

TEACHERS RESOURCE MANUAL

THE ISLAND



TABLE OF CONTENTS

SECTION 1 – ESSENTIAL INFORMATION PAGE

Camp Leaders Checklist	6
What to bring to Camp	7
Location	8
Camp Layout	9
Facilities	10
Campsite Procedures	12
End of Camp Cleanup	13
Emergency Procedure	14
Fire Prevention	15
User Information Register	16

SECTION 2 – PROGRAM OPTIONS

On-site Activities	18
Activity Supervision Ratios	19
Off-site Activities	21
Out and about	22
Things to do on & around Phillip Island	26
Program Planner	30

SECTION 3 – TEACHER RESOURCES

Accommodation Register – Seafarer Cabins	32
Accommodation Register – Mariner Lodges	35
Archery – How to play	37
Bounce Ball rules	39
Cruisin Cowes on Foot	40
Frisbee Golf	46
Island Scavenger Hunt	47
CYC Letter Hunt	48
CYC Number Hunt	50
CYC Photo Hunt	52

SECTION 4 – ACTIVITY DESCRIPTIONS

Full Body Harness and Helmet	56
Chest Harness – Fully adjustable	57
Vertical Harness – Fully adjustable	58
Activity Overview	59
Giant Swing	60
Flying Fox	60
Abseiling Wall	61
Trampoline	61
Bounce Ball	62
Swimming Pool	62
Circatron	63
Mechanical Climbing Wall	63
Initiatives	64
Archery	64
Bike Riding	65
Frisbee Golf	65
Photo / Letter / Number Hunt	66
Low Ropes Course	66
Walks	67



Section 1

ESSENTIAL INFORMATION

CAMP LEADERS CHECKLIST

<input type="checkbox"/>	Read this handbook carefully
<input type="checkbox"/>	Visit the campsite if you haven't been before to help with your planning of program, room allocation etc (Please telephone us first) OR ring to speak with our program staff who can help with your program planning.
<input type="checkbox"/>	Plan program, staff needs, group leaders, etc
<input type="checkbox"/>	Advertise your camp. Draw up an application form (include date and times, costs, what to bring, and parent/guardian medical consent section, etc.). If necessary make arrangements for people to save towards camp costs. Perhaps conduct a parents' information session.
<input type="checkbox"/>	Arrange first aid equipment, training, etc
<input type="checkbox"/>	Appoint camp personnel (Supervisors for Dining room, Public Announcements, Activities, First Aid, etc.) and arrange duty groups.
<input type="checkbox"/>	Allocate campers to cabins
<input type="checkbox"/>	<p>A number of weeks prior to camp you will receive some faxes from CYC The Island. Please return them by the date requested, notifying CYC The Island of:</p> <p>Proposed Program Equipment Needed Activities Required Any changes to normal meal times or venues Arrival and Departure Times Total number of campers (full and part time) divided into staff/adults and students Strict Dietary Requirements</p>
<input type="checkbox"/>	<p>Print copies of:</p> <p>Program Cabin name notices (if required) Cabin lists Duty lists Camper list for CYC (see User Information Register in this booklet)</p>
<input type="checkbox"/>	On arrival: find the CYC staff member on duty and give them a copy of your program and camper list (see User Information Register in this booklet), and receive a safety briefing and information from them.
<input type="checkbox"/>	Advise all campers (including day visitors) of safety and emergency procedures.
<input type="checkbox"/>	Please ensure that all necessary students' medical records and first aid equipment are brought to camp.

WHAT TO BRING TO CAMP

CLOTHING AND PERSONAL EQUIPMENT LIST

General considerations

Clothing taken on outdoor or adventure programs should allow participants to be comfortable and protected in a range of conditions, regardless of the season. Clothing that is quick drying and resistant to damage is ideal. Clothing should fit the person well. Practicality is the emphasis rather than how fashionable clothes are! Unsuitable or ill-fitted clothing can impair student participation and may be hazards.

Note: Students must not bring alcohol, cigarettes, medication not documented on the medical form, or illegal substances. Other items not to be taken must be communicated to students and parents.

Essential clothing and equipment all students must bring:

- | | |
|--|--|
| <ul style="list-style-type: none"> ▪ Rain coat ▪ Warm jumper ▪ Long pants ▪ Shorts ▪ Woollen or Polar fleece jumper (at least one) ▪ T-shirts ▪ Long sleeve top ▪ Changes of underwear ▪ Socks ▪ Pyjamas | <ul style="list-style-type: none"> ▪ Rain coat ▪ Sneakers ▪ 1 additional pair of shoes (in case of wet weather) ▪ Sun hat ▪ Water bottle ▪ Swimmers ▪ Thongs ▪ Bath mat ▪ Shower Towel ▪ Beach Towel |
|--|--|

Sleeping

- | | |
|--|---|
| <ul style="list-style-type: none"> ▪ Sleeping bag or Sheets ▪ Pillowslip | <ul style="list-style-type: none"> ▪ Own Pillow (Optional, one provided) |
|--|---|

Toiletries

- | | |
|--|--|
| <ul style="list-style-type: none"> ▪ Soap and Shampoo ▪ Toothbrush and Toothpaste ▪ Deodorant (no aerosol sprays) | <ul style="list-style-type: none"> ▪ Face washer ▪ Hair brush/Comb ▪ Insect repellent |
|--|--|

Personal equipment

- | | |
|---|--|
| <ul style="list-style-type: none"> ▪ Torch with batteries (fully working) ▪ Personal medical requirements | <ul style="list-style-type: none"> ▪ Camera |
|---|--|

For Winter Programs Clothing

- Gloves
- Beanie
- Scarf
- Warm Overcoat/Rain Jacket

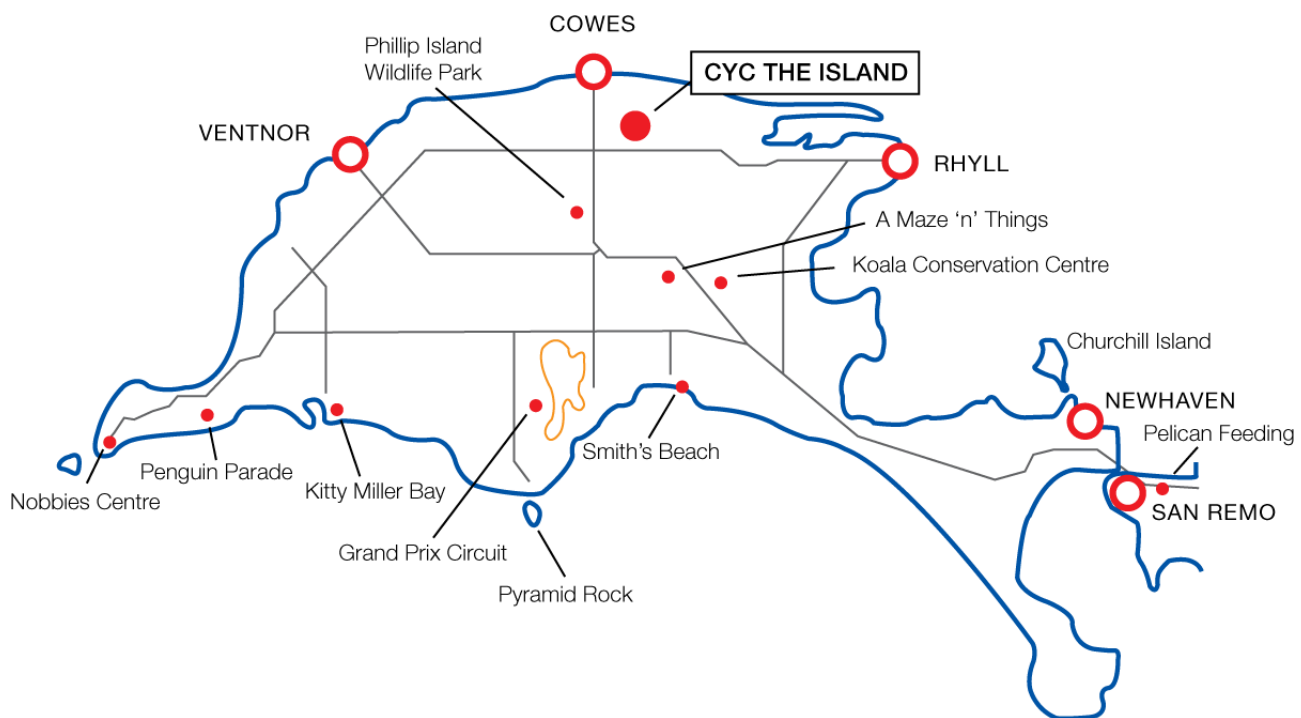
NOTE:

- Campers must bring a long-sleeved non-synthetic shirt or jumper, long trousers and a hat, as recommended by the Ministry of Education and the Country Fire Authority.
- Staff should communicate to students what money they may need for incidentals during the program.
- All personal items and baggage should be clearly marked with the owner's name.
- A policy on portable music players should be communicated to students and parents. Where such items are allowed, it should be made clear to parents and students that no responsibility will be taken for any loss.
- A policy on mobile phones should be communicated to students and parents. Where such items are allowed, it should be made clear to parents and students that no responsibility will be taken for any loss, see: [School Policy and Advisory Guide – Students Using Mobile Phones](#).
- As a health precaution students are advised not to bring aerosol propellant cans e.g. deodorant sprays.
- This pro forma provides one suggested list of clothing and equipment. There may be other essential or useful items and as such it is not an exhaustive list.

GROUP LEADER

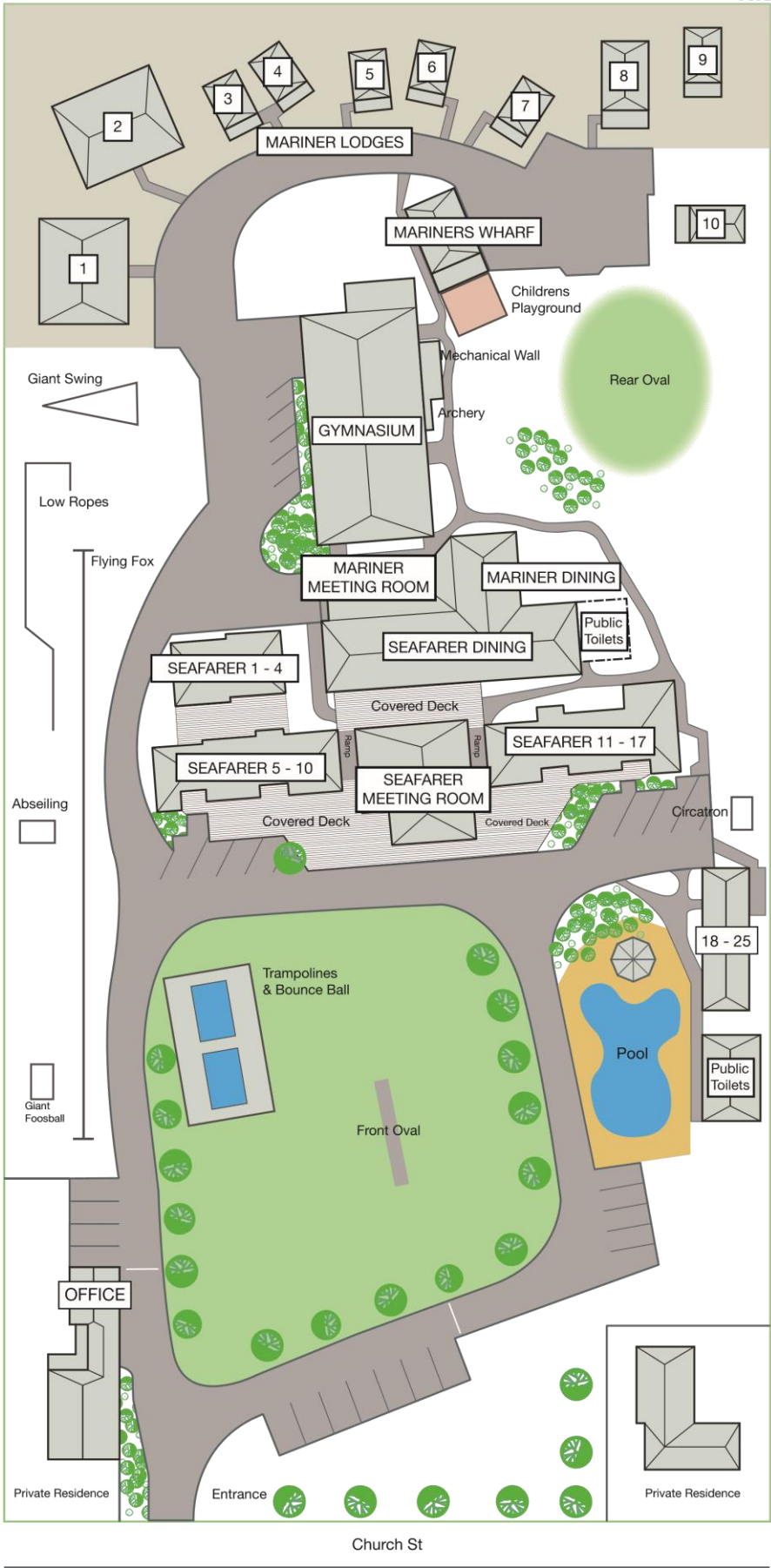
- | | |
|--|--|
| <ul style="list-style-type: none"> ▪ First Aid Kits ▪ Staff Car (for emergencies) ▪ Mobile Phone ▪ List of all campers (full name) | <ul style="list-style-type: none"> ▪ Duty and Room Lists ▪ Sports Equipment (for free time) ▪ Equipment for Night Activities ▪ Dietary Information (to be sent prior to arrival) |
|--|--|

