



## Rock Climbing, Canoeing, Canyoning and Abseiling



<b>Start Date:</b>		<b>Start time:</b>	<b>1.00pm</b> at LITHGOW TAFE
<b>Finish Date:</b>		<b>Finish time:</b>	<b>2pm</b> at LITHGOW TAFE

### PROGRAM DELIVERY & ACADEMIC OUTCOMES

- This TVET (TAFE Delivered HSC VET) Outdoor Recreation Block Delivery Program is a 9-day residential/field program based in the Blue Mountains region. Units of competence will be delivered from the National Outdoor Recreation Training Package (SIS10). Year 11 and 12 students enrolled in NSW Schools may be eligible to undertake this NSW Board of Studies endorsed program.
- The program is delivered predominantly in a 'bush' setting, sleeping in lightweight tents. All specialist equipment, transport and catering is provided. The program is TVET funded with no course delivery cost incurred to the students. However, as in all TVET courses, students have to meet the cost of travel for arrival and departure of the program.
- Upon successful completion of a 9 day program, students are awarded an academic transcript from TAFE, achieving **partial** completion of Certificate II in Outdoor Recreation. Students also gain two NSW Board of Studies endorsed units towards either the preliminary HSC or HSC.

### LOCATIONS

- Students gain an appreciation of a variety of Australian natural landscapes and environments from: sandstone cliffs in the Blue Mountains for climbing, abseiling and canyoning to the water ways of Dunns Swamp in the Wollemi National Park and Lake Lyell for canoeing. It should be noted that if adverse weather prevents students from doing any of the activities, wet weather options may include sightseeing or indoor activities such as indoor rock-climbing and abseiling. Our programs operate in semi remote areas occasionally without vehicle access.

### PROGRAM OUTLINE

First year sample program:		Unit and Activity Enrolment:
Day 1	Travel to Lithgow + program setup + campsite setup	<b>Core/elective units:</b> SISOODR201A Assist in conducting outdoor recreation sessions SISXIND101A Work effectively in sport and recreation environments SISXFAC207 Maintain sport, fitness and recreation equipment for activities SISXCAI102A Assist in Preparing and Conducting Sport and Recreation Sessions SISXEMR201A Respond to emergency situations SISOOPS202A Use and maintain a temporary or overnight site SISOOPS201A Minimise environmental impact SISXOHS101A Follow occupational health and safety policies <b>Activity specialisation units:</b> SISOCNE202A Perform deep water rescues SISOCNA201A Demonstrate top rope climbing skills on artificial surfaces SISOCNA201A Demonstrate top rope climbing skills on natural surfaces SISOCNE201A Demonstrate simple canoeing skills SISOABN201A Demonstrate abseiling skills on natural surfaces SISOCAY201A Demonstrate horizontal canyoning skills
Day 2	Indoor climb/theory	
Day 3	Canoeing	
Day 4	Canoeing / Deep water rescue	
Day 5	Canyoning	
Day 6	Canyoning	
Day 7	Natural surface climb	
Day 8	Natural surface climb	
Day 9	Abseil + travel home	

## BRIEF DESCRIPTION OF ACTIVITIES

The following provides an outline of the activities that students will be engaged in on their program. Students receive safety briefings and are equipped appropriately by TAFE teachers before commencing any of the following activities and are supervised throughout program in line with TAFE and industry requirements for Outdoor Recreation.

<b>INDOOR/ NATURAL SURFACE ROCK CLIMBING</b>	This is an activity in which students ascend on either an artificial indoor rock or a natural outdoor cliff face using their hands and feet whilst attached to a safety rope. Students wear a harness, helmet and climbing shoes
<b>CANOEING (FLAT-WATER)</b>	This 2 day paddling experience is conducted in protected and enclosed waters. Each student shares a canoe with one other person. The group travels together on the river/lake learning paddling techniques and rescue procedures.
<b>CANYONING (HORIZONTAL)</b>	The canyon environment is defined as a deep, narrow, steep sided valley, often with a flowing watercourse. Horizontal canyoning involves the exploration of creek lines, using safety ropes where required to assist with the ascent and descent. This activity involves multiple skills including bushwalking, scrambling, and bouldering and sometimes swimming in cold water. Students wear wetsuits, helmets and carry their waterproofed personal and group equipment in canyon bags. There is no abseiling in this activity.
<b>ABSEILING</b>	This activity is also known as rappelling and it involves descending vertical (or near vertical) rock features, both natural and manmade, using ropes and descending (friction) devices. Abseiling involves descending by walking or “bouncing” backwards. Students wear a harness and helmet and are attached to a separate safety rope at all times.

