

FOREST ACTIVITIES

Contents

All Aboard.....	1
Blindfold Maze	7
Electric Fence	16
Islands.....	22
King Solomon’s Mine	28
Tightrope	34
Prouty’s Landing	40
Spider’s Web	46
TP Shuffle	53
Traffic Jam.....	59
Whale Watch	65

All Aboard

Goal – Purpose of the activity.

Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials.

Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem.

The goal of All Aboard is to have every member balanced on the log/s with their feet off the ground

Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Demo of Activity - https://youtu.be/Bb4GytRfOLQ Sequencing Early group forming / good initiative for breaking down barriers to being physically close / supportive / touching others appropriately – likely to be a quick initiative but will need perseverance to achieve and cooperation of participants Briefing Every team member must have both feet off the ground in order to be counted as being on the platform. The team must be able to hold a balanced pose for at least 5 seconds (or as appropriate for group) Step down instead of falling down is preferred Consequences Failure can be measure in terms of not completing the activity, partial completion or the groups determination of how success is measured Solution Start with smaller numbers of participants and gradually add more participants. Ensure spotting is done	
Equipment and Logistics	
Equipment 3 x logs of different sizes, grouped together - First aid kits appropriate to the activity	
Levels of Challenge and Possible Variations	
- Use smaller/larger platforms - One or two feet required on the platform	
Safety Considerations	
Activity Specific Considerations Sturdy closed in shoes must be worn. Beware of safe lifting of participants - avoid ideas which could jeopardise team safety. Instigate a stepdown rule – if participants begin to fall they are to release grip from others and step down off the logs. No jumping or trying to hold onto others for too long. 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.	L

			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. Participants are to have at least 2 people as spotters if they are to be lifted off the ground. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L
poor technique	Participants trip or fall resulting in a crush 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 jeopardized. Participants are advised to step off the bridge 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

Fear / psychological damage	Student or staff freeze	M	A person always has the option of stepping off the log if they feel uncomfortable.	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 all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Faulty	Splinters 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 splinters 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

Blindfold Maze

Goal – Purpose of the activity.

Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials.

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The goal of the Blindfold Maze is to have the group work in pairs in order to navigate, blindfolded, through a rope maze.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Demo of Activity - https://youtu.be/Bb4GytRfOLQ Sequencing Good activity for building trust between group members and with an environmental focus / getting closer to nature. Younger participants may seek to look for comfort and staff should allow this provided it is reflected in the debrief. Needs some trust activities already been done away from the Teambuilding zone to establish behaviour expectations prior to attempting this with a group Setup Check the course for fallen branches / obstructions Group divides into pairs (ideally someone new) and one member of the pairs received the blindfold Briefing Each pair will move through the maze, from beginning to end without touching each other or the ropes that make up the boundary of the maze The partner that can see will use verbal communication (or as deemed appropriate) to direct the blindfolded partner Once the first pair is through to the end / exit, they swap roles and reattempt the event. Pairs must stay together and sighted participants are responsible for the safety of their buddy – trees / rocks / trip hazards and barbed wire fence boundary are all to be pointed out as potential hazards Consequences Nil – participants who look / not completely blind could be encouraged to try again or asked why they felt the need to look during the debrief Solution Entry and exit's are well defined and staff should be on the outlook for blindfolded participants who are not being adequately spotted. Possible Debriefing Questions • What was it like to be blindfolded? • Did the other partner communicate effectively – share quickly with the other person three things they did well / could improve up with their communication • Was it easier to be the 2nd blindfolded person? Why? • What did it feel like to be the partner giving the directions? How does this relate to qualities of leadership / followership?	
Equipment and Logistics	
Equipment • Blindfolds • First aid kits appropriate to the activity	
Levels of Challenge and Possible Variations	
• Setting time limits • Allowing pairs to touch/guide each other through the maze • Penalties for touching the rope/boundary • Pairs could be asked to use verbal, but not language commands to direct each other safely through the maze	
Safety Considerations	
Activity Specific Considerations Staff should spotting / be close and ready guide blindfolded participants to safety if needed Spotting by seeing participants should be encouraged and monitored throughout to avoid unnecessary falls / injury	

The maze is located at the edge of the property with barbed wire nearby – be aware of this.

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.

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Emergency Management Procedure

- | | |
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| 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 |

Goal – Purpose of the activity.

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Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem.

The goal of the Blindfold Maze is to have the group work in pairs in order to navigate, blindfolded, through a rope maze.

Participants

All levels of school years can participate in most of the activities (to some degree).

Leadership and Qualifications

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: Forest Activities

Demo of Activity - <https://youtu.be/Bb4GytRfOLQ>

Sequencing

Good activity for building trust between group members and with an environmental focus / getting closer to nature. Younger participants may seek to look for comfort and staff should allow this provided it is reflected in the debrief. Needs some trust activities already been done away from the Teambuilding zone to establish behaviour expectations prior to attempting this with a group

Setup

Check the course for fallen branches / obstructions

Group divides into pairs (ideally someone new) and one member of the pairs received the blindfold

Briefing

Each pair will move through the maze, from beginning to end without touching each other or the ropes that make up the boundary of the maze. The partner that can see will use verbal communication (or as deemed appropriate) to direct the blindfolded partner.

