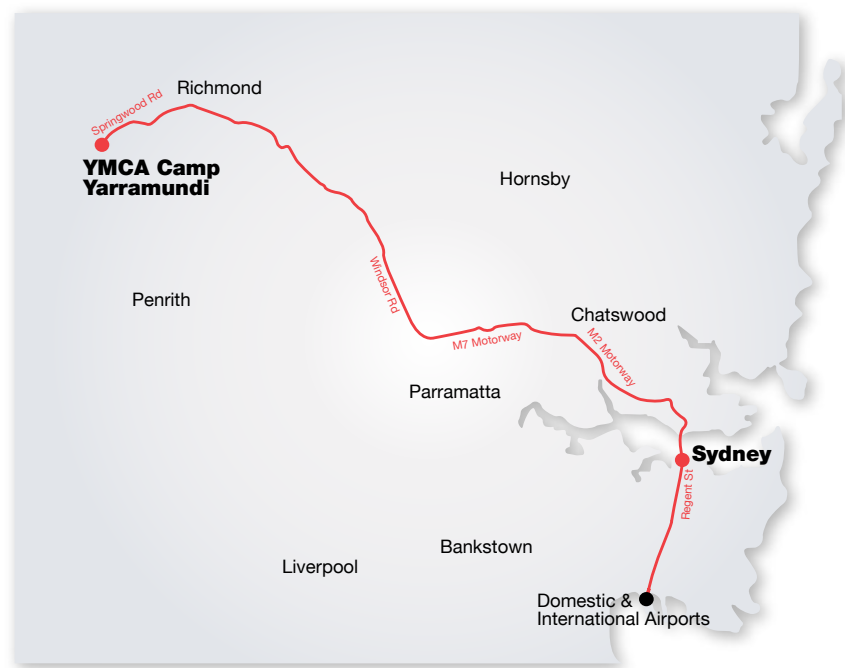


Contact details and the YMCA Camping Difference

Location Map



The YMCA Camping Difference

Beyond an enjoyable outdoor experience the YMCA Camping Difference is Outdoor Education: a commitment to personal development achieved through customised facilitation delivered by qualified and experienced instructors. This is achieved through:

- A diverse range of programmed activity experiences to add focus, fun and challenge for everyone
- Individually tailored programs to meet specific group needs
- Low participant to staff ratios
- Full risk assessment paperwork
- Extensive pre-camp support including teacher's 'Organisation Package'
- Programmed night activities
- PDHPE & curriculum based programs
- Bush camping experiences at Deeimba: a 160 acre natural bush site with access to National Parks to experience hiking, camp-outs, navigation, abseiling and bush cooking
- Fee assistance available for approved candidates

Contact Details

YMCA Camp Yarramundi
Springwood Road
Yarramundi NSW 2753
Ph: 1800 024 097 Fax: 02 4776 1223
Email admin.yarramundi@ymca.org.au
www.ymcasydney.org/yarramundi
<http://www.facebook.com/ymcacampyarramundi>

Getting There

YMCA Camp Yarramundi is located just a little over one hour from Sydney, with easy access from the M7 and Richmond Road.

Bookings

Contact YMCA Camp Yarramundi to secure your date and receive an Organisation Package which includes:

- Maps
- Cabin allocation forms
- Catering requirements
- Gear lists
- Permission notes and all the documents you will need to plan your camp. Visit our website to learn more about the YMCA.
www.ymcasydney.org/yarramundi

YMCA Camping Camp Yarramundi



YMCA Camp Yarramundi was established in 1937 and is located just over an hour from Sydney on the banks of the heritage listed Grose River. It has long been one of Sydney's premier camp destinations.

Our range of adventure based activities provide plenty of opportunities for excitement and challenge as well as rest and relaxation.

We offer:

- A range of comfortable, air-conditioned accommodation, sleeping up to 220 guests
- Indoor sports hall with rubberised floor, full indoor court, stage, PA system and breakout rooms
- Audiovisual facilities
- Large dining hall with fireplace
- Large undercover outdoor eating area

Ph: 1800 024 097 www.ymcasydney.org/yarramundi

YMCA Camping Camp Yarramundi



YMCA Camping Experience

Do you remember your school camp? Camp is all about challenge, experience, independence, making memories and lifelong friends. It's often the first time away from home for many students, and is an incredible opportunity for them to grow, learn, and think for themselves. At the YMCA we provide campers an opportunity to do this in a fun, safe and professional environment.

Catering

Full catering service is included in the price of your program. Meals are prepared fresh daily by our qualified chef. Special dietary requirements can be catered for.

Programs

We provide quality outdoor education programs, incorporating learning outcomes and challenge by choice. Each program is designed specifically with the individual groups' requirements in mind.