LOCATION



Melways Reference: Map 634 – D2

Camp Layout



FACILITIES

CYC The Island has facilities to cater for groups of all sizes. Larger groups can book the whole site, while smaller groups can choose from 2 separate areas. These 2 areas, shown on the 'Site Map', are our *Seafarer Site* (Site One) and our *Mariner Site* (Site Two). Both have their own separate space for dining, accommodation and recreation, with only the Indoor Rec Hall and the Outdoor Activities that need to be shared. Below shows the capacity and details of both sites.

Accommodation

Campers must supply their own linen/sleeping bag (including pillow cases).

Pillows and Doonas are supplied, 1 per bed.

Seafarer Cabins – Site One		
Cabins 1-4	Ensuted, and includes two sets of bunk beds and two single beds	24 Beds
Cabins 5 (Teachers Suite)	Ensuted, and includes two rooms with two single beds in each room	4 Beds
Cabin 6-7, 9 & 10	Ensuted, and includes two sets of bunk beds and two single beds	30 Beds
Cabins 8	Ensuted, and includes one set of bunk beds and two single beds (Disabled ensuite)	4 Beds
Cabins 11-15	Ensuted, and includes two sets of bunk beds and two single beds	30 Beds
Cabin 16	Ensuted, and includes one set of bunk beds and two single beds (Disabled ensuite)	4 Beds
Cabins 17 (Teachers Suite)	Ensuted, and includes two rooms with two single beds in each room	4 Beds
Cabins 18-25	Ensuted, and includes two sets of bunk beds with one of the bottom beds being a double. (Cabins 21 and 25 have four single beds only, bunk style)	32 Beds

Mariner Lodges – Site Two		
Lodges 1-2	Four ensuted rooms, each with 2 sets of bunk beds (one double bed and three single beds).	32 Beds
Lodges 3-7	Kitchenette, ensuted, with 4 sets of bunk beds (with one of the bottom beds being a double).	40 Beds
Lodges 8 and 10	Mobile Home style, 2 bedrooms, bathroom, full kitchen, lounge and all fittings and fixtures to suit. One double bed and four single beds, bunk style.	10 Beds

DINING ROOMS

Ensuted, and includes two sets of bunk beds and two single beds

Seafarer Dining – Site One	Mariner Dining – Site Two
Accommodates up to 120 people, providing a fully-catered service in cafeteria style. Other styles may be negotiated.	Accommodates up to 80 people, providing a fully-catered service in cafeteria style. Other styles may be negotiated.

NB: A total of **200** is possible when combining these two areas for one group.

MEETING ROOMS

Seafarer – Site One	Mariner – Site Two
<p>The Main Meeting Room is situated between Cabins 10 & 11 and seats up to 250 people.</p> <p>Its facilities include; Heating/Cooling, Stage, PA System, DVD & VHS Players, Data Projector, Piano, Table Tennis and Pool Table.</p>	<p>The Second Meeting Room is situated above Dining Room 2 and seats up to 100 people.</p> <p>Its facilities include; Heating/Cooling, Stage, PA System, DVD & VHS Players, Data Projector, Piano, Table Tennis and Pool Table.</p> <p>Lodges 1 & 2 also have an internal meeting room, each seating 50 people, with equipment available on request.</p>

SHARED FACILITIES

If there is another school group onsite during your stay, the Indoor Rec Hall and Onsite Activities need to be shared. To help prevent clashes we would appreciate you sending us your **proposed program** as soon as possible. This allows us time to make alterations where needed. We thank you for your cooperation in this matter as we try to provide an adequate and fair service for both groups.

The many great on-site activities include: a Giant Swing, Mechanical Climbing Wall, Abseiling Wall, Flying Fox, Circatron, Trampolines, Initiatives, Solar Heated Pool, Frisbee Golf, Archery, Bikes and Photo and Number Hunts, to name a few.

More information and details of these can be seen in the 'PROGRAM OPTIONS - On-site Activities' section of this booklet.

SOUVENIR SHOP

We have a Souvenir Shop on site, which can be opened at a convenient time for you. We do ask that you request this prior to your arrival, so we can be sure to have enough stock.

Please note that we run this shop as a **service** to our school camps only and prices on souvenirs are up to 70% less than elsewhere on the island.

We also have a **drink vending machine**. Change can be coordinated on arrival.

NOISE AT NIGHT

As a courtesy to our bordering neighbours, we insist that there is a noise curfew at 10:00pm. Only quiet activities are permitted after this time (Recreation stadium not available after 10:00pm), and external P.A. not to be used early morning or after dark. Thank you for your assistance in this area.

CAMP SITE PROCEDURES

ARRIVAL & DEPARTURE TIMES

Arrival **from 12:00 pm** on the first day of camp
Departure **up until 1:00 pm** on the final day (unless prior arrangements have been made).

In normal circumstances, the first meal provided is tea on the day of arrival. The last meal provided is lunch on the day of departure, unless other arrangements have been made.

MEAL TIMES ARE SET AT THE FOLLOWING

(Please note that meals are ready to be served at these times and it would be appreciated if you could assemble 5 minutes earlier to allow for announcements, etc).

Breakfast	8.00am
Lunch	12.30pm
Dinner	5.30pm
Supper	provided and left for distribution at the Group Leader's discretion

(Special arrangements can be made to coincide with your program and needs to be arranged prior to arrival)

For Morning & Afternoon Teas, fruit, biscuits & cordial are available at your leisure. Please ensure that our staff are aware of your breaks so that fruit can be prepared. Tea & Coffee is available from the beverage area at all times to adults, or supervised senior students.

SPECIAL DIETARY NEEDS

We can easily cater for people with religious or medical dependant dietary needs as long as we know prior to your arrival. When you let us know of your final numbers and program, we ask that you also notify us of the special diets required.

NB: If there are any students who have 'SEVERE ALLERGY DIETS' we would like the parents / guardians to contact our kitchen staff directly to ensure that the health and needs of the student/s are catered for.

DINING ROOM ROUTINE

Duty Teams

Are needed to set tables, and cleanup for each meal. Our friendly kitchen staff will give you details of what needs doing at the time.

Adult Supervision

It is imperative that at least 1-2 adults be present, and help out, at all times when students are on duty.

Orderly Serving of Meal

With your permission **Grace** will be said before the meal by a student, teacher or CYC The Island Staff. Following this, the teachers / leaders will indicate to the campers the order of service, calling one table at a time to file past the servery.

END OF CAMP CLEANUP

At the end of camp, some cleaning is required, and to make it easier for you we have provided some guidelines and tear off slips to help staff and students.

We have found that it works more efficiently if members of staff are allocated to a specific area. It is best if all campers clean their own rooms first, placing their luggage on verandahs, then divided into groups to clean the areas outlined below.

Tear off each section and give to the person in charge of each area.

Sleeping Accommodation (all campers)

Remove personal belongings and place on front verandahs.
Place all rubbish in tidy bin
Smooth mattress protector, fold doona & place on end of bed
Place pillows at the head of the bed
Ensuites: Remove personal belongings
Wipe wash basins & bench
Place all rubbish in tidy bin

Dining Room (8-10 students)

Wipe down tables and chairs
Stack chairs (see Kitchen Staff)
Vacuum carpet (refer to kitchen staff)
Sweep tiled areas
Wipe down tea and coffee area
Ensure air conditioners / heaters are off

Meeting Room (6-8 students)

Stack chairs in 6's against back wall
Vacuum carpet
Clean Fireplace Hearth (if used)
Turn Air conditioners off

Grounds (rest of students)

Pick up any papers, cans, rubbish, etc.

PLEASE RETURN ALL KEYS, ANY EQUIPMENT USED AND LEADER INFORMATION FOLDER

EMERGENCY PROCEDURES

EMERGENCY MANAGEMENT FOR ALL EMERGENCIES

VERIFY: Verify the report. Confirm with other campers, with emergency services or other reliable people, the accuracy of the information about the emergency.

NOTIFY: Notify emergency services and campsite management by the quickest means possible, immediately notify the emergency services and the campsite management.

ASSESS: Assess the danger posed by the emergency. Use all your senses to build a picture which tells you what is happening and use that information to help decide on a course of action. It may be helpful to ask the following questions:

Has the danger passed?
Is the danger increasing or decreasing?
Is the danger coming closer or moving further away?
Is the weather or terrain affecting its progress?
How much time exists to take alternative action?

ACT: Take action based on the assessment of danger

Ensure that injured campers are not exposed to further injury or danger.
Move people away from the danger area by the safest means, if necessary, move campers indoors to one end of the building, to the furthest part of the campsite, or to a site away from the campsite if time permits.
Contain the emergency if safe to do so.
Refer to any specific procedures developed for the emergency.

EVACUATION PROCEDURE FOR ALL EMERGENCIES

(Leaders, teachers, and parents instructions)

On hearing the alarm you are to:

Collect campers' room lists
Proceed to the Emergency Assembly Area on the oval (see map over page – *The Island Fire Equipment*)
Check attendance of campers and report fact to Assembly Area Warden.
Await instructions from the Manager.

If you are not responsible for a room group, you are to report to the Manager for special duties.

Campers in areas other than cabins, eg dining-room, meeting-room, etc are to be assembled by senior attendant responsible for the group in that room, and proceed to front oval when instructed.

NOTE: In the event of the oval being an unsafe area, the alternative on-site evacuation area is the REC HALL (Gym).
Off-site evacuation area is the Cowes Football ground in Church St

MEDICAL FACILITIES

Phillip Island Health Hub (open 24/7)
50 Church St, Cowes VIC 3922 (71 meters from camp)
Phone; (03) 5951 2100

Cowes Medical Centre
164 Thompson Ave, Cowes VIC 3922 (800 meters from camp)
Phone; (03) 5951 1800

Bass Coast Health (Wonthaggi Hospital)
235 Graham St, Wonthaggi VIC 3995 (41.2 kilometres from camp)
Phone; (03) 5671 3333

All medical and emergency numbers can be contacted using the dining room phone via the line speed.

FIRE PREVENTION

Smoking is not permitted in, or in the vicinity of buildings.

All grounds are cleaned and surrounds of camp buildings maintained constantly.

FIRE EQUIPMENT

The site is equipped with 7 fire-fighting hoses

There are extinguishers in:

- | | | |
|-----------------------|--------------------|----------------------------------|
| * Cabins 26 and 27 | * the shed | * the Mariners Wharf |
| * Lodges 1 to 10 | * the kitchen | * verandahs outside cabins 18-25 |
| * The Dining Room | * the meeting room | |
| * The Recreation hall | * the office | |

All sleeping accommodation areas are fitted with hard-wired smoke detectors.

