

FIELD ACTIVITIES

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Acid River

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of Acid River is to move the entire team from one 'safe area' to another using only the props provided..	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
This initiative is also known as Lava Pit Challenge, Hot Chocolate River, Radio "active" River, Toxic River Activity Demonstration: https://youtu.be/dxdKyK_aeEA ; https://youtu.be/j4RnyNiJhpA ; https://youtu.be/VktOmars_Q8 Sequencing: Field initiative / problem solver, good for early in the sequencing as it's active and engaging for all groups – involve non-participants / leaders / teachers with the role of identifying when the mats aren't in contact with participants and removing them. Initiative is focused on the value of planning, leadership, limited resource and attention to detail / resilience Setup: Identify clearly defined boundaries with retired climbing ropes / marker cones across a wide 20+ meter expanse. Provide the group with a set of mats / carpet squares as appropriate for the groups ability / age / challenge (in terms of numbers) Briefing: If any part of the ground is touched by a participant in the non - safe area, the team must begin again. The mats must be touching a participant at all times(any part of a participant - hands, feet, knees etc.). Mats once placed on the ground cannot be dragged / shuffled with feet – only picked up again for re-usage Mats may be passed between participants Consequences: If a mat is placed onto the ground without contact of a participant (dropped, not stepped upon directly), the mat is removed (declining resources) If the group runs out of mats, the group may restart but might be penalized (timeing, points, blindfolds applied to selected members of the group) Solution: Perseverance and ensuring the group has sufficient mats to complete the journey from start to finish – may take some groups 45 minutes or more and multiple re-attempts. Possible Debrief Questions: • This activity is a great one to talk about frustration and communication • Did the group have a plan? Was it understood by everyone and followed? Did the group repeat their mistakes several times? Why? • Who was leading the group? What type of leadership did they display? • How did you feel when you were almost at the other side and then someone made a mistake? Did the group make more mistakes towards the end / near to the other river bank? Why? • Debriefs should be tailored for each group.	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed • Plastic mats / paper plates / carpet squares (up to 15 or number of the group plus additional) – study material as these are to be stood up • Boundary markers / retired climbing rope • Blindfolds	

- First aid kits appropriate to the location and level of training must be carried.

Levels of Challenge and Possible Variations

- Decrease/increase number of mats
- Blindfold a participant
- Mute a participant
- Increase distance needed to travel
- Set a time limit

Safety Considerations

Activity Specific Considerations

No running / jumping on props

Sturdy closed in shoes must be worn.

Ensure ground is even and free of obstacles

Ensure activity is performed on a non-slip surface

Sun Safety

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television. The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or <http://www.eldersweather.com.au/qld/darling-downs/geham>

Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 3L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs.(recommended minimum +30) Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	L
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area.. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions. Activity will be moved indoors if the need arises.	L
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole.	L

			Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	L
Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if hit. Participants are asked to care for equipment.	L
Steep Banks	Sprains & Strains	M	Appropriate pathways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury.	L

			Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	
People.				
poor technique	Slips resulting in strains and sprains	M	Pre-activity planning will consider whether the planned challenge matches the maturity and abilities of the group. Activity is to be conducted on a nonslip surface. Participants will be briefed on the risks of slipping and on ways to minimise this risk Participants will not run or rush through activity. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
poor technique	trips resulting in minor soft tissue or skeletal injury	M	Participants will be briefed on the risks of trips and falls when completing activity - especially when completing activity under pressure.	L
Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers.	
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H

C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss
2	Minor	First Aid treatment, Low financial loss
3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss

A-Frame Walk

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of the A-Frame Walk is for team members to move the A-Frame apparatus from point A to point B while one of the group members remains balanced on the horizontal board. Supporting team members pull on the ropes to assist with the movement.	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
Activity Demonstration: https://youtu.be/W8W9puAPiQw ; https://youtu.be/oil7CpA1s14 Sequencing: Portable field initiative that can be used in early trust sequencing and/or as problem solver / group communication / leadership. Generally, the group won't have time for everyone to have a go riding the A-Frame, so be aware of this if your group isn't good at sharing roles / being patient. Setup is for 12 active roles using two A-Frames, so may be tough to engage all students without more ropes or a 3rd A-Frame. Setup: Need a flat, grassy field with few obstacles. The A-Frames are large and difficult to manage, so be prepared early with their location if your using them Briefing: A single participant stands on the boards between the ropes and the remainder hold the ropes tight to balance the frame. All members work together to shift the balance point of the board by moving their weight to the side, lifting the board and moving their feet forward At least point of contact with the ground must be maintained at all times by the A-Frame. Only one participant can make physical contact with the A-Frame and they must remain off the ground The ropes must not make contact with ground at any point between Point A and Point B (Start / Finish locations) 2 spotters can be located behind the A-Frame to ensure appropriate level spotting if the A-Frame falls backwards suddenly All members continue to work together to move the boards and themselves across the space. Consequences: Physically challenging initiative which is usually enough just to complete the activity – If the participant steps off / touches the ground, you could replace with someone else in the group Solution: The participant riding / standing on the A-Frame needs to move their weight from side to side along the horizontal cross bar. Each left / right rocking motion is coupled with a thrust forward, the other five participants support the frame. There is little chance of the A-Frame falling over if the 5 rope holders are attentive and keeping the rope tight. Possible Debrief Questions: • What happened? • Was communication effective? Why / not? • Did the group work together or compete? • Who was the leader? What qualities positive / need improvement could you share with leader about their performance? • What was it like to be the A-Frame Rider?	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed • 2 x A-Frames with attached ropes	

- First aid kits appropriate to the location and level of training must be carried.

Levels of Challenge and Possible Variations

- Blindfold participants holding the ropes
- Add a second rider to the A-Frame
- Give the A-Frame rider an object (e.g. a glass of water that cannot be spilt)

Safety Considerations

Activity Specific Considerations

Flat surfaces are best to avoid the A-Frame from having a loose surface to navigate.

Spotters x 2 should be positioned behind the A-Frame to help spot if it falls backwards

Participants on the A-Frame should be prepared to step down at any point and not just fall if the A-Frame becomes unbalanced.

Sun Safety

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television. The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or <http://www.eldersweather.com.au/qld/darling-downs/geham>

Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn.	L

			Participants carry minimum of 3L water. Refill stops. Pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30) Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees and fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham. Assess participants ability to cope with increasingly difficult wind conditions.	L
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Participants will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, and to avoid walking on damp/wet areas and to be aware of trees, branches and brambles, and not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld .	L

			Or http://www.eldersweather.com.au/gld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	
Dead Trees	Impact Injuries	M	Participants are briefed about the dead trees and the likelihood of tree fall if they are hit.	L
Steep Banks	Sprains and Strains	M	Appropriate pathways are chosen to avoid any difficulties. Participants will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, and to avoid walking through unmown areas and to be aware of trees, branches and brambles which may be home to various wildlife, and not to run. Pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
Poor technique	A participant falls / trips resulting in injury.	M	Pre-activity planning will consider whether the planned challenge session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Participants will wear firmly fitting, covered footwear with a non-slip sole. Staff will ensure safety procedures are met and will intervene with any ideas which may result in a participant's safety being jeopardized.	L

Poor technique	Participants trip or fall from horseplay on the A-Frame	M	Pre-activity planning will consider whether the planned challenge session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Participants will wear firmly fitting, covered footwear with a non-slip sole. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized. Participants are advised to step off the A-Frame if they feel uncomfortable or unbalanced which could result in a fall.	L
Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L
Peer pressure / negative psychological	Participants being forced to take part	M	Staff to monitor the comfort level of any participant who is not comfortable Ensure challenge by choice and the right to say no is supported within the group if a participant doesn't wish to be on the A-Frame	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers. Participant to carry personal medication as appropriate Instructor to have first aid kit available	L
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect the equipment and knots before and after activity.	L
Faulty	Splinters from A-Frame causing injury	M	Staff will inspect all equipment before and after activity. Participants will be briefed on the risk of splinters while performing the activity.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly will be provided by staff Use behaviour management techniques for participants who are unwilling to following safety requirements (timed out, excluded from activity)	L

Consequence					
Likelihood	Insignificant	Minor	Moderate	Major	Catastrophic
	1	2	3	4	5
A (almost	S	S	H	H	H

certain)					
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE			
1	Insignificant	No injuries, No financial loss	
2	Minor	First Aid treatment, Low financial loss	
3	Moderate	Medical treatment required, Medium financial loss	
4	Major	Extensive injuries, High financial loss	
5	Catastrophic	Death, Major financial loss	

