

25 August 2023

Dear Parents and Carers

Yr 9 Light to Light Trek

We have made the decision to alter the Year 9 Pastoral and Extra Curricular program. We are excited to announce that for 2023, our Year 9 students will be participating in the Light to Light Trek. The Trek will be run in collaboration with Coastlife Adventures. In 2024, the cohort will visit Sydney and participate in activities which will assist their transition to senior high school. The Year 9 Digital Detox Trek has traditionally been an integral part of the College Pastoral and Extracurricular program. Designed for students with minimal expedition experience, this program will teach wilderness travel techniques and basic navigation, backcountry cooking and local cultural history. The participants will learn to live by minimal impact principals and work together as a team. The continuous journey aims to increase independence, test out resilience and stimulate an adventurous spirit within each individual. Further information and packing details are available in the parent information booklet attached. Below are the details of the excursion:

Excursion Dates:	Wednesday, 22 November to Friday, 24 November 2023
Where:	Light to Light -
Itinerary:	9:00am Depart Lumen 3:15pm Arrive Lumen
Transport:	Charter Bus
What to wear:	See information booklet attached
What to bring:	See information booklet attached
Cost:	Nil
Consent Due:	Wednesday, 1 November 2023



Payment and/or Consent for your child to participate in this excursion can be made online via the Qkr! app or by visiting the Qkr! Web Shop (1) on your device. If you are unable to make this consent and/or payment via Qkr! or require assistance, please contact the College on 6495 8888.

I confirm I will collect my child/or make suitable arrangements should it be identified my child has COVID or is too ill to continue with the excursion.

For further information about this excursion, please contact Emma Hibbert at the College on 6495 8888 or email emma.hibbert@cg.catholic.edu.au.

Yours sincerely



Emma Hibbert
Director of Pastoral Care



Shane Giles
Principal

Inspire Challenge Educate

LUMEN CHRISTI CATHOLIC COLLEGE STUDENT AND PARENT PROGRAM BOOKLET

**BEOWA NATIONAL
PARK- LIGHT TO LIGHT
WALK – 22.11.23-24.11.23**



COASTLIFE
OUTDOOR EDUCATION / COASTAL ADVENTURES



PROGRAM DETAILS

EDUCATIONAL AIMS

-  To build relationships through adventure activities, strengthen resilience and encourage discovery and independence.

LOCATION

-  Beowa National Park- Light to Light Walk

ACTIVITIES

-  All Groups will participate in Bushwalking and Camping.

DATES

-  Wednesday 22nd of November- Friday 24th of November

ACCOMMODATION

-  x2 per 3-person mobile tents.

TRANSPORT

-  School's responsibility

SCHOOL EMERGENCY CONTACT

-  If a family member needs to get in touch with someone on camp, they should contact Lumen Christi Catholic College front office (02 6495 8888).

MENU AND FOOD

-  Students and staff need to **provide their own lunch** on the first day of program. This should be substantial and comprise of healthy sandwiches or rolls, fruit, snacks and a drink.

As a key risk management strategy Coastlife insists that students and staff DO NOT bring meals that contain any listed nut ingredient on program.

-  All dietary requirements must be written on your medical form. Coastlife can cater for any food allergies or intolerances with adequate notification therefore you must inform your camp coordinator a minimum of six (6) weeks prior to the start of the program.

SAFETY IS OUR NUMBER ONE PRIORITY

- Coastlife use fully qualified experienced leaders.
- Coastlife adheres to Australian Adventure Activity Standards.
- We have comprehensive Risk Assessments and Operating Procedures.
- We constantly monitor conditions and work off a – proceed, modify, and cancel framework.
- On call 24hr program-based Duty Manager.
- All leaders are equipped with Satellite Phones.

MEDICATION

If any personal medication is required during this program, please ensure it has your name on it and instructions on when to take it. Personal medication should be noted on your medical form and each student will be responsible for handing their medication to their school staff leader upon arrival at program.

Asthma puffers will be the responsibility of the individual to carry at all times unless otherwise agreed upon.