A 'Break Glass' alarm is located on the wall:

- Outside the office
- Inside the dining room
- Outside the dining room
- West side of the gym

An emergency phone is located in the main dining room. Phone numbers for camp staff and emergency services are displayed at the emergency phone.

Maps showing cut-off points for all services (eg gas) are located in the kitchen and office

Action Sheets for all emergencies, (eg bomb threat, etc) are located in the kitchen and office

FIRE DRILL

It is the responsibility of the group leader to ensure that:

Campers are familiarised with the evacuation and fire-fighting procedures on the first day of camp.

FIRE-FIGHTING PROCEDURES

Check the source of the fire.

Evacuate partially or totally. (See evacuation procedure below)

Call the fire brigade '000' or '5952 2300' (Speed dial 2064 from the emergency phone in the main dining room)

Raise the alarm

Try to put out the fire, but only if it can be done safely. Do not endanger life.

Await instructions from the officer in charge.

Keep everybody away from the fire, unless they are on the fire-fighting team.



Section 2

PROGRAM OPTIONS

ON-SITE ACTIVITIES



Rock Climbing



Camp Fire



Circatron



Giant Swing



Trampoline



Archery



Flying Fox



Bike Education



Abseiling



Recreation Hall



Initiative Activities



Frisbee Golf



Swimming Pool



Number, Letter & Photo Hunt

CYC The Island Activity Supervision Ratios

Activity	Site staff	School Staff	Numbers (per activity group)	Organisation / Activity type
Giant Swing	1	1 2 3	if 1 – 12 students if 13 – 18 students if 19 – 24 students	Victorian DEECD Challenge Ropes Course – High Element
Flying Fox	1	2 2 3	if 1 – 12 students if 13 – 18 students if 19 – 24 students	CYC Limited and Victorian DEECD Challenge Ropes Course – High Element
Abseiling	1	1 2	if 1 – 10 students if 11 – 20 students	Victorian DEECD Artificial Abseiling Wall
Crate Climb Prussiking	1	1 2	if 1 – 12 students if 13 – 18 students if 19 – 24 students	Victorian DEECD Artificial Climbing Structure
- Mechanical Climbing Wall - Circatron - Trampoline -Photo/Number/Letter Hunt		1	1 – 20 students	CYC Limited
Swimming (Venue Type 1 & 2)	1 qualified staff + 1 assisting 1 qualified staff + 2 assisting 1 qualified staff + 3 assisting		1 – 20 students 21 – 30 students 31 – 40 students etc.	Victorian DEECD Recreational Swimming
Swimming (Venue Type 3)	1 qualified staff + 1 assisting 1 qualified staff + 2 assisting 1 qualified staff + 3 assisting		1 – 10 students 11 – 15 students 16 – 20 students	Victorian DEECD Recreational Swimming
Low Ropes Initiative Course		2	1 – 24 students	Victorian DEECD Challenge Ropes Course – Low Element
Archery		1	1 – 20 students	NSW Education Dept.
Bike Riding Pedal Racers		2 3	1-20 students 21-30 students	Victorian DEECD

RECREATIONAL SWIMMING

- For suitable staff qualifications required for 'water' based activities refer below

VENUE: Pool - The pool at CYC The Island is considered as a Type 2 venue.




NB: for water activities 'qualified staff' may be site staff or qualified group leaders / teachers

Suitable staff qualifications for 'water' activities	Venue Type
AUSTSWIM Teacher of Swimming and Water Safety Certificate	Type 1 only
Bronze Medallion of the Royal Life Saving Society (RLSS) of Aust.	Type 1 & 2
Pool Life Guard from the Royal Life Saving Society (RLSS) of Aust.	Type 1 & 2
Bronze Medallion of the Surf Life Saving Association of Aust. (SLSAA)	Type 1 & 2 & 3
Surf Rescue Certificate (SLSAA)	Type 1 & 2 & 3
Recognised Australian White Water Rescue Training.	Type 1 & 2 Type 3 when a non surf beach

ACTIVITY SAFETY KEY

For your safety, one of these three activity safety signs can be found at each onsite activity. These signs will be explained to all staff and students during your camp welcome. Please ensure that the appropriate level of supervision is provided when completing activities.

ACTIVITY SAFETY KEY

<p>STOP</p>  <p>SITE STAFF SUPERVISION ESSENTIAL</p>	<p>CAUTION</p>  <p>ADULT SUPERVISION ESSENTIAL</p>	<p>THINK</p>  <p>SUPERVISION ADVISED</p>
<p>THIS SIGN INDICATES</p> <p>SPECIALISED ACTIVITY</p> <p>A specialised activity MUST be supervised by site program staff.</p> <p>All instructions must be followed to ensure maximum safety and enjoyment.</p>	<p>THIS SIGN INDICATES</p> <p>SUPERVISED ACTIVITY</p> <p>This activity MUST be supervised by site staff or an adult who has been trained & signed off by site staff.</p> <p>All instructions must be followed to ensure maximum safety and enjoyment.</p>	<p>THIS SIGN INDICATES</p> <p>ENJOY</p> <p>Supervision is optional however, it is recommended that all activities have an adult in attendance.</p> <p>All instructions must be followed to ensure maximum safety and enjoyment.</p>

OFF-SITE ACTIVITIES

Wildlife Activities – Penguin visits, Ranger Talks, Koala Park, Wildlife Park, Maru Koala and Animal Park

Beach Activities – Sand sculpturing, rock pooling, beach combing, surfing, kite flying, beach games

Walks – including beach walks & night hikes

Fishing

Bike Education – can also be done on-site

WALKS

Written instructions, including maps, are available from us prior to camp for many walks on Phillip Island, including:

Silverleaves Beach Walk (Right of pier approx. 30min - 1hr).
Lovers Lane - Night Hike (45 mins).
Cruisin' Cowes on foot. (Cowes scavenger hunt)
Red Rocks Beach (including sand sculpturing 1.5 hrs one way)
Rhyll Inlet & Conservation Hill ^
Forrest caves ^
AND MANY MORE.

(^ Bus required to transport campers to starting point)

GENERAL

Surfing Lessons - Out There Outdoor Activities

Ph: (03) 5956 6450

Surf Kayaking - Out There Outdoor Activities

Ph: (03) 5956 6450

Mountain Biking - Out There Outdoor Activities

Ph: (03) 5956 6450

Sailing - Out There Outdoor Activities

Ph: (03) 5956 6450

Fishing Charters - Contact Camp for further details

Phillip Island Wildlife Parks – see following pages for details

Packed meals are available on request prior to camp for off-site walks or activities.

For bus and / or activity bookings, or information on group prices and package deals please contact:

PHILLIP ISLAND BUS TOURS

Ph: (03) 5952 2642

Please note that all these activities are mentioned only as a 'starting point' for you to gather information or assistance. CYC The Island is NOT recommending these companies to you.

We recommend the user group investigate their procedures, insurance cover, and professionalism before making their own decision to hire / use their equipment and / or assistance.

Out and About

On your way to Phillip Island, you may want to stop at one of the many attractions en-route to break the trip, stretch your legs or just let your group explore the surroundings. During your stay, you may like to treat your group to one of the many attractions Phillip Island and the surrounds has to offer. Some of these activities may attract an additional charge however many will be free. Following is a list of attractions / activities that can be used as an educational aid or just for sightseeing. Please peruse the following and see if there is anything that may fit in with your group's camp. At the end of this section we have added contact details for each attraction/ activity or contact the CYC The Island program co-ordinator for more information.

Activity Descriptions

Royal Botanic Gardens / Australian Garden (Cranbourne)



The Royal Botanic Gardens Cranbourne is one of Victoria's most precious areas of native bushland and offers nature-lovers the chance to explore 363 hectares of untouched heathlands, wetlands and woodlands. These expansive natural gardens are also home to thriving bird and animal life, including several rare endangered species. The award winning Australian garden is a place where visitors can immerse themselves in Australian flora, landscapes, art and architecture. This amazing new garden features a gallery of exhibition gardens, sculpture and displays - all highlighting the beauty and diversity of our Australian landscape. They do run educational programs for school children but teachers will need to contact them for further information.

Royal Botanic Gardens / Australia Garden is located at cnr Ballarto Drive & Botanic Drive, Cranbourne (via the South Gippsland Highway).

Maru Koala and Animal Park



.Maru is a family operated business running since 1983 at its present location. Hand feed and pat the kangaroos and wallabies, rare albinos, koalas, wombats, Tasmanian Devils, dingoes, a crocodile and other delightful creatures at the Animal Park. Enjoy hourly koala tours where the Keeper will introduce you to our koala family inside their enclosure. Take advantage of the opportunity to get a photograph up close with one of our Koalas! Learn about our Wildlife Shelter and enjoy frequent talks given by our animal keepers that help you learn about the animals as you interact with them. There are plenty of photo opportunities to ensure that you have souvenirs to share your experience with family and friends. There's more to Maru than animals! Set sail for 18 holes of adventure at Pirate Pete's Mini-golf, officially opened in June 2008. Putt your way around the thirty meter Pirate Ship, encounter

life size Pirate figurines and enter the gold mine under the five meter thunderous waterfall.

Maru Koala and Animal Park is located at Grantville on the Bass Hwy 15 minutes from Phillip Island.

Pelican feeding at San Remo



The pelican feeding is taken place at the San Remo jetty on the foreshore at 12:00pm everyday for viewing at no charge. There are barbeques, playgrounds and toilets available near the jetty for the publics use. San Remo is a small fishing settlement surrounded by some lovely coastal scenery and is the gateway to Phillip Island.

Koala Conservation Centre



Experience wild koalas in their natural habitat and stroll through Aussie bushland at our environmentally sustainable Centre dedicated to koala conservation. Two elevated treetop boardwalks allow superb close viewing of wild koalas in six hectares of Australian bushland.

The Centre plays host to a special koala breeding program which forms a vital part of the centre's ongoing research activities.

The Koala Conservation Centre is also home to a host of Australian wildlife – swamp wallabies, nocturnal brush tail and ringtail Possums, echidnas and over 150 species of birds. Also check out the ranger walk & talk and koala prowl.

The Penguin Parade



The Penguin Parade is Australia's most popular wildlife attraction and home to the largest Little Penguin colony in the world.

Every sunset, the hundreds to over a thousand wild Little Penguins emerge from the sea and march across the beach to their sand dune burrows.

The Little Penguin is the world's smallest (and cutest) penguin and the Penguin Parade is the best place to experience this completely natural phenomenon

Nobbies Centre



Overlooking the wild water of Bass Strait, the FREE Nobbies Centre showcases Australian fur seals and the unique marine life in our Southern Oceans.

Use our unique seals cameras to zoom in, 'spy' and print unique photos of the seals

Stroll free boardwalks with awe-inspiring views of Phillip Island's rugged south coast and blowhole

Keep a lookout on the boardwalks for nesting birds and Little Penguins

Learn about Seals and other Southern Ocean wildlife through interactive

displays, including our cool virtual 'fish tank'

View free awesome mini-presentations on the native marine life and bird life on huge plasma screens

Browse for unique gifts in our gift shop

Two kilometres offshore from the Nobbies, Seal Rocks is an important breeding ground and nursery for over 20,000 Australian Fur Seals. This is the closest seal colony to a major city in Australia.

The Nobbies Centre offers spectacular coastal scenery, viewing of the offshore seal colony at Seal Rocks and the chance to walk among nesting seabird colonies. It is a truly amazing natural experience! Entry is free.