We currently work with some of the best staff to participant ratios in the State. Our staff members are professional, permanent and are committed to working with children.

Outdoor Education Activities

Abseiling

A 10 metre high abseil tower for personal challenge and achievement, building self esteem and trust. Natural face abseil can be arranged for on and offsite programs.

Alpine Rescue

A ground level obstacle course with a series of challenges and scenarios promoting teamwork, trust, leadership and communication. Requires full group cooperation, no room for individuals here!

Archery

We teach the basic skills and techniques for shooting on the range.

Artificial Cave Maze

An amazing teamwork and bonding activity for all ages - including primary schools. Campers move through a series of obstacles in an artificial caving system and the degree of difficulty can be varied according to age.

Bivouac

This is an offsite campout experience. Groups discover how to survive in the bush and are required to cook their own food. Trangia cooking stoves are supplied.

Bushcraft

This program can include shelter building, cooking out, learning how to build a fire and teaching basic bush survival skills.

Canoeing

Our canoeing program is conducted on the beautiful, meandering Grose River. We teach the basic strokes and techniques and paddle downstream. Great fun and great for teamwork. Quiet & unspoilt by powerboat traffic this is the ideal activity for environmental awareness and appreciation.

Flying Fox

The flying fox is 80 metres long and starts at a height of 12 metres. This activity challenges participants to step out and face their fears and experience the adrenalin rush. This activity is about examining personal boundaries and encouraging others.

Giant Swing

There are two giant swings now on camp, one boasting a height of 20 metres and one boasting rivers views from 35 meters above during your swing. This activity is challenge by choice where each participant can face their fears with each member of the team playing a role in this achievement.

GPS Orienteering

Combining new technology with old school navigation skills to find your way to different check points. Participants work in teams, communicating, problem solving and having fun during this activity.

High Ropes Course

Our challenge ropes course requires participants to make their way around an aerial obstacle course. Climbers are harnessed and work in pairs to manoeuvre around the course. Overcoming fears and stepping outside the comfort zone are all important.

Initiatives

Problem solving, creative thinking, teamwork and communication are the keys to these activities. Although less physical than some of the other activities, this is an important activity for establishing cohesive teams.

Low Ropes

Our low ropes course is a series of challenges, ropes and obstacles, conducted just a foot or two off the ground. Great for building confidence, trust and teamwork.

Multi Group Challenge

This activity is the ultimate problem solving physical challenge. This activity engages all participants with a series of physical problem solving activities, each section leading to the next. If a corner is cut it may mean doubling back and starting again. This activity is designed to challenge cognitive ability, team work and communication.

Night Activities

These programs can include a disco, a talent quest, games night, trivia quiz or campfire. A guest speaker can be arranged for special interests, these include aboriginal culture, a reptile presentation (with actual reptiles) and so on.

Orienteering

Promoting communication, problem solving and team work, the participants learn basic map reading skills as they find their way around camp.

Rock Climbing

Onsite we have a 10 metre artificial wall with climbs to suit all ages and levels. Goal setting, team work and trust are the focus with the teams of belayers protecting and encouraging the climber. Natural surface climbs can be arranged for specialised programs.

Sports*

Cricket, soccer, football, basketball, volleyball, softball, badminton, paddle tennis

Swimming*

25 metre swimming pool with shade sail. River Swim in the beautiful clear Grose River.

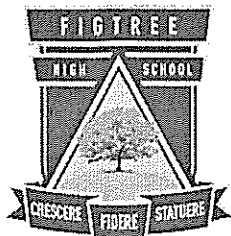
Vertical Play Pen

Designed to challenge pairs of climbers both physically and mentally, this activity has climbing obstacles as high as 15m. It is a team belay activity that focuses on communication and encouraging others.

All activities NOT marked with an * must be run by qualified camp instructors. Guests wishing to use the pool without YMCA instructor supervision must provide evidence of a current CPR qualification.

So, whether you are looking for a fully programmed, action packed, adventure filled camp, or a location for a beautiful, quiet bush retreat; Camp Yarramundi is the perfect venue.

Contact us today to enquire about available dates, to obtain a quote, or to arrange a site inspection.



Figtree High School

2 Gibsons Road, Figtree NSW 2525

Phone: +61 2 4271 2787 Fax: +61 2 4271 6626

Respect, Safety, Learning

11th February 2016

Dear Parent/Caregiver

This year the Year 11 camp will be held at Camp Yarramundi, Springwood Road, Yarramundi, NSW. The camp will be 3 days and 2 nights in duration.

Camp Dates: Monday May 2nd to Wednesday May 4th (Term 2, Week 2)
Transport: Coach - departing 8:45am 2nd May and returning by 4:00pm 4th May
Cost: \$270 - payable in full by Friday 15th April 2016
Deposit: \$50 - payable by Friday 4th March 2016

The cost of the camp includes travel to and from camp, accommodation and food, including lunch on day 1 and day 3, along with instruction and participation in 8 adventure activities and night activities.

