



OLE! Week 2017

Year 9 and 10 | Girls Surfing Safari

Information Package

The vision:

During Term 4, Week 1 all students in Years 3 - 10 will be involved in **OLE! Week 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, Land's Edge to conduct the Year 9 & 10 OLE! Girls Surfing Safari during Term 4, Week 1 (Monday October 9 to Friday October 13).

Programme Summary:

The Girls Surfing Safari will take place in the serene Murramarang National Park, out of cabins alongside the picturesque Lake Durras river mouth and holiday village of North Durras. Students will spend the week surfing two possible beaches, Cookies and North Durras beach on the lovely South Coast with ample time to explore the surrounding spotted gum forest and lakeside trails. Boards and wetsuits are supplied and no previous surfing experience is necessary. As well as daily surfing opportunities, students will also learn surf theory, practical techniques and key beach safety. In addition to surfing, students can participate in yoga sessions and also Oxley College led art + design sessions. The programme will remain flexible, with activities and times to be decided each day with reference made to swell and weather conditions.

The bus will depart Oxley College on Monday at 9.00am and return on Friday at approx. 3.00pm.

Students will need to bring their lunch for the first day.

Included in this package:

- Equipment/packing list
- Details about completion of medical information online

All medical information is to be submitted no later than Friday 25 August 2017.

If you have any concerns or queries regarding this OLE! activity or require hard copy medical forms, please do not hesitate to contact our Co-Curricular Administrator, Miss Natalie Lane, on natalie.lane@oxley.nsw.edu.au.



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Medical Information – a brief summary

Land's Edge, the external contractor conducting the Girls Surfing Safari OLE! Week activity, has developed an online health and safety system to facilitate the collection of medical information for our students.

Please click on the link provided below and proceed with completing the medical details for your daughter.

[Click here to access the Girls Surf medical form](#)

If you do not wish to participate in submitting your medical details via this online method, please contact our Co-Curricular Administrator (natalie.lane@oxley.nsw.edu.au) and you will be provided with a paper copy of a medical form to complete and return to the College.

Please submit your medical detail information, either online or in paper form, by no later than **Friday 25 August 2017**.

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 daughter to attend this activity.



Oxley OLE Girls Wellness - Surf & Yoga Camp Clothing & Equipment List

Along with your school, Land's Edge considers carefully the clothing and equipment required to keep your child comfortable and as safe as possible during the Outdoor Education Program. As such we provide you with a 2-part (Essential & Required) Clothing and Equipment list.

The first part stipulates clothing and equipment that is deemed as **Essential** for participation in an Outdoor Education Program of the nature in which your child is about to undertake. The list has been developed to ensure that your child has not only the appropriate clothing and equipment to participate, but also to be as safe as possible given that weather varies and is often unpredictable. If your child attends the Outdoor Education Program without an item on this list, the item/s will be supplied to your child on a cost recovery basis.

The second (**Required**) part of the Clothing and Equipment list is broader in nature and contains 'everyday' items that are more in line with personal comfort and preference though still important.

If you have any questions concerning Clothing and Equipment, please contact your School Coordinator.

Equipping your child need not be an expensive exercise! Please ask friends or neighbours who have been on Outdoor Education programs before and have some of this equipment. We recommend borrowing, where possible, prior to purchasing equipment.

Essential Items

Waterproof Jacket	Mid thigh length with hood, zipper or button up front. Must be 100% waterproof and tear resistant. <i>Ponchos, lined or padded jackets are unsuitable</i>
Sun hat	Broad brimmed hat or cap with legionnaires flap.
1 jumper	Wool or polar fleece – not cotton
Sunscreen	30+ water resistant – <i>No spray on/aerosols</i>
Utensils	Cup, plate, bowl, knife, fork, spoon and tea towel
Sleeping bag	Rated to 5°C Sleeping bags must compress into a small (10 litre) stuff sack. <i>Bulky cotton bags are not suitable.</i>



2 pairs of shoes	A good pair of runners for walking and games. The second pair is for getting wet and dirty around the lake edge and rock platforms.
Water bottle	Minimum of 1 litre of water is to be carried. Recycled plastic bottles are suitable
3 pairs of long pants	1 pair for daytime, denim is ok, and 1 pair of warm fleece material for cold evenings.
4 t-shirts	Old ones
1-2 pair of swimmers	Speedos work best under wetsuits.
Wetsuit	If you have your own wetsuit please bring it, if not, Land's Edge will supply.
1 pair of shorts	Comfortable for walking in
2 jumpers	Wool or polar fleece – NOT COTTON
2 long sleeve shirts	Excellent for keeping the sun off and staying cool
Underwear and socks	As many as you see fit
Beanie	
Sunglasses	
Thermal pants and top	Not cotton, must be poly-propylene or fine weave wool
Sleeping Mat/Yoga Mat	Body length Thermarest or closed cell foam sleeping mat
Pillow case & flat sheet	Required for Health & Hygiene Practices.
Torch	A head torch or small hand held variety with spare batteries
Toiletries	Just the basics, toothbrush and paste etc. no aerosols please
Pocket money	A small amount for travel stops
Towel	For the beach and showering
Personal 1 st aid kit	Strapping tape, bandaids, antiseptic cream and tweezers
Garbage bags	2 heavy duty bags to waterproof clothing and equipment
Insect repellent	no aerosols please
Personal medication	Any personal medication you are currently taking
Camera	Optional, with a protective case or zip-loc bag
Day pack	To be used for days activities
Design & Art Supplies	