Phillip Island Wildlife Park

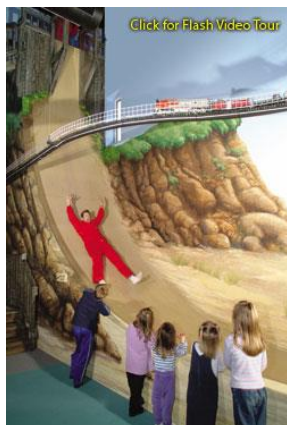


Phillip Island Wildlife Park has a unique range of different species and over 900 animals within the park. You can walk with the animals and even hand feed some of the wildlife. You can touch wombats, wallabies, kangaroos, etc. There is an opportunity to get up and close with the koalas and view them in a natural enclosure whilst walking along a board walk. There are many more animals to see including Tasmanian Devils, dingoes, emus, snakes, wedge tailed eagles, crocodiles, goannas, echidnas and many more exhibits are being continually added.

The Wildlife Park also offers picnic areas, snacks, refreshments and toilets.

The Phillip Island Wildlife Park is located on Phillip Island tourist rd, Cowes (1km before central Cowes)

A Maze 'N Things



It is a whole world of optical illusions, mazes and puzzles that will entertain, intrigue and amuse adults and children for hours. The new Puzzle Island extension at A Maze 'N Things boasts world first activities, and a whole range of interactive exhibits that will have you roaring with laughter or scratching your head in disbelief. Inside the uniquely designed building there are Illusions Rooms, a Mirror Maze, the Rotating Room, and a host of other exciting and challenging things to do, including the LOOK OUT!!!! Slide, which is the highest indoor vertical slide in the Southern Hemisphere. Not for the fainthearted, it is a great adrenalin rush for those on it, and very entertaining for those just watching. Outside there is Australia's largest three dimensional timber maze and our very different 19 hole maxi mini golf.

Now available for school groups are educationally oriented tours that explore a range of learning experiences from Years three to VCE. For VCE students we have produced a number of worksheets that can be used on site. The subjects and activities covered include problem solving, mazes, visual perception, distance, and angles and lateral thinking. All are designed by experienced teachers, with targeted learning outcomes in mind.

Phillip Island Grand Prix Circuit Go Carts



Come along and experience the fun, thrills and excitement of Go Kart racing at our new track - situated at Australia's premier Grand Prix Circuit. We feature modern, reliable karts, in a safe family racing environment. A great day for families, groups and racing enthusiasts alike. Attractions include a Scaled Version of the Phillip Island Grand Prix Circuit Exciting 760 metre track, Latest European Go Kart Fleet (Adult/Double/Kids) available and Lap Time printouts.

Phillip Island Tenpin Bowling & Entertainment Centre



Located only a 10 minute walk from CYC The Island and is open 7 days a week. The Centre includes: Pool Tables, Lounge, Cafe & Fully Licensed Bar, Lazer Zone, Air Hockey Tables, Table Tennis, and Austar Entertainment on a large screen and many of the latest amusement games.

Clip N' Climb



Calling all teachers, educators and school leaders! We want to promote healthy challenging fun for children of all ages and abilities.

With the unpredictable weather on Phillip Island, Clip 'n Climb may be the perfect place for kids to burn off some energy. Climbing builds strength, confidence, coordination, and problem solving and teamwork skills.

Please contact our team at Clip n' Climb Phillip Island to book an excursion.

Churchill Island



This tiny island of 57 hectares is now open to the public as an historic working farm that boasts significant natural and cultural values with world-class wetlands, ancient Moonah trees, heritage gardens and historic buildings.

The Visitor Centre features an exhibition on the history of the island, quality gift shop and licensed café.

Step back in time... meet the farm animals, relax in the cafe, enjoy the water views, stroll amongst heritage buildings and lovely gardens
Daily farming activities - cow milking, blacksmithing, sheep shearing,

working dog demonstrations

Experience a traditional Aussie working farm

Meet the Clydesdale horses, highland cattle, sheep, ducks, chickens and peacocks.

Visit the adorable baby animals in our nursery

Stroll amongst heritage buildings and lovely gardens

Walk or cycle around the island, soak up the views and enjoy the birdlife

Take home goodies from the farm shop

Wildlife Coast Cruises



Seal Watching Cruise: Experience this spectacular two hour cruise to Australia's largest Fur Seal colony. Watch thousands of fur Seals up close in their natural habitat, with an educational commentary. Regular seabird and dolphin sightings, historical sights, warm undercover viewing and complimentary afternoon/morning tea provided.

Island Bay Cruise / Cape Cruise: 1 hour Scenic Cruise From either Cowes or San Remo, out into Westernport Bay or around Cape

Woolamai. Regular seabird and dolphin sightings, historical sights, warm undercover viewing and complimentary afternoon/morning tea provided.

THINGS TO DO ON & AROUND PHILLIP ISLAND

For pricing contact either the Attraction or the CYC The Island Program Coordinator.

* Activities for Rainy Days:

ATTRACTION	PHONE NUMBER	WEBSITE	OPENING TIMES
* A MAZE 'N THINGS 1805 Phillip Island Rd, Cowes	03 5952 2283	www.amazenthings.com.au	10am-5.00pm (earlier can be arranged at booking)
AUSTRALIA GARDEN Cnr Ballato Drive and Botanic Drive, Cranbourne	03 5990 2200	www.rbg.vic.gov.au	9am – 5pm
CALDERMEADE FARM Sth Gippsland Hwy, Caldermeade	03 5997 5000	www.caldermeadecafe.com.au	Open daily 9am – 5pm
CHURCHILL ISLAND Phillip Island Rd, Newhaven	03 5956 7214	www.churchillisland.org.au	Open daily 10am – 5pm
* Clip N 'Climb	03 5952 6780	hello@islandclipnclimb.com.au	Open Tuesday-Sunday 11.00am-6.00pm
COAL CREEK Korumburra, Melway ref.512 U10	03 5655 1811	www.coalcreekvillage.com.au	Open Thursday to Monday 10.00am to 4.30pm Group or School bookings 7 days
* GRUMPYS (mini golf) 152 Thompson Ave, Cowes	03 5952 3060	n/a	Open weekdays from 1:00pm – 5:00pm (earlier can be arranged at booking)
ISLAND SURFBOARDS 225 Smiths Beach Rd, Smith's Beach	03 5952 3443	www.islandsurf.com.au	9am-5pm for bookings
*KOALA CONSERVATION CENTRE Phillip Island Rd, Cowes	03 5952 1610	www.penguins.org.au	10am – 6:00pm
LASER STRIKE (at Camp)	1300 76 46 86, 0404 464 646	www.laserstrike.com.au	N/A
* MARU KOALA & ANIMAL PARK Bass Highway, Grantville	03 5678 8548	www.marukoalapark.com.au	9.30am-6:00pm
* NOBBIES CENTRE Point Grant (3km past the Penguin Parade)	03 5951 2800	www.penguins.org.au	11:00am until 1 hour prior to sunset

OUT THERE	03 5956 6450	www.outthere.net.au	9am-5pm for bookings
OUTDOOR GO-KARTS Back Beach Rd, Smiths Beach	03 5952 9400		9:00am – 7:00pm
* PHILLIP ISLAND CHOCOLATE FACTORY 930 Phillip Island Rd, Newhaven	03 5956 6600	www.phillipislandchocolatefactory.com.au	Open daily: 9:00am – 5:00pm
* PHILLIP ISLAND GRAND PRIX CIRCUIT VISITOR CENTRE Back Beach Rd, Smiths Beach	03 5952 9400	www.phillipislandcircuit.com.au	Guided tours 11am and 2pm daily Walk through the water gardens. Open daily 9am-7pm
* PENGUIN PARADE Summerland Beach, Summerland	03 5951 2800	www.penguins.org.au	From 10am and the penguins arrive at sunset
* PHILLIP ISLAND TEN PIN BOWLING Settlement Rd, Cowes	03 5952 3977	www.piaction.com.au	Mon – Wed 12pm til late Thursday & Friday 10am – late
PHILLIP ISLAND WILDLIFE PARK Phillip Island Rd, Cowes	03 5952 2038	www.phillipislandweb.com - attractions	10am – 5:30pm
THE ISLANTIS SURF EXPERIENCE	03 5956 7553	https://theislandtissurfexperience.com.au/	Open daily 9am – 5pm
* VIETNAM VETERANS MUSEUM Veterans Drive, Newhaven	03 5956 6400	www.vietnamvetsmuseum.org	Open daily 10am – 5pm
WARROOK CATTLE FARM Sth. Gippsland Hwy, Monomeith	03 5997 1321	www.warrook.com.au	10am – 4pm Guided tours run daily from 1pm
Wonthaggi State Coal Mine Garden St, Wonthaggi	03 5672 3053		Open daily 10am – 4:30pm



For more information on Ranger Talks please

Talk to Steph 59522 201 or email stephanie@cyc.org.au

Talk	Location	Length	Year	Information
Rockpool Ramble	Smiths Beach Kitty Miller Bay Summerland's	1.5hrs at low tide	ALL	Explore the rock platforms' incredible animals and plants with the Phillip Island Nature Park rangers. You will be amazed by the creatures that live there, their habitat, special features and survival needs.
Beachcomb / Beach treasures	Smiths beach, Kitty Miller & Summerland's	1hr	ALL	Delve into this ranger exploration of treasure from the deep. Gather creatures left on the tide line and discover where they're from and why they were left behind.
Penguin Talk	Penguin Parade Visitors Centre	1-2hrs	ALL	This informative session explores penguin adaptations and special features. Students investigate Little Penguin threats, management strategies and the latest amazing research on Little Penguins.
Koala Talk	Koala Conservation Centre	1hr	ALL	This ranger led activity focuses on the koala's special features, their threats and how the Nature Park assists in maintaining a healthy koala population. Through a guided tour of the Koala Conservation Centre students will learn about the koala in their natural environment.
Churchill Island	Churchill Island	1-2hrs	ALL	Students investigate Churchill Islands early Bunurong and European history through ranger led walks and activities. May also include demonstrations of sheep shearing, blacksmiths, working dogs, and milking the cow. Optional extra activities include butter churning, bakers oven and old time games.
Seal Talk	Nobbies	1hr	ALL	The colony of Australian Fur Seals at Seal Rocks is now one of the largest in Australia. Use the Seal Rocks cameras to view the playful seals and discover their adaptations, special features, biology and behavior. Learn about the latest research being conducted on the Australian Fur Seal and how this has changed our understanding of this species.
Bush tucker trail / Oswin Roberts	Swan Lake	1-1.5hrs	ALL	The Bunurong tribe were the original inhabitants of Phillip Island and survived on a variety of food from the environment. Discover how the land was used before European people settled here.

NIGHT TALKS				
Koala Spotlight	KCC (just after sunset)	1-1.5hrs,	ALL	Discover the nocturnal wildlife of Phillip Island's woodlands. Investigate the animal's behavior, habitat and requirements.
Wildlife stories	CAMP	1hr	ALL	Phillip Island wildlife and stories, little penguins, features, protection, conservation, rehabilitation, research, threats and research. Koalas, ringtail possums, seals, foxes, feral cats, littler etc. using taxidermed animals.
Shearwater sunset walk	Cape Woolamai	1.5hrs seasonal	ALL	Cape Woolamai history and shearwaters features, history, breeding, food, migration and Bunurong information.

Year 10 & VCE TALKS

Talk	Location	Length	Information
Rockpool Investigation	Summerlands, Smith or Kitty Miller	1.5hrs	Using quadrates and work sheets students investigate what's living in and around the Rockpool
Penguin Colony Survey	Summerlands	1.5hrs	Using quadrates students record penguin activity, plant growth, animals found, litter found, what impact we have on the penguins and their environment
Bush land Survey	Oswon Roberts	1.5hrs	Using quadrates students record what they find plant growth, species, animals found, litter found what impact if any we have on the area
Penguin Parade Change over time	Penguin Parade	1-2hrs	Students focus on conservation and management strategies implemented by the Nature Park. We discuss the impacts on Phillip Island's natural systems over the last 200 years and examine the effectiveness of management strategies over time
Nobbies Change over time	Nobbies	1-2hrs	Students focus on conservation and management strategies implemented by the Nature Park. We discuss the impacts on Phillip Island's natural systems over the last 200 years and examine the effectiveness of management strategies over time, Summerland's buy back
Churchill Island time traveller	Churchill Island	1-2hrs	Investigate Churchill Island indigenous people, early European history, the past of the people that have lived here and how they interacted with the islands environment.
Cape Woolamai walk about	Cape Woolamai	2hrs	Visit spectacular Cape Woolamai with a ranger and discover amazing coastal processes, protected seabird habitat and management issues and strategies
Balancing tourism & the environment	Penguin Parade	1-2 hrs	Phillip Island is home to one of Victoria's largest Little Penguins colonies. The world famous Penguin Parade at Summerland Beach sees over 500,000 visitors per year. Students look at how the Penguin Parade has evolved since the 1920's, and its role in the past and present conservation of the Little Penguin. Investigate management strategies designed to minimize visitor impacts whilst still creating a natural experience. Students will explore their own views for the future management of the Penguin Parade.
Project Penguin Homes	Penguin Parade	2hrs	Phillip Island was once home to ten penguin colonies, now there is only one. This last colony at the Summerland's Peninsula was almost lost due to housing developments. As part of the 'Summerland Buyback Scheme' houses are being removed and the housing estate being returned to penguin habitat? Students install artificial burrows and revegetate sites to encourage Little Penguins to return to the area.

