



# OLE! 2017

## Year 7 Outdoor Experience

### Information Package

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#### **The vision:**

During Term 4, Week 1 all students in Year 3 – 11 will be involved in **OLE! 2017**.

OLE! Week is a compulsory and unique multi-day/overnight College event and **OLE!** stands for **Other Learning Experiences**. OLE! Week is a wonderful opportunity for Oxley students to explore new experiences with their peers in a supervised and supportive environment, and immerse themselves in activities we hope will extend and enrich their lives beyond the classroom, particularly with an outdoor, service or cultural focus.

Oxley College has contracted an outside provider, **The Outdoor Education Group** to conduct the Year 7 OLE! Experience during Term 4, Week 1 (Monday October 9 to Friday October 13).

#### **Programme Summary:**

The amazing sandstone amphitheatre of Kangaroo Valley's escarpments provide a rich backdrop for this five day canoe expedition between Bendeela and Tallowa Dam, rewarding these young explorers with new skills as they begin their journey to independence in the outdoors. Students will learn to prepare for the elements, camp in tents, navigate, canoe, cook and clean for themselves while working in small teams to develop resilience. There is also the added challenge of an abseil during the programme.

The buses will depart Oxley College on Monday at 9.30am and return on Friday at approximately 3.00pm.  
**Students will need to bring their lunch for the first day.**

Included in this package:

- Details about completion of medical information online
- Equipment/packing list
- Introductory letter from Outdoor Education Group

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If you have any concerns or queries regarding this OLE! activity please do not hesitate to contact our Co-Curricular Administrator, Miss Natalie Lane, on [natalie.lane@oxley.nsw.edu.au](mailto:natalie.lane@oxley.nsw.edu.au).



## OLE! 2017

### Year 7 Outdoor Experience

### Medical Information – a brief summary

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The Outdoor Education Group (OEG), the external contractor conducting the Year 7 OLE! Week activity, has employed the professional services of CareMonkey, a third party organisation who have developed a health and safety system to facilitate the collection of medical information ([www.caremonkey.com](http://www.caremonkey.com)).

In order for The Outdoor Education Group to commence the collection of your son/daughter's medical information for this OLE! Week activity, we would like to provide them with your email address so that they may make contact with you direct. If you do not wish to participate in submitting your medical details via this online method, please contact our Co-Curricular Administrator, Miss Natalie Lane ([natalie.lane@oxley.nsw.edu.au](mailto:natalie.lane@oxley.nsw.edu.au)), by return no later than Thursday 10 August 2017 and you will be provided with a hard copy form to complete and return.

Unless you have contacted our Co-Curricular Administrator prior to Thursday 10 August 2017, The Outdoor Education Group will be provided with your email information and, shortly thereafter, they will contact you direct with details of how to proceed with providing your child's online medical information for this OLE! Week activity.

Finally, while in past years a permission form would accompany this information pack, the completion and submission of online, or a paper copy of, medical information implies your consent for your son/daughter to attend this activity.

# Oxley College

## Year 7

### Kangaroo Valley Explore Clothing and Equipment List

Please read this carefully!!! It is vitally important, both from a point of view of SAFETY and YOUR ENJOYMENT, that you take with you everything that is on this list and of course you don't take things that are not on the list.

The equipment and clothing list has been based on many years of experience and development. If there is anything that you do not understand or are having trouble finding, talk to your friends, your teachers and your family.

**In a nutshell, all your clothing and equipment needs to serve 5 basic functions:**

- 1. It must keep you warm.**
- 2. It must keep you and your gear dry.**
- 3. It must be as light as possible.**
- 4. It must be suitable for a range of weather conditions, ie. the extremes of heat and cold.**
- 5. It must offer skin some protection from exposure to both UV radiation and fire.**

When you are packing keep all of these things in mind. For example, an enormous puff jacket might be warm, but it will be heavy, and will not go well in the wet. The better option would be 2 thin woollen jumpers, which are lighter and more versatile.

