**Insert School Name Here**

*Add School Logo*

**Year 10 Camp**

**Month Date**

**Woodman Point Recreation Camp**

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

**Camp Rules**

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

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**

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

**Personal goals for camp**

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

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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| --- | --- | --- | --- |
| **Time** | **Date:** | **Date:** | **Date:** |
| **6.00** |  |  |  |
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| **14.00** |  |  |  |
| **15.00** |  |  |  |
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| **18.00** |  |  |  |
| **19.00** |  |  |  |
| **20.00** |  |  |  |
| **21.00** |  |  |  |
| **22.00** |  |  |  |

**Camp Timetable**

**Abseiling**

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

1. Walking up the tower

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1. Being at the top of the tower

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1. Being rigged up and going over the edge

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1. When you reached the bottom

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

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

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**Archery**

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

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why is it important to know and understand these points?

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

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**Flying Fox**

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

When being spoken to (briefed) about the flying fox

1 2 3 4 5

When being attached to the flying fox line

1 2 3 4 5

Ascending the flying fox line

1 2 3 4 5

After the flying fox

1 2 3 4 5

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

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

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

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

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**High Ropes**

List and explain two (2) leadership qualities/skills that are important for High Ropes

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

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If a peer thought that the High Ropes challenges were above their limitations, list 3 ways how you would positively support them.

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

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What skills did you learn or develop during or after the High Ropes programs that you can use in the future?

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**Orienteering**

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

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

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

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

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**Raft Building**

How and who were the decisions made when building your raft?

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Who made the decisions and coordinated others on the water during challenges? Were they good at their role? Why or why not?

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If a situation occurred where two (2) people had conflicting ideas on how to build your groups raft, outline the steps you would take to ensure the conflict would not escalate into an argument.

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**Rock Climbing**

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

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What is empathy?

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Give an example of being empathetic to a climber?

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

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**Search and Rescue**

What was the most difficult part of this activity?

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

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Why do you think leadership is important in this activity?

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

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**Snorkelling**

Having a buddy is important when snorkelling. List two (2) key reasons why you should always snorkel with a buddy.

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

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

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Your friend was learning to snorkel for the first time.

1. Draw four (4) of the different signals you would use to communicate with them
2. List the key points that would teach them to duck dive

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What was the worst aspect of your Snorkelling experience and why?

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What was the best aspect of your Snorkelling experience and why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Surf Lifesaving**

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

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

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If someone looked like they were drowning...

1. What signs would they show?

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1. How would you respond?

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

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

**Surf Ski’s**

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

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

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What was the most difficult aspect of paddling?

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What was the best aspect of paddling?

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

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**Team Building**

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

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

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

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

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

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

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

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**Vertical Challenge**

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

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

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

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