All Phillip Island Nature Parks Educational Ranger Talks can be tailored to meet the specific needs of your students

	PROGRAM PLANNER FOR: (Insert Day and Date)
Time	Activity
7.00am	Time to get up!!
8.00am	Breakfast
9.00am	
9.15am	
9.30am	
9.45am	
10.00am	
10.15am	
10.30am	
10.45am	
11.00am	
11.15am	
11.30am	
11.45am	
12.00pm	
12.15pm	
12.30pm	
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4.45pm	
5.00pm	
5.15pm	
5.30pm	
5.45pm	
6.00pm	
6.15pm	
6.30pm	
6.45pm	
7.00pm	
7.15pm	
7.30pm	
7.45pm	
8.00pm	
8.15pm	
8.30pm	
8.45pm	
9.00pm	Bed time?



Section 3

TEACHER RESOURCES

CYC ACCOMODATION REGISTER

SEAFARER CABINS 1 - 4

Cabins 1-4: 2 sets of single bunk beds (4 singles) and 2 single beds.

CABIN 1

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

CABIN 2

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

CABIN 3

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

CABIN 4

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

CYC ACCOMODATION REGISTER

SEAFARER CABINS 5 - 10

Cabin 5 : Teachers suite has 2 separate bedrooms with 2 single beds in each.

Cabin 6-8 & 10 : 2 sets of single bunk beds (4 singles) and 2 single beds.

Cabins 9: 1 single bunk bed (2 beds) and 2 single beds.

CABIN 5 (TEACHERS SUITE)

- 1 _____
- 2 _____
- 3 _____
- 4 _____

CABIN 6

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 7

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 8 (DISABLED SUITE)

- 1 _____
- 2 _____
- 3 _____
- 4 _____

CABIN 9

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 10

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CYC ACCOMMODATION REGISTER

SEAFARER CABINS 11 - 17

Cabin 11 – 15 : 2 sets of single bunk beds (4 singles) and 2 single beds

Cabin 16 : 1 single bunk bed (2 beds) and 2 single beds.

Cabin 17: Teachers suite has 2 separate bedrooms with 2 single beds in each.

CABIN 11

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 12

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 13

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 14

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 15

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

CABIN 16 (DISABLED SUITE)

- 1 _____
- 2 _____
- 3 _____
- 4 _____

CABIN 17 (TEACHERS SUITE)

- 1 _____
- 2 _____
- 3 _____
- 4 _____

CYC ACCOMODATION REGISTER

SEAFARER CABINS 18 - 25

Cabin 18-25: 2 sets of single bunk beds with 1 double bed at the bottom of one set in each room except: Cabins 21 - 25.

CABIN 18

1 _____
2 _____
3 _____
4 _____

CABIN 19

1 _____
2 _____
3 _____
4 _____

CABIN 20

1 _____
2 _____
3 _____
4 _____

CABIN 21

1 _____
2 _____
3 _____
4 _____

CABIN 22

1 _____
2 _____
3 _____
4 _____

CABIN 23

1 _____
2 _____
3 _____
4 _____

CABIN 24

1 _____
2 _____
3 _____
4 _____

CABIN 25

1 _____
2 _____
3 _____
4 _____

CYC ACCOMODATION REGISTER MARINER LODGES 1 & 2

2 sets of single bunk beds with 1 double bed at the bottom of one set

LODGE 1 / ROOM 1

1 _____
2 _____
3 _____
4 _____

LODGE 1 / ROOM 2

1 _____
2 _____
3 _____
4 _____

LODGE 1 / ROOM 3

1 _____
2 _____
3 _____
4 _____

LODGE 1 / ROOM 4

1 _____
2 _____
3 _____
4 _____

LODGE 2 / ROOM 1

1 _____
2 _____
3 _____
4 _____

LODGE 2 / ROOM 2

1 _____
2 _____
3 _____
4 _____

LODGE 2 / ROOM 3

1 _____
2 _____
3 _____
4 _____

LODGE 2 / ROOM 4

1 _____
2 _____
3 _____
4 _____

CYC ACCOMODATION REGISTER MARINER LODGES 3-8 & 10

Lodges 3 – 7: 1 double bed in each room.

Lodges 8 & 10: 2 bedrooms in each, 1 double bed, 4 singles (bunk style).

LODGE 3

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

LODGE 4

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

LODGE 5

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

LODGE 6

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

LODGE 7

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

LODGE 8

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

LODGE 10

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

ARCHERY – HOW TO PLAY

Each player shoots 3 arrows per round.

To score, the arrows must stick into the hay or targets (*leaders discretion allowed*).

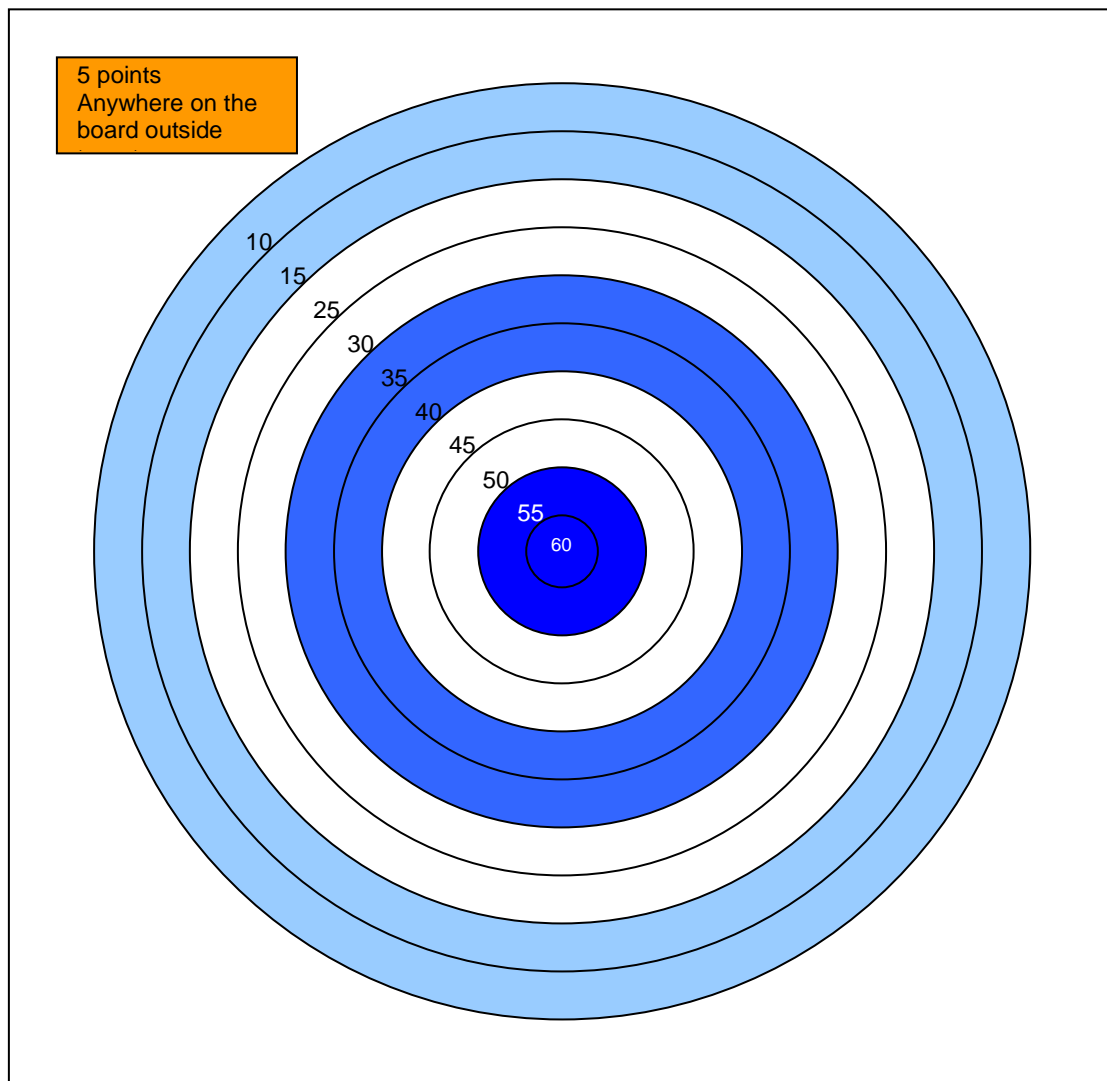
SCORING (see picture below)

1 point is scored for hitting the hay

5 points for anywhere on the board outside the target area.

Each subsequent ring is worth an extra 5 points, with the bullseye being 60 points.

After all 10 rounds (*or less due to time limit*) the scores are added up to find the winner!



BOUNCE BALL RULES

To start game, **server** delivers an underarm serve to pass over the net.

The **server** stands on the black mat at the rear of the court to deliver the service and can jump on to the court as soon as the ball has left their hands.

The **receiver** must bounce on the mat whilst waiting to receive the serve.

The **receiver** catches the ball and throws it back whilst in the air and so on until one player throws the ball outside the court or fails to catch the ball before it hits their side of the court.

Should the service be a “net ball”, the **receiver** has the option to play the ball or have the service again. If the **receiver** attempts to play a “net ball”, then it is deemed “play on”.

Server will lose the service if they attempt to Balk/Fake whilst serving.

Server only has one opportunity to serve with the exception of a “net ball”.

Server keeps serving until they lose a point.

The first player to reach 10 points is the winner (or less due to time limit, alternatively you can use the clock timer to time games.)

PLAYERS LOSES POINT

If they touch the net with any part of their body.

If they place any part of their body on foul line (central line).

If they land on the court whilst in possession of the ball. Note: for younger players, a single bounce may be permitted whilst holding the ball.

If they hit the vertical net support posts with a return ball.

CRUISIN' COWES ON FOOT

You'll need – A pen and appropriate clothing (ie. warm jacket or hat and sunscreen)

Make sure you use the footpaths whenever possible, and always walk facing on-coming traffic.

Stand at the front gate of CYC The Island, facing Church St.

Turn right and walk to Dunsmore Rd. (You should pass Shamrock, Birdwood, Monash, Benambra and Paringi on your right.)

Along the way, can you find what animal is the mascot for the Phillip Island Football Team?

Turn left into Dunsmore Rd and walk to the end. (You should pass Gordon, Carisbrooke & Stradbroke on your right.)

Walk onto the beach

Turn left and using either the walking track (high tide) or beach (low tide) proceed to the first point of land jutting into the sea.

Take the cement steps up off the beach to the left. You should now be at the corner of the Esplanade and Steele St. This is known as EREHWON POINT.

What does it spell backwards?

What Shire is Cowes in?

Name 3 things prohibited by the Shire. (Blue sign)

Which Service Club set up the park here?

What colour are the slides on the playground equipment?

Stay and play for 10 minutes or just sit and enjoy the view.

Walk past the electric BBQ shelter and take the wooden steps down to the pathway.

Turn left and walk along the path until you reach the toilets. Use them if you wish and then walk up the grassy bank back towards the Esplanade.