This list assumes you will have three sets of clothes: one set for travelling to and from the camp (you won't need to carry these during the camp itself); one is for during the day and during activities; and the final set as a spare for changing into at campsite if you get wet. This is a minimal gear list for the program therefore all the items listed below are important and must be brought. Only the essentials are needed and these will be checked on Day 1 of the program.

**DON'T FORGET YOUR LUNCH ON THE FIRST DAY**

## Clothing

Number	Item	Tick when Packed
2	Thin jumpers (fleece or wool)	
1	Sturdy shoes (boots or runners)	
1	Sets thermals (polypro or wool)	
2	Shorts thigh length (no short shorts or denim allowed)	
2	Long sleeve shirt with collar (old cotton business shirt is good)	
1	Warm gloves and Beanie	
2	Pair long pants NO JEANS	
1	Wide brimmed sun hat (No Baseball Caps)	
2	T-shirts (with sleeves – no singlets)	
5	Underwear and Socks	
1	Swimmers (no bikinis)	
1	Water shoes (old runners will do)	

## Equipment

Number	Item	Tick when Packed
1	Sleeping Bag – Dacron or Down. Rated to 0 degrees or below	
2	Strong garbage bags (orange “garden” type for waterproofing)	
2	Green or black garbage bags (for rubbish)	
1	Strong fork & spoon ONLY (no knife)	
1	Strong plastic bowl and mug	
2	Plastic Shopping bags (for dirty clothes)	
1	Head torch and spare batteries	
1	Sunglasses (old)	
1	Whistle (on cord)	
2	Water bottles (2 litre capacity total)	
1	Lunch for Day 1	

## Personal Items

Number	Item	Tick when Packed
1	Roll of toilet paper (double bagged in two snaplock bags)	
1	Toothbrush & paste, deodorant (no aerosols)	
1	Insect Repellent (no aerosols)	
1	Small towel	
1	Sunscreen, zinc, lip balm (sunglasses advised)	
1	Labelled personal medications - must be in original packaging	
1	Feminine hygiene – pads & tampons and handwipes (waterproof in a snaplock bag)	

## Optional

<input type="checkbox"/> Camera in two plastic bags
<input type="checkbox"/> Diary/journal for writing (including a pen)
<input type="checkbox"/> Book to read

## OEG will provide the following

Tents and Tarps
Sleeping mat
Water proof pants and jacket
Lightweight stoves and Fuel
Maps
All specialist safety equipment
Group first aid kit



Dear Parents and Caregivers,

The Outdoor Education Group (OEG) takes our duty of care towards our participants very seriously. In line with our duty of care and our privacy and security policy, we are now collecting medical information using CareMonkey an online medical information collection system.

The CareMonkey system provides caregivers the opportunity to update medical information promptly and accurately while giving The Outdoor Education Group instant access to the emergency information provided by you. This information will only be accessible by staff working directly with your child.

As a caregiver, you will shortly receive an email from the CareMonkey system inviting you to enter the details for your child in an electronic medical form. If you have used the CareMonkey system before you will still need to update the medical information and once again and share the profile information with us. You don't need to do anything until you receive the email requesting this information.

Profiles of students with some medical conditions will require a recent Fitness to Participate form signed by a doctor. **Please complete a profile as soon as possible if your child has epilepsy, diabetes, severe asthma or anaphylaxis** to determine if you need to complete a Fitness to Participate form.

Please feel free to contact The Outdoor Education Group CareMonkey team if you have any questions, concerns or feedback, via [medicalsnsw@oeg.edu.au](mailto:medicalsnsw@oeg.edu.au). You can also visit the CareMonkey website for more information: [www.caremonkey.com](http://www.caremonkey.com).

Once you have received the request email from CareMonkey, please complete and share you child's medical profiles with us **before Friday 25 August 2017**. We appreciate your assistance with the process of collecting this important medical information for our programs.

Kind Regards,

Client Relationship Manager, NSW.  
The Outdoor Education Group

The Outdoor Education Group is a not-for-profit Educational Organisation

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