## GROUP MANAGEMENT

- The program has a maximum group size of 21 students and is staffed according to the Department of Education and Training guidelines. There are 2 - 3 qualified and experienced TAFE teachers at all times, based on activity ratios. Weather can be unpredictable at times and the outdoors has inherent risks. Teachers will endeavour to provide a positive learning environment and teach skills in progression in order to minimise risks.
- During the program students will have the opportunity to experience leadership and work closely in a team environment. Students will be responsible for daily group organisations including: meal preparation, bushcraft, minimal impact practices, personal management, planning and executing logistics. Over the 9 days students will develop the following employability skills:
 

*Communication	*Teamwork	*Problem solving
*Initiative	*Self-management	*Planning and organisation

## PARENTS/GUARDIANS CONTACTING STUDENTS DURING PROGRAM TIME

- Parents/guardians needing to contact a student in the field are advised to go directly to their School Coordinator who has 24 hour contact access to the TAFE 'On Call' Contact, who can liaise on your behalf. It is anticipated that students will be out of regular mobile range for much of the program and as such parents/guardians should not expect to hear from students.

## CLOTHING & EQUIPMENT

Due to the nature of Outdoor Recreation programs, students will be hard wearing on clothing. It is recommended that practical, comfortable clothes are worn and that students come prepared for all weather conditions. Clothing may get wet and **will** get dirty; students are advised to leave fashionable, good quality clothing at home.

**NOTE:** If students arrive on Day 1 to the gear check missing any **COMPULSORY** items students will be required to purchase these items for their participation at their own expense. Our preference is students arrive prepared as shopping with students is not programmed for and may not be cost effective for the student.

## TAFE WESTERN PROVIDES

PER STUDENT		
Tent	Tent tarp	Sleeping pad/mat
Overnight backpack	Fleece jumper -thick	Waterproof raincoat
Thermals (If required)	Sunscreen for the duration of the program	
PER PROGRAM		
All base camp setup equipment and provisions		
All specialised and safety equipment for activities, support communications, first aid supplies		
All catering - including common special dietary requirements, please ensure this is indicated on medical form		
All transport for the duration of the program - including pick-up and drop-off at Lithgow station if travelling via public transport to and from Lithgow		
One to two shower opportunities during the program (based on location of campsite and facilities available)		

## STUDENT PACKING LIST

QUANTITY	CLOTHING TO PACK	
1	<b>COMPULSORY</b> (WINTER)	Wool or fleece jumper - non cotton
1	<b>COMPULSORY</b> (SUMMER)	Lightweight wool or cotton jumper
1 pair	<b>COMPULSORY</b>	Sturdy shoes with grip for walking, abseiling and around camp: <b>must be lace up</b>
1 pair	<b>COMPULSORY</b>	Old sneakers - these will get wet/ muddy and need reasonable grip for slippery rock hopping in canyons: <b>must be lace up</b>
1	<b>COMPULSORY</b>	Sun hat with wide brim
1	<b>COMPULSORY</b>	Beanie - wool or fleece (essential all seasons for cold nights and canyoning)
2 pairs	<b>COMPULSORY</b>	Nylon or polyester long pants - cargo style or tracksuit pants are best
2	<b>COMPULSORY</b>	Nylon or polyester long sleeved shirts
1 pairs	<b>COMPULSORY</b>	Shorts – quick dry are best
4 - 6 pairs	<b>COMPULSORY</b>	Socks - Explorer type or wool socks not all cotton sports socks
1 set	<b>COMPULSORY</b>	Swimmers
	<b>COMPULSORY</b>	Underwear - as required for the 9 day duration
1 set	SUGGESTED	Thermal top and bottoms
1 set	SUGGESTED	Travel clothes - which will only be worn to and from Lithgow; this set of clothing should be the only pair of jeans or cotton pants brought
1 - 2	SUGGESTED	Short sleeved t-shirts - No singlets or sleeveless tops
1	SUGGESTED	Gloves - wool or fleece
QUANTITY	EQUIPMENT TO PACK	
2	<b>COMPULSORY</b>	Water bottles - 1 litre minimum capacity
1	<b>COMPULSORY</b>	Small torch/flashlight/headlight and spare batteries
1 pair	<b>COMPULSORY</b>	Sunglasses
1 set	<b>COMPULSORY</b>	Mess kit including - bowl, plate, mug, spoon, knife and fork
10	<b>COMPULSORY</b>	Strong garbage bags - for waterproofing canoeing gear and storing dirty cloths
1 roll	<b>COMPULSORY</b>	Toilet paper roll for personal use on the program
1	<b>COMPULSORY</b>	Sleeping bag - adequately rated for season (TAFE can supply - if needing a TAFE sleeping bag bring \$30 in cash to pay on Day 1 of program to cover the laundering and wear and tear costs)
1	<b>COMPULSORY</b>	Soft large sports bag or duffel bag to contain all personal gear
1 set	<b>COMPULSORY</b>	Toiletries - essential only. <b>Aerosol cans will be confiscated for safety reasons</b>
1	SUGGESTED	Small towel
1	SUGGESTED	Pillow
1	SUGGESTED	Inexpensive wrist watch
1 pack	SUGGESTED	Biodegradable wet wipes are useful if students desire
		As required personal medication - please pack spares
		Book, playing cards or musical instruments - not precious