Find the “Area 25 Pyramid” marker. What does it say on the sign?

Return to the beach path, and find a place on the surrounding grass to sit quietly for 5 minutes. Think about the wonderful world we live in, think about all the creatures within it and think about you and your beliefs, journey etc.

Name 3 things you can hear when you stop to listen.

Walk along the jetty

What is not permitted on the jetty?

How many boats can you see in the water?

- Return back along the jetty.

What is the name of the building opposite the jetty on the corner of Thompson Ave & The Esplanade?

- Follow footpath to the right and alongside the esplanade until you are standing beside a half rotunda (Above toilets). Use toilets now if you need to as this is the last chance for a while.

List the animals on the 23 coloured mosaic tiles that are in the footpath?

- Follow the steps beside the toilet back down to the lovely sandy beach.

Now look up the grassy bank up towards the shops. What animal is mad?

- Continue walking along the beach away from the pier. Just before you reach the point take the wooden steps off the beach to the left. Sit at the wooden tables and benches up on top of the point. Relax for 5 minutes!!
- Walk down the steps at the other side of the point, and down to the beach. Continue walking away from the jetty.

Find the Area 23 pyramid. What is the creamy coloured building straight in front of you?

- Now walk up Osborne Ave.
- Turn left into Chapel St. Stroll up Chapel St.

Name the brick building on your left with the flagpole out the front.

- Proceed up Chapel St crossing over Walpole St.

What church is on the corner of Warley Ave & Chapel St?

What's the name of the hair dressers you pass?

- Keep walking along Chapel St and turn right when you reach the roundabout into Thompson Ave (Main St). Cross over onto the left hand side of the road.

What is the name of the shop with the Mail Box out the Front?

Name the building to the right of the telephone boxes.

- Continue walking down Thompson Ave.

What 'Gardens' are set between the Library and the Cowes Cultural Centre?

- Turn left into Church St and return to CYC The Island for a well earned rest!!

CRUISIN' COWES ON FOOT – ANSWER SHEET

You'll need – A pen and appropriate clothing (i.e. warm jacket or hat and sunscreen)

Make sure you use the footpaths whenever possible, and always walk facing on-coming traffic.

- Stand at the front gate of CYC The Island, facing Church St.
- Turn right and walk to Dunsmore Rd. (You should pass Shamrock, Birdwood, Monash, Benambra and Paringi on your right.)

Along the way, can you find what animal is the mascot for the Phillip Island Football Team?

BULLDOG

- Turn left into Dunsmore Rd and walk to the end. (You should pass Gordon, Carisbrooke & Stradbroke on your right.)
- Walk onto the beach
- Turn left and using either the walking track (high tide) or beach (low tide) proceed to the first point of land jutting into the sea.
- Take the cement steps up off the beach to the left. You should now be at the corner of the Esplanade and Steele St. This is known as EREHWON POINT.

What does it spell backwards?

NOWHERE

What Shire is Cowes in?

BASS COAST

Name 3 things prohibited by the Shire. (Blue sign)

CAMPING, FIRES, LITTERING, HORSE RIDING, MOTOR BIKE RIDING, CUTTING DOWN TREES, DOGS

Which Service Club set up the park here?

THE PHILLIP ISLAND / SAN REMO ROTARY CLUB

What colour are the slides on the playground equipment?

YELLOW

- Stay and play for 10 minutes or just sit and enjoy the view.
- Walk past the electric BBQ shelter and take the wooden steps down to the pathway.
- Turn left and walk along the path until you reach the toilets. Use them if you wish and then walk up the grassy bank back towards the Esplanade.

Find the "Area 25 Pyramid" marker. What does it say on the sign?

A 25 – IN CASE OF EMERGENCY STATE THIS AREA NUMBER AND RING 000

- Return to the beach path, and find a place on the surrounding grass to sit quietly for 5 minutes. Think about the wonderful world we live in, think about all the creatures within it and think about you and your beliefs, journey etc.

Name 3 things you can hear when you stop to listen.

WAVES, SEA, OCEAN, BIRDS, PEOPLE, TRAFFIC ETC

- Walk along the jetty

What is not permitted on the jetty?

DIVING

How many boats can you see in the water?

0 – LOTS

- Return back along the jetty.

What is the name of the building opposite the jetty on the corner of Thompson Ave & The Esplanade?

HOTEL

- Follow footpath to the right and alongside the esplanade until you are standing beside a half rotunda (Above toilets). Use toilets now if you need to as this is the last chance for a while.

List the animals on the 23 coloured mosaic tiles that are in the footpath?

PELICAN, CRAYFISH, DOLPHIN, FISH, SHARK, SUN, IBIS, SEAHORSE, MERMAIDS, TURTLE, WHALE,

PENGUIN, CRAB, SEA DRAGON, SWAN, FISH, STORK, SUN AND FUSH, PORPOISE, OCTOPUS,

SCENE, OCTOPUS, AND SPOONBILLS

- Follow the steps beside the toilet back down to the lovely sandy beach.

Now look up the grassy bank up towards the shops. What animal is mad?

COW

- Continue walking along the beach away from the pier. Just before you reach the point take the wooden steps off the beach to the left. Sit at the wooden tables and benches up on top of the point. Relax for 5 minutes!!
- Walk down the steps at the other side of the point, and down to the beach. Continue walking away from the jetty.

Find the Area 23 pyramid. What is the creamy coloured building straight in front of you?

COWES YACHT CLUB

- Now walk up Osborne Ave.
- Turn left into Chapel St. Stroll up Chapel St.

Name the brick building on your left with the flagpole out the front.

POLICE STATION

- Proceed up Chapel St crossing over Walpole St.

What church is on the corner of Warley Ave & Chapel St?

ST JOHN'S UNITING

What's the name of the hair dressers you pass?

SPICE HAIR

- Keep walking along Chapel St and turn right when you reach the roundabout into Thompson Ave (Main St). Cross over onto the left hand side of the road.

What is the name of the shop with the Mail Box out the front?

POST OFFICE

Name the building to the right of the telephone boxes.

WING HO CHINESE RESTAURANT

- Continue walking down Thompson Ave.

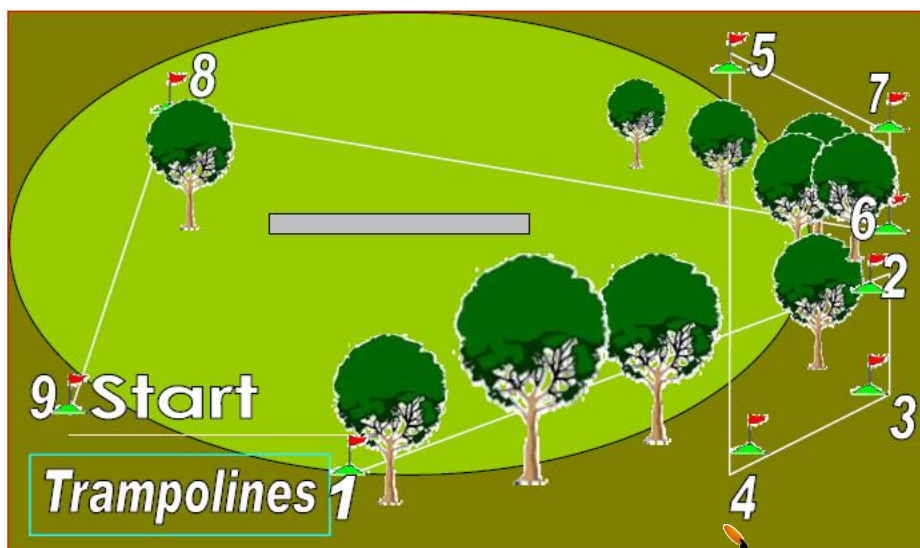
What 'Gardens' are set between the Library and the Cowes Cultural Centre?

FOUNTAIN GARDENS







- Turn left into Church St and return to CYC The Island for a well earned rest!!

FRISBEE GOLF

Hole 1	24mtrs	Par 2
Hole 2	35mtrs	Par 4
Hole 3	16mtrs	Par 3
Hole 4	20mtrs	Par 2
Hole 5	50mtrs	Par 5
Hole 6	15mtrs	Par 2
Hole 7	15mtrs	Par 2
Hole 8	40mtrs	Par 3
Hole 9	35mtrs	Par 3



RULES

-  Aim to hit the pole in the minimum number of throws
-  Maximum number of throws per pole is six
-  All road surfaces are "waterways" add one throw to the score
-  Keep off any garden beds
-  Only throw Frisbee if it is safe to do so
-  Don't throw towards other people



NAME	1	2	3	4	5	6	7	8	9	TOTAL

ISLAND SCAVENGER HUNT

MINTY WRAPPER	5 POINTS
EMPTY CAN OR BOTTLE	5 POINTS
BOTTLE LID OR PULL TOP	5 POINTS
PEN LID	5 POINTS
ORANGE OR MANDARIN PEEL	5 POINTS
NUT	5 POINTS
PLASTIC BAG	5 POINTS
EXTRA CHEWING GUM WRAPPER	5 POINTS
HAIR TIE	5 POINTS
DUCT OR STICKY TAPE	5 POINTS
PAPER CLIP	5 POINTS
FEATHER	10 POINTS
SOMETHING PURPLE (NOT A FLOWER)	10 POINTS
SOMETHING STARTING WITH E	10 POINTS
CHUPPA CHUP STICK	10 POINTS
GLAD WRAP	10 POINTS
LEAF WITH BIRD POO ON IT	10 POINTS
STRAW	10 POINTS
ICECREAM STICK (NOT FROM DINING ROOM)	10 POINTS
1 PAGE OF NEWSPAPER	10 POINTS
ANY PART OF A BALLOON	10 POINTS
SHELL	10 POINTS
BREAD TAG	20 POINTS
CICADA SHELL	20 POINTS

* Please do not ask any of 'The Island' staff for items. Thankyou

CYC LETTER HUNT!

Please note: The Letter Hunt has Green plates with a White number and letter on it. Once you have found the number write down the letter that is on the same plate in the box on the sheet.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

CLUES:

1. At CYC front entrance somewhere???
2. First Tee of Frisbee Golf.
3. Let's shoot some hoops outside the gym!
4. Watch out for the Cannon Balls!!
5. Wanting to save a life outside one of the Lodges?
6. Only CYC Staff can go through this door.
7. Stairway to heaven.
8. If it hasn't rained, you won't get a drink.
9. Don't bounce past...!
10. Right foot on yellow, left hand on red.
11. Near the Entrance to the Mariner dining room.
12. Watch out this might make you sick!
13. Out of gas? It's near the gas tank.
14. Near the Rec Hall main entrance.
15. Do you enjoy a barbeque?
16. Mariners Wharf near the garden
17. Who needs saving in the pool?
18. What's a rotunda?
19. 6th tee of the Frisbee Golf.
20. We have 28 caravans here at CYC. What is half?
21. Look and see if the Postman has been!
22. Within a 10m radius of some fun play equipment.
23. Ring the bell!
24. Public toilets... But which ones?
25. Who's in the front office?
26. It looks real but it's actually fake!
27. Near the 7 and 8 caravan site. But where?
28. Where's a place to play?
29. Walking Vertically.
30. **BOOM!** They are red and white, but there's only 2.

*** All Letter Hunt Plates are found outside***

CYC LETTER HUNT!

Please note: The Letter Hunt has green plates with a white number and letter on it.

