

## ACTIVITY SAFETY GUIDELINES

Please find below a list of all camp activities and safety requirements.

ACTIVITY	SUGGESTED CLOTHING TO BE WORN	RISK RATING <i>(See Legend below)</i>	YOUR STAFF REQUIRED	CAMP HOWQUA RULES
<b>*Archery</b>	Sensible shoes	H	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>*Horse Riding</b>	<p><b>Helmets are mandatory – supplied by Camp Howqua</b></p> <p>Comfortable loose long pants Shoes that have a back and with a slight heel or no heel (Joggers or work boots are appropriate)</p>	H	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> <li>• <b>Hats are not to be worn under helmets</b></li> </ul>
<b>*Flying Fox</b>	Joggers No loose clothing	H	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>*High Ropes</b>	No loose clothing Hair tied back Joggers	H	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Bush Walking/ River Walking</b>	Sensible walking shoes Long Pants Insect Repellent	M	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> <li>• Students must stay with their groups</li> </ul>
<b>*Survivor</b>	Joggers/River Shoes Old Clothes – you will get wet & muddy	M	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Mountain Bikes</b>	<p><b>Helmets are mandatory – supplied by Camp Howqua</b></p> <p>Joggers Loose Clothing is not recommended</p>	M	1	<ul style="list-style-type: none"> <li>• Bikes are not permitted on the swing bridge or on the eastern side of the river.</li> <li>• Bikes and helmets must be returned to the rack.</li> <li>• Check that students can ride a bike.</li> <li>• Bikes are to stay in the designated areas.</li> </ul>
<b>Swimming</b>	River Shoes/Sandals/Booties Sensible Swimming attire	L-H	1 (your staff will need to have relevant qualifications)	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> <li>• Students must stay in the designated areas</li> </ul>
<b>Tubing</b>	<p><b>Life Jackets are mandatory – supplied by Camp Howqua</b></p> <p>River Shoes/Sandals Swimming attire</p>	L-H	1 (your staff will need to have relevant qualifications)	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> <li>• Students must stay in the designated areas</li> </ul>

<b>Raft Building</b>	<b>Life Jackets are mandatory– supplied by Camp Howqua</b> River Shoes/Sandals Swimming attire	L-H	1 (your staff will need to have relevant qualifications)	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> <li>• Students must stay in the designated areas</li> </ul>
<b>Orienteering</b>	Sensible Walking Shoes Long Pants	M	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Waterslide</b>	Suitable swimming gear. Shoes are an option – Sandals/booties/river shoes <b>It is recommended that students wear Board shorts and a T-Shirt. No Bikinis.</b>	M	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> <li>• Only one person sliding at a time</li> <li>• Do not hold onto the slide</li> <li>• Slide feet first</li> </ul>
<b>Low Ropes &amp; Initiatives</b>	Joggers/work boots	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Tennis</b>	Joggers	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Table Tennis</b>	Joggers	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Badminton</b>	Joggers	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Fishing</b>	Fishing boots/sandals	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Basketball</b>	Joggers	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Netball</b>	Joggers	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>
<b>Volleyball</b>	Joggers	L	1	<ul style="list-style-type: none"> <li>• Listen to all instructions</li> </ul>

**\*Camp Howqua will provide qualified staff to run these activities.**

### **Risk Rating**

Below you will find the risk ratings and possible injuries. Camp Howqua has given each activity a 'Risk Rating' based upon this scale. For further details please call into the camps office to view Camp Howqua's full Risk Management Policies and Risk Ratings for all activities.

<b>Legend</b>	
E:	Extreme Risk
H:	High Risk
M:	Moderate Risk
L:	Low Risk

Source-ASINZS 4360: 1999

Camp Howqua reserves the right to stop activities at any time. Camp Howqua staff reserve the right to ask students to stop any activity due to safety reasons.

### **PLEASE NOTE**

**Camp Howqua recommends the use of sunscreen and hats at all times. Camp Howqua also recommends that students carry drink bottles at all times.**

*ROCK PAINTING is now no longer available at Camp Howqua due to Environmental Protection Laws.*