If an **Epinephrine Auto Injector** is required, then one must be carried on person at all times and another given to the school staff leader in addition to bringing oral antihistamines on program.

MEDICAL FORMS

Medical forms will be carried by the school staff leader at all times and to every activity.

Any student with a pre-existing medical condition and/or history (e.g. ankle, knee, hip, heart attack or back injury etc.), must include this information on their medical form.

LUGGAGE

Students should bring their personal belongings to program in a soft sided bag. **Please no suitcases.** Coastlife will supply you with a hiking style backpack at the start of the journey/hiking element of the program. You will pack from your personal bags into your hiking packs. Your personal bags will be kept safe by Coastlife and returned to you on the last day of camp.

Quick Size Guide & Top Tip

There is no need to roll a sleeping bag. 'Stuffing' is the preferred technique to squeeze all the air out of the sleeping bag itself allowing it to fit in its smaller pouch. The large bag is for airing the sleeping bag when stored for long periods of time.



SOME GOOD PLACES TO SOURCE GEAR

- Family and friends often have clothing and equipment you can borrow.
- Opportunity shops and thrift stores.
- Retail stores such as Mont, Anaconda, Kathmandu and Macpac etc. Be careful of 'up selling', you do not want to buy more than you need!

3 KEY SAFETY RULES

There are a few important rules that will help ensure program is safe and enjoyable for everyone:

- 1. Leaders to set boundaries at each site*
- 2. Leaders to demonstrate Emergency Evacuation signal and reiterate assembly points at each site*
- 3. No participant should do anything that puts themselves or others in harm's way.*

**SAFETY IS
OUR #1
PRIORITY**

LOWERING THE RISK OF EXPOSURE TO COVID-19

It is important that as we return to outdoor education during COVID-19 you are aware of several changes we have made to the way we operate to lower the risk of exposure to COVID-19 which include:

- Increased cleaning and sanitising.
- Staff screenings before commencing work.
- Group screenings before attending program.
- Hand washing and physical distancing posters to be displayed.
- Provision of hand sanitiser.
- Activity equipment sanitising each day.



We have also added some new paperwork:

- COVID Clean Practising Business Accreditation.
- Complete Camping cleaning during COVID-19 Management Plan.
- COVID-19 Risk Assessment.
- Increased cleaning checklist.



What our team are doing:

- Online COVID-19 government training.
- Temperature testing at the start of each shift/program.
- Staff will be wearing approved masks in accordance with Government advice and guidelines.

What you can do to help:

- If your child is sick, they must not come to the program.
- Ensure your child comes along to program with approved masks in accordance with Government advice and guidelines.
- If your child is feeling sick on program, they must tell their teacher.
- Encourage your child to keep good hygiene by hand washing.
- Understand that if your child is suspected of have COVID-19 during program they will be isolated, and you will be asked to come and collect them.
- Know the most common COVID-19 symptoms:
 - Fever
 - Breathing difficulties and breathlessness
 - Cough
 - Sore throat
 - Fatigue or tiredness

CLOTHING AND EQUIPMENT LIST

In selecting clothes for program please consider the weather, environment, and all activities. Pack clothes that will protect you from the elements (i.e. sun smart and you don't mind getting dirty). Leave your valuables at home and please limit yourself to one soft sided bag (not a rigid suitcase) and one day pack.

Important items-

- Waterproof rain jacket with hood.
- Sleeping bag with hood.
- Hat and sunscreen.
- Sun smart clothing (long sleeve).
- Closed toe shoes to stay dry, additional closed toe shoes to get wet in (water shoes).
- Water bottle (2L minimum in total).