G 1	I 2	V 3	E 4	T 5	H 6	A 7	N 8	K 9	S 10
T 11	O 12	T 13	H 14	E 15	L 16	O 17	R 18	D 19	F 20
O 21	R 22	H 23	E 24	I 25	S 26	G 27	O 28	O 29	D 30

ANSWERS:

- At the CYC front entrance somewhere???? (On right as you leave camp)
- At the first tee of the Frisbee golf. (Near trampolines)
- Let's shoot some hoops outside the gym! (On backboard of basketball ring, outside of gym, near back oval)
- Watch out for the Cannon Balls!! (On Cannon, in front of Seafarer cabins 1- 6)
- Wanting to save a life in the Lodges? (Near buoy at side of lodge 1)
- Only CYC Staff can go through this door! (In doorway to bike shed near fake grass)
- Stairway to Heaven! (On the deck above the entrance to the Gym)
- If it hasn't rained, you won't get a drink. (Under the water tank near the kitchen, on one of the legs)
- Don't bounce past! (On the back of timer at the trampolines)
- Right foot on yellow & left hand on red. (On top of twister spinner post)
- Near the Entrance to the Mariner dining room. (On the pole opposite the Mariner dining room door)
- Watch out! This might make you sick! (On the inside of fence surrounding Circatron)
- Out of Gas? It's near the tank! (On base of tree near gas tank-near Flying Fox)
- Near Rec Hall main entrance. (Up high)
- Do you enjoy a barbeque? (Near Mariners Wharf)
- Mariners Wharf near the garden (On the outside of Mariners Wharf building near the garden bed)
- Who needs saving in the pool? (Behind life saving ring, outside of pool fence)
- What is a rotunda? (On the rotunda. Can be seen from outside the pool fence.)
- 6th tee of the Frisbee golf. (On the back of the tee at the 6th frisbee golf tee, near the front left hand corner of campsite)
- We have 28 caravan sites at CYC. What is half? (On the pole for caravan site 14.)
- Look and see if the postman has been! (Near the post box at front office)
- Within a 10m radius of some fun play equipment. (On bollard near playground, near rear oval.)
- Ring the bell! (On top of post holding bell, front office)
- Public toilets... But which ones? (Next to Circatron)
- Who's in the front office? (Low on a post at front office)
- It looks real but its actually fake (On the edging of the synthetic turf)
- Near the 7 and 8 caravan site. But where? (On the Fence near the 7 and 8 post)
- Where's a place to play? (On the wooden plank surrounding the playground)
- Walking Vertically. (On the back of the Abseiling wall.)
- BOOM!** They are red and white, but there are only 2. (Boom Gate closest to the swimming pool.)

*** All Letter Hunt Plates are found outside***

CYC ORIENTATION

NUMBER HUNT!

Please note: The Number Hunt plates are white with a black number on it.

No:

- ___ Caution: This activity might make you sick!
- ___ Definitely better than Cowes water!
- ___ Start of a ropes course and it's low.
- ___ Is anyone in the front office?
- ___ The shipwreck near the gym.
- ___ Do foxes really fly?
- ___ Boy, oh buoy, oh buoy!!
- ___ What's a rotunda?
- ___ Out of gas? It's near the gas tank!
- ___ Time to hang out the washing!
- ___ Look and see if the Postman has been!
- ___ Up the stairs and your there! You're still outside, aren't you??
- ___ Near a three legged swing!
- ___ Where does the fox fly to?
- ___ You can eat here! Look near the entrance of the Seafarer _____ room.
- ___ Was it to the left or right of the entrance?

*** All Number Hunt Plates are found outside***

CYC ORIENTATION

NUMBER HUNT!

Please note: The Number Hunt plates are white with a black number on it.
(Answer Sheet)

No:

15. Caution: This activity might make you sick! (On fence of Circatron)
14. Definitely better than Cowes water! (Water Tank near Kitchen)
9. Start of a ropes course and it's low. (First pole of the Low Ropes course)
2. Is anyone in the front office? (Low on post on office veranda)
4. The shipwreck near the gym. (On post next to boat, near gym entrance)
16. Do foxes really fly? (Underneath platform of Flying Fox)
10. Boy, oh buoy, oh buoy!! (Low on tree near yellow buoy)
13. What's a rotunda? (On the shelter in pool area. CAN BE SEEN FROM OUTSIDE THE FENCE)
6. Out of gas? It's near the gas tank! (On a tree near the gas tank)
5. Time to hang out the washing! (Washing line near pool area)
7. Look and see if the Postman has been! (Under rung on ladder)
11. Up the stairs and your there! You're still outside, aren't you?? (Outside upstairs meeting room)
12. Near a three legged swing! (On wall of Lodge 1, near Giant Swing)
3. Where does the fox fly to? (On a tree at the end of the Flying Fox)
8. You can eat here! Look near the entrance of the Seafarer _____ room. (Above dining room entrance)
1. Was it to the left or right of the entrance? (On LEFT post of camp entrance)

*** All Number Hunt Plates are found outside***

CYC PHOTO HUNT

FRONT OF CAMP

PHOTO NO	WHAT IS IT?	WHERE IS IT FOUND?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		

Name or Names in Group: _____

CYC PHOTO HUNT

REAR OF CAMP

PHOTO NO	WHAT IS IT?	WHERE IS IT FOUND?
A		
B		
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O		
P		
Q		
R		

Name or Names in Group: _____

CYC PHOTO HUNT – ANSWERS

FRONT OF CAMP

No	WHAT	WHERE
1	Cold sign for tap	Tap near pool
2	Glass pattern on door	Door to Seafarer Meeting Room
3	Emergency Assembly Area sign	On front Oval next to trampolines
4	Coin slot on coke machine	Coke machine
5	"Welcome to CYC" sign	Hanging in front of the Seafarer Meeting Room
6	Trampoline timer	Back of the trampoline clock
7	Tyres	End of Flying Fox near front office
8	Balcony	Near Seafarer Meeting Room
9	Shipwreck bell	Opposite office
10	Banana Life Buoy	Pool
11	Tap on top of Gas Bottle	Near Cabin 17 & Circatron
12	Cabin Door	Cabin number 11
13	Cricket Pitch	Centre of Front Oval
14	Letter Box	Opposite the Front Office
15	Electrical power supply box	North of swimming pool
16	Cannon	Garden bed near Cabin 1 & 2
17	Weight Scales	Outside Seafarer Meeting Room
18	Circatron	In-between cabin's 12 and 17

REAR OF CAMP

No	WHAT	WHERE
A	Slide	Playground
B	Pump System	Next to the rear of kitchen door
C	Wagon Wheel	In the garden bed behind Cabins 1 - 6
D	Large crawl through Pipe	In playground
E	Sign on Gas Bottle	Gas Tank near Giant Swing
F	Staff Only Sign	Rear of Gym
G	Life saving ring	Mariner Lodge no 1
H	Gas Lines	Side of Lodge 5
I	Door Handle	Mariner Lodge 4
J	Antenna	Above Mariner's Wharf
K	Roof	Window above Mariner Dining Room
L	Buoy	Driveway near kitchen
M	Chanel Buoy	Driveway near Giant swing
N	Light	Driveway side of Gym
O	Safety Key Sign	Camp Fire
P	Bollard	Corner of Car Park
Q	Base of Platform	Kid's playground
R	Cables	Giant Swing

OPTIONS

- 1 = 1 - 18 (Front of Camp)
 2 = A - R (Rear of Camp)
 3 = 1 - R (All of Camp)



Section 4

ACTIVITY DESCRIPTIONS

FULL BODY HARNESS (Vertical High Top)

All activities requiring the use of full body harnesses for participants will have trained site program staff instructing the activity. The user group will be required to supply staff / leaders to assist with the harnessing of participants and general supervision of the group.

REQUIRED FOR:

- Giant Swing
- Flying Fox

PUTTING ON THE HARNESS

- Hold the Red waist harness in front of you with one hand either side of the tie in loop. The blue and black straps should be hanging in front
- Step through the waist loop and into the leg loops (as you would a pair of shorts)
- Pull the waist harness up so that the waist belt is above you hips
- Tighten the waist belt around your body by pulling the waist tab until the waist belt is tight
- Tighten the leg loops around your legs by pulling the tab until the leg loops are tight
- Ensure the rear adjustment straps are connected
- Pull the chest section over your head (head between the two blue shoulder straps) and place arms through the outside sections (between the blue and black straps)
- Pull black chest section down so it is sitting low at the back. Tighten both black chest straps evenly then tighten blue shoulder strap
- Make sure there are no twists in the webbing on the body as this can be uncomfortable, or in the buckle as this can affect the security of the buckle
- When taking the harness off, it is recommended to completely loosen all buckles, this ensures it is easier for the next person to use

CARE AND MAINTENANCE

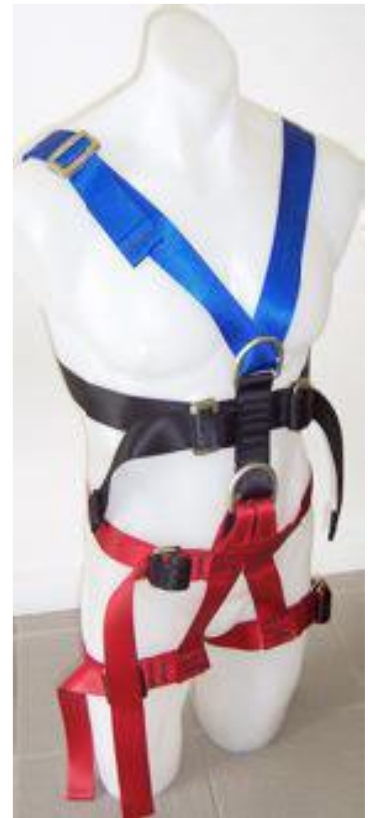
Always check the harness for wear and tear before use. Do not store the harness wet for prolonged periods. Periodic washing in luke warm water with PH neutral soap will prolong the life of the harness.

HELMET

All activities requiring a full body harness also require a helmet

HOW TO USE

- Loosen strap at the back of the head using the dial. Then place on head, making sure the front of the helmet covers the forehead, tighten strap using the dial until firm on the head
- Clip and tighten the chin strap making sure you cannot slide the strap off over your chin



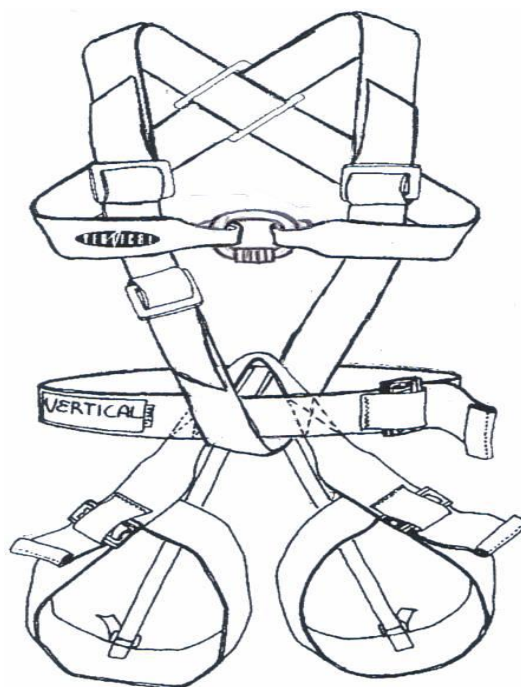
Chest Harness – Fully Adjustable

REQUIRED FOR:

- Flying Fox
- Giant Swing

The Vertical Chest Harness Extra is to be used in conjunction with a sit harness and is NOT to be used by itself. It is used to give extra support for activities where there is a possibility of inversion.

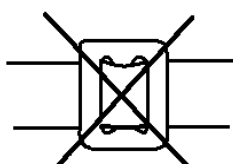
Before putting on the chest harness, please ensure the sit harness is fitted correctly (refer to Vertical Gym Sit Harness instructions)



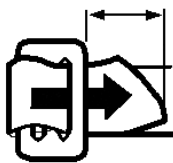
PUTTING ON THE HARNESS

Look at the diagram and make sure you understand what the harness should look like

1. Place the arms through the loops with the crossover tab at the centre of the back. Put the harness on with the two chest buckles attached but loose
 2. Connect the two chest loops together with a carabiner, now adjust until the straps are firm on the chest
 3. When the two chest straps are fitted correctly, the extra strap must now be attached. The extra strap must be threaded underneath the waist loop of the sit harness and connected at the buckle below the Vertical label of the chest harness.
- All buckles must be doubled back as shown below. The Vertical label should be the correct way up. Make sure there are no twists in the webbing



INCORRECT



CORRECT

CARABINER:

It is an auto locking carabiner BUT in all cases MUST be checked for correct locking before use on any of the equipment by squeezing the gate

CARABINER

'Trilock' self locking carabiner's are used to attached participants to the flying fox, giant swing and abseiling wall.