Leaking Pipe

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of the Leaking Pipe is for the team to float a ping pong ball up and out of a leaking pipe using only the props provided.	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
Activity Demonstration: https://youtu.be/awTC2gQflmI ; https://youtu.be/LYg4jdHPwnI Sequencing: Fun teamwork activity where everyone will get wet – great for hot days / end of day programming; strategy and planning / usage of limited resources can be focuses Setup: The buckets of water are placed in a line on one side of an area. The leaking pipes are placed parallel to the buckets of water with a gap of 20m between the pipes and the buckets. The ping pong balls should be in the pipes. The plastic cups should be placed with the buckets (6 per group). Can be setup as a competitive challenge between two groups or split a large single group to involve more participants. Briefing: The objective is for the group to float the ping pong ball out of the pipe / bucket. The ping pong ball cannot be tipped out of the pipe / bucket. It can only be removed by adding water to the pipe. Water can only be transported using the plastic cups. The buckets cannot be moved. Holes in the leaking pipe can only be plugged by participants hands. They cannot be plugged with any other objects eg. Sticks, mud, grass Consequences: Everyone will get wet – cheating might result in the water having to be emptied and the group starting again Solution: The ball floats outside of the pipe / bucket. Possible Debrief Questions: Usually a small, quick debrief focusing on teamwork themes is advised as everyone is wet and getting cold / needing to change.	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed 4 x leaking pipes or barrels (2 per group) 4 x ping pong balls 4 x large containers/buckets of water 12 x plastic cups - First aid kits appropriate to the location and level of training must be carried.	
Levels of Challenge and Possible Variations	
- Each participant can only hold one cup at a time - Participants holding cups cannot walk or run with the cup – only participants without a cup can move - Increase amount of leaking pipes	

- Increase/decrease distance to travel between buckets and pipes
- Increase/decrease amount of cups available to the groups

Safety Considerations

Activity Specific Considerations

Ensure the area the activity is being performed does not become slippery

Buckets or cups cannot be moved or thrown between participants

Sun Safety

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Weather

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Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 3L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30) Regular rest stops.	L

			Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions.	L
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	L

Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if hit. Participants are asked to care for equipment.	L
Steep Banks	Sprains & Strains	M	Appropriate path ways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
Poor technique	Participant trip, slips or falls resulting in minor soft tissue or skeletal injury	M	Participants will be briefed on the risks of trips and falls when completing activity - especially when completing activity under pressure. Students will wear firmly fitting, covered footwear with a non-slip sole. Adequate group planning time is given to ensure all participants know the technique being used.	L
Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers. Participants should be encouraged to carry own medication as required Instructors should have first aid kit available	

Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss
2	Minor	First Aid treatment, Low financial loss
3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss

Slingshot

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of the Slingshot is to take out as many targets as possible.	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
All team members must stay behind the barrier. Only one participant swings the slingshot at a time - make sure you watch the rope until it is safely on the ground and unable to swing back. No one is to stand in front of the swinger when they are swinging at the targets. To aim at the target the team may use the pulley to adjust the height. The swinger may walk backwards to lengthen the swing. Possible Debrief Questions: • What happened? • How did this affect the group? • How is this important? • How can the group use this information? • This activity is a great one to talk about communication, group dynamics and teamwork.	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed • 6 x targets • Rope slingshot • First aid kits appropriate to the location and level of training must be carried.	
Levels of Challenge and Possible Variations	
• Blindfold a number of participants • Place targets at different angles from the shooter • Increase/decrease the distance from the shooter to the targets	
Safety Considerations	
Activity Specific Considerations Sturdy closed in shoes must be worn. Be aware of rope swinging back Be aware of possible rope burn injuries. Ensure participants are not swinging rope too hard causing it to loop over pulley. Sun Safety Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or	

minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television. The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or <http://www.eldersweather.com.au/qld/darling-downs/geham>

Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 3L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30) Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	L
Winds	Falling branches Falling trees.	S	Monitor winds before departure.	L

			Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area.. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions.	
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	L
Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if they are hit. Participants are asked to care for equipment.	L

Steep Banks	Sprains & Strains	M	Appropriate pathways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
poor technique	A participant falls / trips resulting in injury.	M	Pre-activity planning will consider whether the planned challenge session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Participants will wear firmly fitting, covered footwear with a non-slip sole. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised. Participants are not to run while completing activity.	L
poor technique	A Participant swing ammunition resulting in a backswing hitting them..	M	Pre-activity planning will consider whether the planned challenge ropes course session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.	L