WHAT TO BRING CHECK LIST ✓

1	Waterproof rain jacket	
2	Set of thermals, top and bottom <i>(Recommended for evenings and after/during water activities)</i>	
2	Jumpers, woollen or fleece <i>(x1 for water activities)</i>	
2	Shirts, must have sleeves and avoid cotton	
1	Pair of pants, avoid denim and cotton	
1	Pair of shorts <i>(Long and quick dry are best)</i>	
1	Small Towel	
	Underwear and socks <i>(x2 per day as a minimum)</i>	
1	Beanie, woollen or fleece	
1	Sunhat	
1	Sunglasses	
1	Pair of walking boots or runners	
1	Pair of closed toe shoes to get wet <i>(For water activates)</i>	
1	Swimmers <i>(Board shorts / swimsuit – long sleeve rash top)</i>	

WHAT TO BRING CHECK LIST ✓

1	Sleeping bag with hood	
1	Torch with spare batteries (Head torch is best)	
2	Large plastic bags for waterproofing <i>(Orange garden bags are best)</i>	
2	Plastic bags for dirty or wet items <i>(Shopping bags are best)</i>	
1	2L water bottle at minimum (2x 1L bottles works best)	
1	Reusable plastic dinnerware including plate, bowl, mug, knife, fork, and spoon <i>(NO DISPOSABLES)</i>	
1	Old Tea Towel	

WHAT TO BRING PERSONAL ITEMS ✓

	Personal medication as listed on medical form	
1	Sunscreen / insect repellent / lip balm	
1	Small personal first aid kit	
1	Toothbrush and toothpaste	
1	Roll of toilet paper in a snap lock bag	
1	Antibacterial hand sanitiser gel	

INFORMATION ON WHAT NOT TO BRING PLEASE

LIST OF WHAT NOT TO BRING

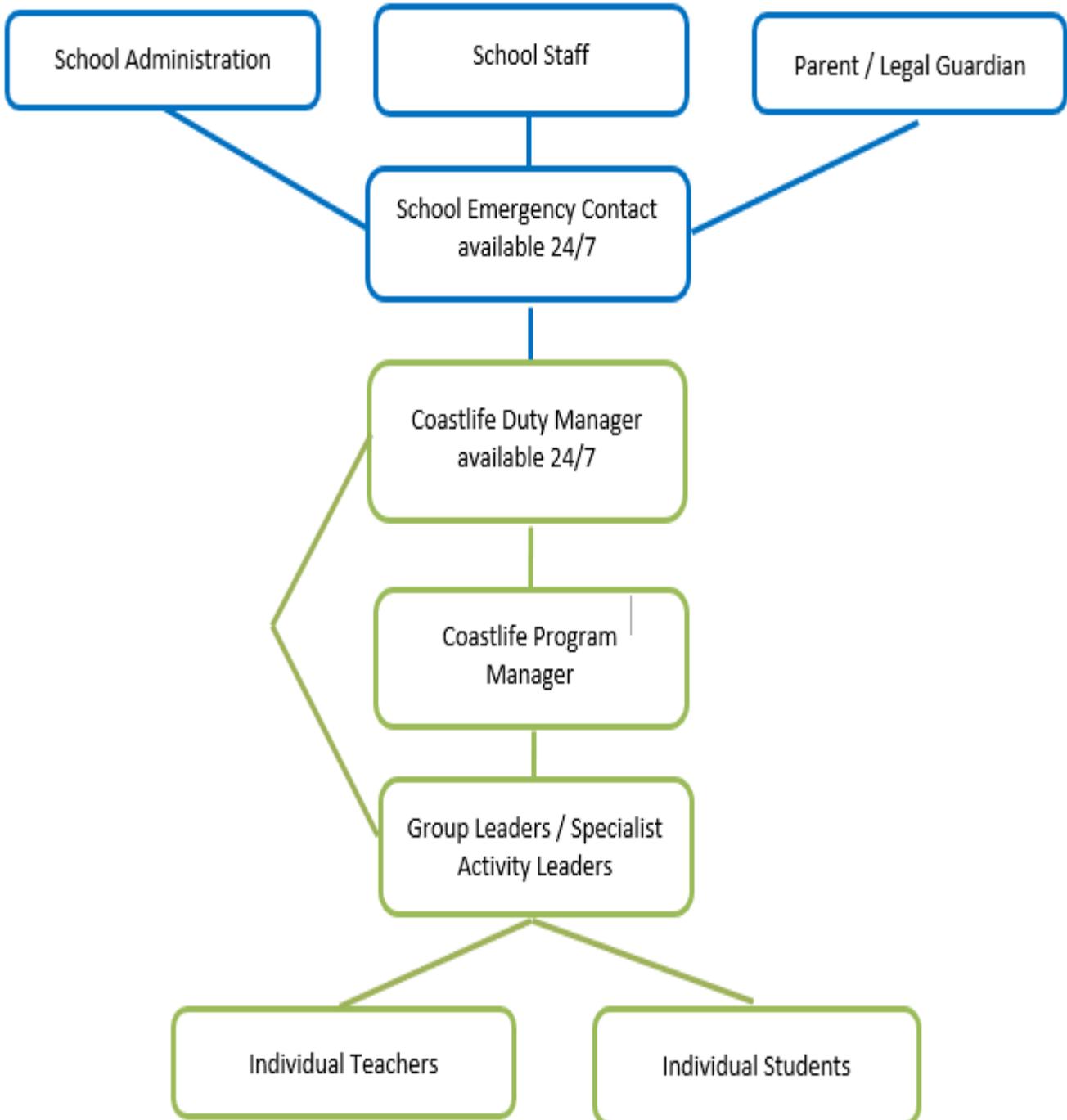
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<p>Please do not bring mobile phone on camp – (Please leave at home we have the school contact person who can make contact to all people in field throughout emergency communication plan.</p>	
<p>Down jackets are great; however, they are not substitutes for a waterproof rain jacket. Down jacket is a brilliant warm jacket but isn't a waterproof jacket by any means.</p>	
<p>Do not bring disposable one use plastic. It isn't helping in reducing waste and working towards outdoor education minimal impact practices. Can you please bring reusable plastic dinnerware including plate, bowl, mug, knife, fork and spoon.</p>	
<p>Please do not pack singlets as they are not permitted on camp as they are not SunSmart and appropriate.</p>	
<p>Avoid denim and cotton (not safe for wet weather and keeping people dry).</p>	
<p>Suitcases as they take up too much space in transporting between campsites.</p>	
<p>No knives, lighters, or matches.</p>	
<p>No Crocs, thongs or slip-on shoes (They come off easier in water activities not protecting the foot and also don't protect the foot around camp with the foot being exposed).</p>	
<p>No Drugs, smoking, vaping or alcohol permitted on camp</p>	