They are made of metal and have a 'cam action' spring loaded locking device. This device is self locking BUT in all cases MUST be checked for correct locking before use on any of the equipment.

ACTIVITY OVERVIEW

GROUP SIZE

Maximum group size for all activities is 20 participants.

ACTIVITY LEADER RESPONSIBILITY

Leaders are responsible for;

- encouraging all campers to co-operate and work towards the goal
- briefing the participants on safety and activity procedures
- clarifying any questions

The Activity Leader is responsible for camper supervision at all times. Campsite staff, or their sub-contracted outdoor activity providers may instruct, lead, demonstrate or assist in an activity, for which they will take responsibility for the technical skills and related safety of campers, but the group leader is deemed to be responsible for overall supervision, behaviour and safety of the campers at an activity, to and from the activity and for those campers awaiting their turn.

Management reserves the right to withdraw equipment or access to facilities should they not be adequately supervised, used in an unsafe manner, or be abused.

PARTICIPANT RESPONSIBILITY

Participants are required to;

- follow safety guidelines and instructions
- act sensibly, with the welfare of the other group members in mind
- listen to leaders and stay at the activity location unless other arrangements have been made

ASSISTANT LEADER EXPERIENCE

For leader required experience please see specific activity description

APPROPRIATE PARTICIPANT CLOTHING

All activities require participants to have;

- Long shorts and a sleeved t-shirt for harnessed activities
- Board shorts and sleeved t-shirts are recommended for water activities
- Sunscreen and hat (during warmer months)

FIRST AID REQUIREMENTS

The person responsible for first aid should attend to all first aid needs for group members. Their location should be noted before commencing the activity. The user group leaders are responsible for administering any first aid requirements to participants.

For off-site activities it is recommended that groups come prepared with additional basic first aid kits to take with them.

WEATHER

Outdoor activities are not suitable for operation in adverse weather conditions e.g. thunderstorms, strong winds and constant rain.

EMERGENCY RESPONSE

All campers are made aware of the emergency evacuation procedure upon arrival at camp. In case of an emergency, the entire group should stop the activity and make their way as a group to the emergency evacuation area. In case of an injury requiring treatment; the group should stop the activity and be seated together nearby. Someone should be sent to obtain extra assistance if necessary. Camp site staff should be informed as soon as possible.

PARAMETERS

Activities are only to be used during Daylight hours

Do not use if damage or excessive wear is evident

IN EMERGENCY NOTIFY

Emergency services

Campsite Management

GIANT SWING (SPECIALISED ACTIVITY)

LOCATION

Next to Lodge 1

DESCRIPTION

The Giant Swing is a team activity which involves the whole group. The haul team has to pull a harnessed participant up to a point from which they release and swing. The participant has control of the height to which they are hauled ie. a verbal command to the haul team. The participant chooses his or her own level of challenge.

AGE SUITABILITY

This activity is suitable for campers aged from Grade 2 and up.

RATIOS

Site Staff Required	Staff required	Student numbers	Organisation
1	1 2 3	1 – 12 13-18 19-24	Victorian DEECD – Challenge Ropes Course, High Elements
1	1	14	AAS – Victoria

LEADER EXPERIENCE

Site program staff will be instructing this activity at all times. Site program staff will complete a safety briefing at the beginning of the session and explain how the activity operates. A harness demonstration will also be required.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

FLYING FOX (SPECIALISED ACTIVITY)

LOCATION

Along left hand fence line as you enter camp.

DESCRIPTION

A cable is strung between two points and a person rides from one end to the other and back to the half way point sitting on a suspended seat. The participant is also harnessed and attached to the seat via an auto locking carabiner.

AGE SUITABILITY

This activity is suitable for campers aged from Grade Prep and up.

RATIOS

Site Staff Required	Staff required	Student numbers	Organisation
1	2 2 3	1 – 12 13-18 19-24	CYC Limited and Victorian DEECD – Challenge Ropes Course, High Elements
1	1	14	AAS – Victoria

LEADER EXPERIENCE

Site program staff will be instructing this activity at all times. Site program staff will complete a safety briefing at the beginning of the session and explain how the activity operates. A harness demonstration will also be required.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

ABSEILING WALL (SPECIALISED ACTIVITY)

LOCATION

On the left hand side of site as you enter camp, next to flying fox 'line up area'.

DESCRIPTION

The participant walk backwards or jump's down a vertical 4.2m wooden wall using a rope.

AGE SUITABILITY

This activity is suitable for campers aged from Grade 3 and up.

RATIOS

Site Staff Required	Staff required	Student numbers	Organisation
1	1 2	1 – 10 11-20	Victorian DEECD – Artificial Abseiling Wall
1	1	1 - 20	AAS – Victoria

LEADER EXPERIENCE

Site program staff will be instructing this activity at all times. Site program staff will complete a safety briefing at the beginning of the session and explain how the activity operates. A harness demonstration will also be required.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

TRAMPOLINE

LOCATION

On the front oval.

DESCRIPTION

Two in ground Olympic sized trampolines.

AGE SUITABILITY

This activity is suitable for participants aged Grade Prep and above.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	CYC Limited

LEADER EXPERIENCE

No previous experience or training is required for this activity.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

BOUNCE BALL

LOCATION

Trampolines on the front oval.

DESCRIPTION

To keep a ball in play between two people by hitting the ball over the net with your hand whilst bouncing on the trampoline.

AGE SUITABILITY

This activity is suitable for participants aged Grade Prep and above.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	CYC Limited

LEADER EXPERIENCE

No previous experience or training is required for this activity.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

SWIMMING POOL

LOCATION

On right hand side of the site as you enter camp in between the front oval and cabins 13 – 20.

DESCRIPTION

A 20 metre swimming pool with a beach entrance at one end. Pool ranges from 1.1m – 1.8m at its deepest point.

AGE SUITABILITY

This activity is suitable for all ages.

RATIOS

RECREATIONAL SWIMMING RATIO GUIDELINES			
Venue Type	Staff required	Student numbers	Organisation
Swimming (Venue Type 1 & 2)	1 qualified staff + 1 assisting	1 – 20 students	Victorian DEECD - Recreational Swimming
	1 qualified staff + 2 assisting	21 – 30 students	
	1 qualified staff + 3 assisting	31 – 40 students etc.	

LEADER EXPERIENCE

Suitable staff qualifications for Swimming activities	Venue Type
AUSTSWIM Teacher of Swimming and Water Safety Certificate	Type 1 only
Bronze Medallion of the Royal Life Saving Society (RLSS) of Aust.	Type 1 & 2
Pool Life Guard from the Royal Life Saving Society (RLSS) of Aust.	Type 1 & 2
Bronze Medallion of the Surf Life Saving Association of Aust. (SLSAA)	Type 1 & 2 & 3
Surf Rescue Certificate (SLSAA)	Type 1 & 2 & 3
Recognised Australian White Water Rescue Training.	Type 1 & 2 Type 3 when a non surf beach

ASSISTANT LEADER EXPERIENCE

Assisting leader should be qualified with a current CPR certificate.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

CIRCATRON

LOCATION

In-between Cabin 12 & 13, behind hedge.

DESCRIPTION

The participant is strapped into the Circatron boots and is spun around by the leader using the white outer metal ring. Three linked metal rings that spin, making the rider spin in all directions.

AGE SUITABILITY

This activity is suitable for participants aged Grade 4 and above. Height restrictions apply for the Circatron, the height gauge is located to the right of the gate at the Circatron.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	CYC Limited

LEADER EXPERIENCE

The leader must have had the activity instructed to them by site program staff.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

MECHANICAL CLIMBING WALL

LOCATION

In the Gymnasium behind the locked sliding door.

DESCRIPTION

A rotating rock climbing wall in which the speed and incline can be adjusted. The climbers aim is to keep up with the wall. The climber is not required to be harnessed in this activity.

AGE SUITABILITY

There are no age restrictions for this activity.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	CYC Limited

LEADER EXPERIENCE

The leader must have had the activity instructed to them by site program staff and be acquainted with the rules on the board.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

INITIATIVES

LOCATION

On-site in various locations.

DESCRIPTION

A variety of activities involving real and imaginary ground-based obstacles (either natural or constructed), which challenge a group to work together to find solutions. Success is achieved only when all members have contributed to the outcome.

AGE SUITABILITY

This activity is generally suited to Grade 3 to Year 12 aged participants. However it may also be used by older adults. Each initiative activity should be assessed to its requirements e.g. the participants may need strength to lift each other up and over an object.

RATIOS

Staff required	Student numbers	Organisation
2	1 – 24	Victorian DEECD – Challenge Ropes Course, Low Element
1	14	AAS – Victoria

LEADER EXPERIENCE

THE LEADER MUST HAVE HAD THE ACTIVITY INSTRUCTED TO THEM BY SITE PROGRAM STAFF.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

ARCHERY

LOCATION

On the back oval near playground, behind barn doors.

DESCRIPTION

The participants shoot arrows with bows at targets from a distance dependant on ability.

AGE SUITABILITY

This activity is suitable for participants aged Grade 3 and above.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	NSW Education Department

LEADER EXPERIENCE

The leader must have had the activity instructed to them by site program staff.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

BIKE RIDING

LOCATION

Bike shed is located at the back of the Gymnasium near the camp fire.

DESCRIPTION

Variety of bikes for the participants to ride either on-site or off-site.

AGE SUITABILITY

This activity is generally suitable for Grade 3 and above, along as they can appropriately fit the bike.

RATIOS

Staff required	Student numbers	Organisation
2	1 – 20	Victorian DEECD – Cycling
3	21 – 30	
2	1 – 23 (max 25 in group inc. staff)	AAS – Victoria

Leader Experience

Previous experience of riding a bike is essential. The leader must have had the activity instructed to them by site program staff.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

Participant Experience

Participants need no previous experience.

FRISBEE GOLF

LOCATION

Around the front oval.

DESCRIPTION

Using frisbee's, the participants are to hit the numbered poles following the designated course. Accumulating a score, the lowest score wins.

AGE SUITABILITY

This activity is suitable for participants aged Grade Prep and above.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	CYC Limited

LEADER EXPERIENCE

No previous experience or training is required for this activity.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

PHOTO/LETTER/NUMBER HUNT

LOCATION

Around the whole site.

DESCRIPTION

With the Photo Hunt booklets and clues for the Letter and Number Hunt, the participants are to search around the site and find the applicable photo, letter or number and fill in their worksheet appropriately.

AGE SUITABILITY

This activity is suitable for participants aged Grade Prep and above.

RATIOS

Staff required	Student numbers	Organisation
1	1 – 20	CYC Limited

LEADER EXPERIENCE

No previous experience or training is required for this activity.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

LOW ROPES COURSE

LOCATION

On left hand side of the site as you enter camp, next to the abseiling tower and flying fox tower.

DESCRIPTION

A course of 10 elements made up of cables and ropes strung between trees and posts close to the ground, participants are to make their way through the elements without touching the ground with the support of spotters.

AGE SUITABILITY

This activity is suitable for participants aged Grade Prep and above.

RATIOS

Staff required	Student numbers	Organisation
2	1 – 24	Victorian DEECD – Challenge Ropes Course, Low Element
1	14	AAS – Victoria

LEADER EXPERIENCE

The leader must have had the activity instructed to them by site program staff.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.

WALKS

LOCATION

Off Site.

DESCRIPTION

A wide variety of walks around Phillip Island. Maps and time required available on request. There are potential dangers in this activity which will only occur if there is poor supervision. Things to watch out for include sunburn, dehydration and cars.

AGE SUITABILITY

There are no age restrictions for this activity.

RATIOS

Staff required	Student numbers	Organisation
2	1 – 20	Victorian DEECD – Bushwalking
3	21 – 30	
4	31 - 40	
1	1 - 10	AAS – Victoria

LEADER EXPERIENCE

No previous experience or training is required for this activity.

ASSISTANT LEADER EXPERIENCE

Assistant need no previous experience.

PARTICIPANT EXPERIENCE

Participants need no previous experience.