YMCA Camp Yarramundi has been running camps and Outdoor Education Programs for over 35 years and maintains a progressive approach to providing opportunities for children to have fun and develop skills and personal qualities through interaction and challenge in the outdoors.

The camp staff members are qualified, professional and committed to working with children. Safety is always paramount, and at all times the camp adheres to all safety guidelines in relation to activity standards and risk assessment procedures.

It is important to note that students not attending the camp will need to be at school completing the mandatory Crossroads course.

Additional details are attached to this note including camp guidelines, gear checklist and a Medical Consent form that is required to be filled in and returned with the permission note below.

Payment options are attached.

Mr A Kellaway/Mr P Liddle
Year Advisers

Mrs J Lawson
HT Welfare

Mrs K Burke
Principal

Please complete and return (money to the office and this slip to Mr Kellaway or Mr Liddle) by Fri 5th March 2015

I give permission for my child _____ to attend the Year 11 Camp at Camp Yarramundi from Monday the 2nd of May 2016 to Wednesday the 4th of May 2016

My Child's Allergies, Medication or Special Dietary Requirements: _____

Emergency Contact Number and name: _____

Caregiver Print Name: _____ Signed: _____

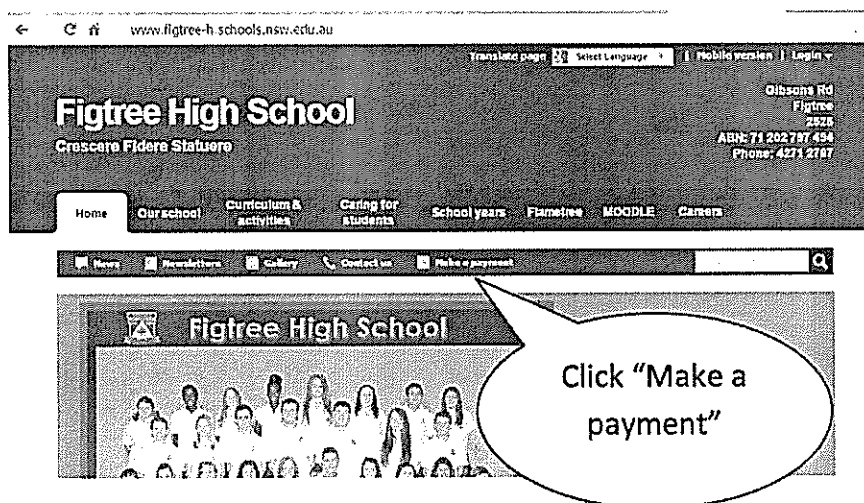


Education

Email: figtree-h.school@det.nsw.edu.au
Web: www.figtree-h.schools.nsw.edu.au

Payment Methods

1. Cash/EFTPOS at the cashier before school or during lunch times.
2. Call the school on **4271 2787** to make a payment from a credit card over the phone.
3. Via the school's website www.figtree-h.schools.nsw.edu.au. When on the home page, select the "Make a payment" link as shown below. You will be taken to the secured Westpac Bank portal.



4. You can also navigate to the FHS webpage via the new FHS app. If you haven't downloaded the app yet, do so via the Apple App store.
5. Payment via installments: detach and return the completed payment authority form below.

I hereby give permission for Figtree High School to process the following debits from my visa card/master card for the purpose of paying for the year 11 camp.

Student:		Student Reference No:					
Name on card		VISA		Master		Other	
Card Number:		Expiry Date:					
Date:	Amount:	Date:	Amount:				