## CLOTHING & EQUIPMENT BASIC PRINCIPLES

- Cotton is excellent for sun protection but does not provide warmth when wet.
- Wool is an excellent insulator, even when wet. Second hand woollen jumpers from Op Shops are perfect for Outdoor Recreation. Please do not buy new clothes for this trip.
- Polyesters and nylon (e.g. tracksuit pants) are quick drying; if they get wet they provide a good degree of warmth for their weight.
- Several thin layers of clothes, rather than having 1 heavy or thick jacket are more effective for temperature control when participating in Outdoor Recreation activities.
- Jeans are not suitable for Outdoor Recreation.
- Loose fitting clothing allows for maximum airflow, flexibility and comfort when participating in Outdoor Recreation activities.
- TAFE policy requires all students and teachers to wear closed toe shoes: **DO NOT BRING SANDALS OR THONGS.**
- Students will be outside for the entirety of the program, sun smart principles apply with long sleeved shirts and pants, broad brimmed hat, sunglasses and sunscreen.
- Singlet tops, crop tops and sleeveless shirts do not provide an appropriate level of sun protection; do not pack these types of shirts.

## CLOTHING & EQUIPMENT BASIC PRINCIPLES (continued)

- Security of valuables cannot be guaranteed in the bush, please bring only essential cash (\$40.00 maximum) mobile phones and electronics - TAFE NSW can take no responsibility for any valuables lost, damaged or stolen.
- Program photos will be sent to your school coordinator 2 - 4 weeks post program completion. TAFE NSW can take no responsibility for any cameras lost, damaged or stolen.
- Please do not bring swags due to their bulky nature and limited space in the program trailer.
- If possible please bring clothing and equipment in a soft sports bag rather than a suitcase for practicality and space reasons in tents.
- Please do not bring tents, stoves, backpacks from home. TAFE will supply these to ensure suitable quality and prevent damage to personal equipment.

## LITHGOW CAMPUS DIRECTIONS Address: 2 Hill Street LITHGOW Phone: 02 6352 0444

- Great Western Highway
- Turn at McDonalds onto Main Street
- Continue along Main Street until reaching the T intersection
- Turn right at T intersection onto Bridge Street
- Continue along Bridge Street through one set of lights and up the hill
- Turn left onto Hill Street
- Continue along Hill Street that ends at Lithgow TAFE
- Take hard right after the campus gates
- Continue around to the back of the TAFE building to rear car park
- Outdoor recreation is E block off this rear car park
- Please make your arrival know to TAFE teachers

Note: For students arriving and departing by train or bus a TAFE teacher will pickup and drop off at the Lithgow Station on Railway Parade at the pre-arranged time.



The TVET Outdoor Recreation teaching team looks forward to meeting you on program.