Poor Technique	Participant swings ammunition to landing, other participants holding rope have rope slip resulting in rope burn.	M	Pre-activity planning will consider whether the planned challenge session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised. Participants will not to run while completing activity. Staff will inspect all activity areas prior to use to ensure rope is not damp or slippery.	L
Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers.	
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Faulty	Rope burn from equipment causing injury	M	Staff will inspect all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations. Participants will be briefed on the risk of rope burn while performing the activity.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss
2	Minor	First Aid treatment, Low financial loss
3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss

Tangled

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of Tangled is to move from one coloured post to the other of the same colour while remaining attached to the rope.	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
No running through the maze. No pulling or jerking on the rope. Participants must stay attached to the rope until they reach the end pole. This activity can be done in a relay fashion. Possible Debrief Questions: • What happened? • How did this affect the group? • How is this important? • How can the group use this information? • This activity is a great one to talk about group dynamics and encouragement.. • How did you feel when you were completing the activity? Where your teammates encouraging or sitting back waiting for their turn? • How did you feel when someone encouraged you? • It is also a great activity to talk about trust. How did you feel being blindfolded and guided through the course? Did you trust the person guiding you? How did you feel after the activity after making it through? Do you trust your guide more? • Debriefs should be tailored for each group.	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed • 6 x carabiners • Tangled maze • First aid kits appropriate to the location and level of training must be carried.	
Levels of Challenge and Possible Variations	
• Mute a participant • Blindfold a number of participants • Increase/decrease the amount of rope needed to travel through • Increase/decrease the tangles in the rope	
Safety Considerations	
Activity Specific Considerations Sturdy closed in shoes must be worn. Be aware of trips and falls Be aware of rope burn	

Sun Safety

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television.

The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or

<http://www.eldersweather.com.au/qld/darling-downs/geham>

Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 3L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs.(recommended minimum +30) Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham	L

			Briefs and debriefs as well as team planning should be conducted in the shade where available.	
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area.. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions.	L
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	L

Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if they are hit. Participants are asked to care for equipment.	L
Steep Banks	Sprains & Strains	M	Appropriate pathways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
poor technique	A participant pulls rope resulting in rope burn	M	Pre-activity planning will consider whether the planned challenge session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.	L
poor technique	A participant falls / trips resulting in injury.	M	Pre-activity planning will consider whether the planned challenge session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Participants will wear firmly fitting, covered footwear with a non-slip sole.	L

			Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised. Participants will not to run while completing activity.	
Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers.	
Equipment				
Incorrect use of equipment.	Failure to follow activity guidelines resulting in rope burn or splinters	M	Clear instruction about how to complete activity correctly.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss
2	Minor	First Aid treatment, Low financial loss
3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss

Traffic Jam

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of Traffic Jam is to have two groups of people exchange places on a line of mats.	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
Activity Demonstration: https://youtu.be/KizRWfuT5uQ Sequencing: Group is working well with problem solving but might benefit from communication / barriers to communication; leadership focus (leaders -v- followers) and the characteristics of effective leaders / followers. Setup: One group stands on the mats to the left of the middle mat and the other group stands to the right of the middle mat. Ensure the middle mat is vacant. Both groups face the middle unoccupied mat. Using the following moves, the group on the left side must end up in the places on the right side and visa versa. Legal moves: 1. A person may move into an empty mat in front of him/her 2. A person may move around a person who is facing them to an empty mat. Illegal moves: 1. Any move backwards 2. Any move around someone facing the same way as you 3. Any move which involves two people moving at once 4. The participant cannot turn around Once a solution is discovered and that one person giving commands is the most efficient way to solve the problem, ask that individual and the group if they can quickly solve the problem again. Solution: Usually involves just a single leader taking control and having other participants be quiet and following directions Possible Debrief Questions: • Different from other initiatives in that a single leader is necessary to solve / resolve the challenge. • May lead to discussions around leadership, the selection process for the leader, the experience of being a follower, how it compares to previous initiatives and reflected in other life situations. • Discussion around resilience and where patience was necessary in this activity	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed • Small square mats/paper plates/rope • First aid kits appropriate to the location and level of training must be carried.	
Levels of Challenge and Possible Variations	

- Complete activity on a log
- Have the group reattempt the activity in one go – no failures / restarts
- Timed attempt
- Have the group reattempt the activity being blindfolded (spotters required)

Safety Considerations

Activity Specific Considerations

No running or jumping on mats

Ensure activity is performed on a non slip surface.