EMERGENCY COMMUNICATION PLAN

This plan has been designed to enable important information to be effectively passed to and from any individual or group operating in the field during program. This system has proved the most timely and reliable in keeping all parties updated.

EMERGENCY COMMUNICATION PLAN



The Sapphire Coast



The Sapphire Coast, also known as the Bega Valley, is the most southerly coastal region in New South Wales. The Shire was formed in 1981 and is predominantly rural, with many townships and villages. The unique coastline abounds in deserted beaches, tranquil rainforests, serene rivers and lakes, and picturesque mountain backdrops. This is a land of natural beauty, abundant wildlife, and cultural diversity.



Traditionally, the Sapphire Coast is country of the Yuin people.

Many sites up and down the coast, such as, Narooma, Bega Valley and the Bermagui region have held sacred significance for the Yuin Aboriginal community for tens of thousands of years, yet the stories are widely unknown. The strong connection between the people and their land which holds their sacred sites is tied to their belief that supernatural beings created their world and established the foundations of human life in the time known as dreaming.

By respecting the order of things brought into creation by their ancestral beings; acting in accordance with the prescribed rules of behaviour and preserving and respecting the environment, the aborigines believe they will perpetuate a stable environment and harmonious social order from generation to generation.

In knowing this, Coastlife Adventures aims to respect and

(Bermagui Historic Society, 2021), (Koori Coast, 2008), (Ngaran Ngaran Culture Awareness, 2019)

ACTIVITIES



Bushwalking, the original outdoor educational activity and still one of the best today. Bushwalking programs facilitate self-resilience, patience and an appreciation for the natural environment. The pace of students' lives will slow down, and it will teach them that not everything in this world is instant. It's not about the destination but rather about the journey.



Camp cooking and fire making. There's nothing better than a hot meal at the end of a long day of hiking!

Camp cooking teaches appreciation for a warm, hearty meal and allows students to practice following instructions while also finding the right balance of creative freedom. It gives us the opportunity to practice our minimal impact principles and to leave no trace



Navigation

Naturally, wandering through the bush requires some navigational skills. With the help of our experienced Coastlife staff, Students will be taught valuable techniques on how to navigate tracked environments and utilise maps and compasses.

BEWOA NATIONAL PARK- LIGHT TO LIGHT WALK



Light to Light walk hugs the coastline between historic Boyds Tower and Green Cape Light station. It's one of the best walks on the far south coast of NSW. The views are stunning and ever-changing – from heathland to forest, tea tree groves to banksia woodlands, and sheltered coves to towering red-rock platforms. Plus, with so many seafront vantage points, you can spot seals, seabirds and whales.

The total duration of the Light-to-Light walk is 30 km one way. With Campgrounds along the way to ensure this one in a lifetime experience can be enjoyed as it should be.



Beowa National (previously referred to as Ben Boyd National Park) was renamed meaning 'orca' or 'killer whale' in Thaua language. This is extremely significant as it recognises the Aboriginal cultural heritage of the area and its importance. Renaming from Ben Boyd to Beowa, carries enormous significance as it gives an understanding of what it is and who it belongs to. Restoring Aboriginal place names celebrates and recognises the region's ancient Aboriginal culture and reinstates its importance over recent history.



Staff Responsibilities

School Staff Leader

Whilst not responsible for delivering activity instructions, it the responsibility of the school staff present at each activity to understand the risks involved as outlined by the Coastlife leader and raise any concerns for safety or Duty of Care, for themselves or the students, immediately with the Coastlife leader.

The school staff leader is responsible for:

- Co-ordinating student participation
- Co-ordinating student behaviour
- Co-ordinating student welfare
- Co-ordinating and run evening activities
- Creating a strong leadership team with the Coastlife

Coastlife Program Manager (PM)

The PM has the overall responsibility for coordinating and bringing together all facets of the program and carries the final responsibility for each decision made or agreed to.

The PM is responsible for:

- The safety of all staff and students involved in the program
- The smooth running of all logistics and operations for the program
- Support for all staff and students and assistance in any medical or emergency responses

Coastlife Group Leader (GL)

The GL has the responsibility of the decisions made within their group and for all facets of the activities they deliver.

The GL is responsible for:

- The safety of all group members
- Outlining how activities achieve program aims and facilitating debriefings daily
- Facilitating student decision making
- The wellbeing, enjoyment, and sense of community within their team
- Create a strong leadership team with the school staff

Coastlife Specialist Activity Leader (SAL)

The SAL has the responsibility of the decisions made within the group they are running their specialist activity for. These activities include surfing, canoeing (depending on the type of canoeing), caving, climbing/ abseiling, rafting, skiing, snorkelling and survival.

The SAL should involve the GL and school staff leader and utilise the talents of the leadership team, however his/her decisions will be final for all staff and students.

Coastlife Assistant Group Leader (AGL)

For some Coastlife activities, there may be an AGL present to ensure adequate leader to participant ratios. Predominantly AGL's are used during flat water canoeing to support the GL and therefore the GL will still have full control of all aspects of and remain responsible for all aspects of the session. This GL, however, should involve the AGL and school staff leader in any decision-making.

Students on Program

To be open minded with a positive attitude to give everything a go through challenge by choice. To always uphold the school values and the 3 Coastlife safety rules.

Placement Student (PS)

To support upcoming leaders into the outdoor education industry Coastlife may allocate placement students to programs.

Placement students will never have sole responsibility for a group and the Coastlife leader will not diverge from the main priority of delivering the school's educational aims and objectives throughout the program.



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