Print Name: _____ Signed: _____ Date: ____/____/____

Contact Number: _____



Medical & Consent Form

Name of Student:				
Address:				
Age:	D.O.B:	/ /	Sex:	Height: Weight:
Emergency Contact: Name:				
Phone:		(hm)	(wk)	(mob)
Medicare Number:		No. on Card:	Ambulance Cover: Y / N :	
Private Medical Cover; Y / N: (details)				
Doctor's Name:			Phone:	
Does your child suffer from: any chronic injury or illness ? Y / N: (details)				
: Asthma ? Y / N : Triggers: (details)				
Does your child have any allergies ? (eg drugs, food, plants) Y / N: (details)				
Does your child suffer from: Heart Problems ? Y / N: (details)				
: Blood Pressure ? Y / N: (details)				
Does your child have any emotional / behavioural disorders ? Y / N Phobias ? Y / N				
If yes please specify:				
Does your child require medication ? Y / N May we administer Paracetamol if required? Y / N				
Has your child been ill or required medical attention in the last four (4) weeks ? Y / N				
If yes please specify:				
If your child has seen a doctor in the last four weeks please attach a medical certificate consenting to their attendance.				
Date of last tetanus injection: (if your child's tetanus is not current please see your doctor)				
Does your child: Wet the Bed ? Y / N Sleepwalk ? Y / N Suffer travel sickness? Y / N				
How would you rate your child's swimming ability ?				
<input type="checkbox"/> Unable - Nothing more than dog paddle <input type="checkbox"/> Poor - Basic strokes, only limited strokes beyond domestic swimming pool				
<input type="checkbox"/> Good - Strong swimmer, able to swim confidently in a variety of water conditions				
<input type="checkbox"/> Excellent - Very strong and confident, could swim 50 mtrs fully clothed (Please give details of swimming certificates attained eg Bronze Medallion)				
Special Dietary Requirements ?				
Activity Restrictions ? See attached list.				
Nb/ Activities are chosen to suit the age and ability of campers				
Campers will not have sufficient time to do all activities				
If there is insufficient space please attach separate page with details				

PARENT or GUARDIAN CONSENT

As parent / guardian I understand that the YMCA NSW and its instructors will take reasonable care for the welfare and safety of those attending the camp but are not responsible for any accident or sickness otherwise occurring. I acknowledge that going on camp may involve my child / ward's participation in activities of a hazardous nature, though the YMCA NSW and its instructors will take reasonable care to minimise risk to participants.

I have detailed herein and on any attached pages any disabilities or susceptibilities affecting my child / ward, that may place him / her at greater than normal risk. I authorise the YMCA NSW and its instructors to obtain medical assistance and ambulance transportation in the event of illness or injury as they think necessary and authorise qualified medical practitioners to administer anaesthetic, blood transfusions or any other procedures deemed necessary. I also agree to pay all the cost of any expenses incurred as a result of such medical assistance and ambulance transportation. I acknowledge that I am able to obtain private insurance cover for my child / ward in respect of any accidents or sickness at the camp. Should my child/ward need to be returned home for any reason I will cover any associated costs.

I consent to my child/ward attending camp on this understanding.

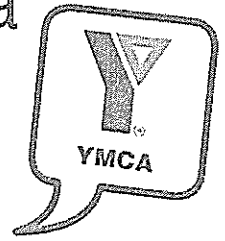
Signature of Parent / Guardian

Full Name of Parent / Guardian

Date

YMCA Camp Yarramundi & Deeimba

Camp Guidelines & Gear Checklist



CAMP GUIDELINES:

- Never leave camp or activity areas without permission
- All activities must be supervised by an instructor and a teacher
- Listen to and follow instructors' guidelines and instructions
- Closed in shoes and a hat must be worn at all times
- Respect male and female areas. Enter no room other than your own
- Respect the natural environment. Please use the bins provided and do not damage the bush.
- No pocket knives, glass, or valuables please (this includes iPods, mobile phones, etc)
- All accidents/damage to equipment must be reported. Wilful damage must be paid for by the individuals involved
- The food is plentiful, so please refrain from bringing lollies etc. No gum please.
- Respect others after lights out. There should be no need to leave your dorm / cabin after lights out
- Every group is responsible for the ongoing cleanliness of their rooms.
- Do not tamper with Fire Fighting equipment. Damage will incur a minimum charge to the individual of \$280.
- Do not enter out of bounds areas detailed upon arrival
- Drink water only from the identified tank & carry a water bottle filled before each activity
- Please do not run around the campsite
- Fires are to be lit only by instructors in designated camp fire areas
- Swimming is only allowed when supervision is provided by an appropriately qualified person
- Activities are only to be accessed during allocated activity time

GEAR CHECKLIST:

- Sleeping bag and pillow
- Water Bottle
- Raincoat / Wet weather gear (regardless of forecast)
- Hat
- Sunscreen
- Day Pack (small back pack for day walks etc.)
- Torch
- Toiletries
- Insect Repellent
- Towels (2)
- Camera (optional)
- Sturdy closed-in shoes (to be worn at all times while at camp – thongs / sandals **are not** appropriate for day wear)
- 2nd OLD pair of closed-in shoes in case your shoes get wet (or to be used if kayaking)
- Sandals with a back-strap can be worn if kayaking (not thongs)
- T-Shirts
- Shorts (suitable for harness wear)
- Underwear and socks
- Long pants (appropriate for the season)
- Jumpers / Jackets (appropriate for season)
- Pyjamas
- Swimmers (appropriate for season)
- Garbage Bag for Wet / Dirty Clothes
- Souvenir money and coins for vending drink machines (optional)

NB: Please nametag all items and please ensure all medication is labelled clearly and passed onto the organising teacher