Sun Safety

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television. The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or <http://www.eldersweather.com.au/qld/darling-downs/geham>

Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 2L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30)	L

			Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area.. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions.	L
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	L

Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if they are hit. Participants are asked to care for equipment.	L
Steep Banks	Sprains & Strains	M	Appropriate pathways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
Poor technique	A participant falls / trips resulting in injury.	M	Pre-activity planning will consider whether the planned challenge ropes course session matches the maturity and abilities of the group. Participants will be briefed on the risks associated with the activity. Participants are at no point allowed to run along on the platform. Participants will wear firmly fitting, covered footwear with a non-slip sole. Participants are advised to step off the platform if they feel uncomfortable or unbalanced which could result in a fall. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L

Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L
Psychological damage	Participant misbehavior	M	Participants are to remain engaged and observe groups previously agreed upon behavior expectations	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information prior to activity Be aware of possible triggers in the immediate vicinity of the activity Ensure participants with Allergies are carrying appropriate medication if required Instructor to have first aid kit with them for activity	L
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly. Avoid running Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss

2	Minor	First Aid treatment, Low financial loss
3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss

Trolleys

Goal – Purpose of the activity.	
Camp Cooby's Field Activities are problem solving games that can be run anywhere where there is a large flat area. Field Activities are designed to present a challenge that participants have to overcome using problem solving skills. Participants are required to draw on teamwork, persistence, negotiation, and communication skills in order to come up with a solution to the problem/s that they are presented with. The solution will require action by all group members in order to complete the task (i.e. results can not be achieved by one person alone). The goal of Trolleys is to move the entire team from one safe area to another using only the props provided.	
Participants	Leadership and Qualifications
A majority of year levels can participate in these activities.	No formal qualifications are necessary. Good facilitation skills and large group management is necessary.
Participant/Leader Ratios	
Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.	
Operational Procedures	Location: Lake Cooby
Activity Demonstration: https://youtu.be/8zNJKxBra88 ; https://youtu.be/qgMZnd1CyeM Sequencing: Fun teamwork focused initiative, useful in moving the group from one program area to another, focused on effective communication, cooperation and leadership Setup: The planks / trolley's must start behind the line. No part of the caterpillar poles should be over the line. Briefing: Group is to walk together to the other side of the field / zone or around a defined pathway, using the trolleys as it's mode of transportation Consequences: If any part of the ground is touched in the non - safe area, the team must begin again. Option to have a consequence with this initiative, as the physically challenge of walking together is enough to make this challenging but fun and sometimes time consuming Solution: Usually requires a leader / strong voice to take control of the group – calling when to move and in what order. Possible Debrief Questions: • This activity is a great one to talk about communication. • How did you feel when you first started the activity and everyone was shouting out instructions? Why? • Did this change as the activity went on? How so? • How did that affect the activity? • Was the group cooperating? Why?	
Equipment and Logistics	
Equipment and materials for each activity are stored in the Top Program shed • Trolley planks (10 person, or 4 person) • First aid kits appropriate to the location and level of training must be carried.	
Levels of Challenge and Possible Variations	
• Add an obstacle(s) which the team must navigate through. • Blindfold a participant • Mute a participant	

- Increase/decrease distance needed to travel

Safety Considerations

Activity Specific Considerations

No running / jumping on props

Sturdy closed in shoes must be worn.

Ensure ground is even.

Sun Safety

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television.

The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or

<http://www.eldersweather.com.au/qld/darling-downs/geham>

Emergency Management Procedure

- | | |
|----------|---|
| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 3L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30)	L

			Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions.	L
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions.	L

			Participants will be briefed on emergency procedures.	
Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if hit. Participants are asked to care for equipment.	L
Steep Banks	Sprains & Strains	M	Appropriate path ways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L
Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
Poor technique	A participant crushes their toe underneath the prop resulting in minor soft tissue or skeletal injury	M	Pre-activity planning will consider whether the planned challenge ropes course session matches the maturity and abilities of the group. Participants are to wear closed in shoes at all times. Participants will be briefed on the risks of crushes when completing activity.	L
Poor technique	trips resulting in minor soft tissue or skeletal injury	M	Participants will be briefed on the risks of trips and falls when completing activity - especially when completing activity under pressure. Participants are not to try move at pace while completing initiative. Adequate group planning time is given to ensure all participants know the technique being used.	L

Poor Technique	A student or staff member slips resulting in rope burn	M	Participants are briefed about the possible injuries and how they are minimized. Participants are not to run while completing the activity.	L
Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers. Participants to carry medication if required for management Instructors to have a first aid kit available with group	
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss
2	Minor	First Aid treatment, Low financial loss

3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss