you had during the following stages:

1. Walking up the tower

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1. Being at the top of the tower

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1. Being rigged up and going over the edge

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1. When you reached the bottom

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Explain how were able to “mentally prepare” prior to conducting an abseil. What thoughts, strategies or ideas did you have?

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Will this experience help you with challenges in the future? Why or why not?

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**Advanced Orienteering**

Outline your group’s process to find the Orienteering markers.

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Describe the difficulties or challenges you encountered whilst pacing and how did you overcome them?

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List 4 minimal impact practices when walking in the natural environment.

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**Archery**

You have a friend who has never attempted Archery before. Write six (6) points that you would use to teach them how to shoot an arrow successfully.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Why is it important to know and understand these points?

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There were many safety points/rules involved in the Archery program. Why is this so?

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**Big Swing**

Write a short newspaper article (no more than 4 paragraphs) outlining how attempting the Big Swing is beneficial to challenging limitations and can improve a person’s confidence levels.

**Caving**

Caving involves being in “confined spaces”. What is the word used to define the fear of confined spaces and what does it feel like for a person who has the fear.

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What did you have on others during Caving? Was your impact positive or negative?

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Describe two (2) experiences during the Caving experience that you could relate to a real-life situation.

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**Coastal Bike Ride**

List five (5) pieces of safety/personal equipment needed when riding.

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List and explain two (2) ways you communicate whilst riding.

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Do you feel riding is a good form exercise? Why or why not and what are the benefits and negative consequences?

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**Crate Climb**

What would the lack of involvement by one or two people in the building and stabilising of the crate stack affect the climber?

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How did you ensure you ideas/suggestions were acknowledged by the group?

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Why is listening to others important in Crate Climb?

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List two (2) problems and explain why you encountered them during the Crate Climb program.

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**Flying Fox**

On a scale of 1-5 (1 = Not scared at all, 5 = Terrified); how did you feel when?

When being spoken to (briefed) about the flying fox

1 2 3 4 5

When being attached to the flying fox line

1 2 3 4 5

Ascending the flying fox line

1 2 3 4 5

After the flying fox

1 2 3 4 5

Write two (2) things you would say to support a friend before they were to attempt the flying fox.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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List and explain two (2) behaviours that you could exhibit to positively impact the thoughts of your peers.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Orienteering**

List four (4) important features on a map and explain why they are important.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Did you and your group/partner work well together? Why or why not?

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How did your group come to the decision of which markers to search for?

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Do you think you planned your time effectively when searching for markers? How could of you done better?

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**Rock Climbing**

What was the difference between your first and second time climbing?

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What is empathy?

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Give an example of being empathetic to a climber?

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What skills did you learn or practise during Rock Climbing that can be utilised in daily life?

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**Search and Rescue**

What was the most difficult part of this activity?

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Why is it so important to listen to others in this activity?

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Why do you think leadership is important in this activity?

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Did anyone in the group undertake the role of the leader in this activity? What key skills did they possess?

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**Surf Lifesaving**

Draw a picture of a rip and use your drawing to explain how you would get out of it.

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In an emergency situation, who is the first person you would consider and why?

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If someone looked like they were drowning...

1. What signs would they show?

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1. How would you respond?

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List 3 reasons why swimming would be dangerous under the influence of alcohol and drugs?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Surf Ski’s**

How well did the group work together when rafting up and why?

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What was the hardest task/activity set by the instructor?

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What was the most difficult aspect of paddling?

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What was the best aspect of paddling?

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Would you go paddling again? Please explain why or why not?

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**Team Building**

List four (4) skills that you learnt or practised during Team Building.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What was your group’s biggest issue? Were you able to overcome it during the course of the program? Why or why not?

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What was your group’s most successful activity and why?

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List two (2) different ways where you may be able to consider everyone else’s ideas in a Team Building challenge and still complete that task a timely manner?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Team Extreme**

Explain one of the group’s challenges that were encountered in the Team Extreme program and explain what skills were used and how your group had overcome this challenge.

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List two (2) of your groups strengths and two (2) of your groups weaknesses during the Team Extreme challenge.

1. Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weakness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weakness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why is leadership so important in Team Extreme challenges?

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List three key skills a leader posses’ and on a scale of 1 to 5 (1= poor to 5 = excellent) how your rate yourself in these skills?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Vertical Ascent**

Why is “goal-setting” important in Vertical Challenges? (You may like to use the space at the bottom of the page to draw a picture to explain your answer)

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Can goal-setting be used to overcome fear? Why or why not?

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If one of your friends was climbing one of the vertical elements and had stopped one-third of the way up because they expressed that they could not climb any further – what would you say or do?

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**Ern Halliday Recreation Camp**

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