Once the first pair is through to the end / exit, they swap roles and reattempt the event.

Pairs must stay together and sighted participants are responsible for the safety of their buddy – trees / rocks / trip hazards and barbed wire fence boundary are all to be pointed out as potential hazards.

Consequences

Nil – participants who look / not completely blind could be encouraged to try again or asked why they felt the need to look during the debrief.

Solution

Entry and exit's are well defined and staff should be on the outlook for blindfolded participants who are not being adequately spotted.

Possible Debriefing Questions

- What was it like to be the blindfolded?
- Did the other partner communicate effectively – share quickly with the other person three things they did well / could improve up with their communication
- Was it easier to be the 2nd blindfolded person? Why?
- What did it feel like to be the partner giving the directions? How does this relate to qualities of leadership / followership?

Equipment and Logistics

Equipment

- Blindfolds
- First aid kits appropriate to the activity

Levels of Challenge and Possible Variations

- Setting time limits
- Allowing pairs to touch/guide each other through the maze
- Penalties for touching the rope/boundary
- Pairs could be asked to use verbal, but not language commands to direct each other safely through the maze

Safety Considerations

Activity Specific Considerations

Staff should spotting / be close and ready guide blindfolded participants to safety if needed.

Spotting by seeing participants should be encouraged and monitored throughout to avoid unnecessary falls / injury.

The maze is located at the edge of the property with barbed wire nearby – be aware of this.

Sun Safety

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Emergency Management Procedure

A

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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. 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 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.	L

			Assess participants 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. 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 . 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	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 log	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 ask for help 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 wear blindfolds	M	If the participant isn't comfortable with a blindfold, eyes can be shut instead	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 maze before and after activity. Check for signs of wear / tear and animal interaction with the maze and if in doubt as the safety of the course, don't use the initiative	L
Faulty	Splinters from trees along the maze	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 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

Electric Fence

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of the Electric Fence is to have the group cross over the pole (i.e. the 'electric fence) without touching it.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Activity Demonstration: https://youtu.be/zL58q5Ad508 Sequencing: Early initiative for having the group attempt to do lifts of others in the group and/or assisting them in stepping over the beam. Spotting is important so remember to frame this for the group prior to allowing an attempt.	

Setup:

Everyone starts on one side (uphill side of element)

Check that the carabiners (shown in photos 3,4) are screwed closed / shut and pointing down (bottom of the carabiner is widest point, facing down)

Briefing:

The objective is for everyone to be transported over the “electric fence” without touching it using only themselves

If a participant touches the fence, they are zapped and must attempt to crossing again. Any person touching the participant attempting the crossing will also be asked to reattempt the crossing.

The “electric fence” extends to the ground, so no participants are permitted to go under the beam.

The trees holding the electric fence / beam are ironwoods (an excellent conductor) and cannot be safely touched.

Consequences:

Touching results in the group calling the touch and the participant reattempting

Alternative, time could be added / points deducted from the group if you allow touches without reattempt but wish to vary the consequences

Solution:

Usually involves passing / lifting participants across the beam and spotting on both sides, with the tallest person left to the end and spotters reaching over the beam to assist where possible.

Possible Debriefing Questions

- Did the group have a plan? Why?
- Was spotting important? Why?
- Where else in life is spotting for others important / needed?

Equipment and Logistics

Equipment

- Blindfolds (optional)
- First aid kits appropriate to the activity

Levels of Challenge and Possible Variations

- Blindfold selected participants (not spotters)
- Limit time/number of touches allowed before the group is forced to restart
- Include the use of a separate beam – the group must get the beam over the electric fence without dropping it/touching the beam to the electric fence

Safety Considerations

Activity Specific Considerations

No throwing or diving over the beam / log is permitted

No running and jumping over the element

Spotting must be demonstrated in the briefing and participants passed feet first to allow landing on their feet.

Sun Safety

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Weather

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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 . 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	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. Participants are to have at least 2 people as spotters if they are to be lifted off the ground. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardized.	L
Poor technique	Participants trip or fall resulting in a crush 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 jeopardized. Participants are advised to step off the bridge 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

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 all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Faulty	Splinters 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 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	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

Islands

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of Islands is for the team to safely move from one wooden island post to another using only the props provided	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities

Activity Demonstration: <https://youtu.be/Hdo3BZ8yf5w>

Sequencing:

Easy initiative with moving parts, good for any group as early problem solving – may be difficult for impatient groups as there is lots of waiting around to have a turn at moving across / handling the planks – Younger groups (lower primary school) may have difficulty handling the planks

Setup:

Have the group start on the side closest to the spiders web, with the planks

Briefing:

All team members must start on the same departure point using only the planks provided to get across (instructors can create any imaginary scenario they please to engage participants)

All team members must stay off the ground once inside the Islands

If any part of the ground is touched by a participant or plank in the non - safe area, the team must begin again.

Consequences:

If the planks touch the ground, everyone returns to the beginning

If there are multiple touches by the same participant, blindfold that individual or mute them

Solution:

This is solved by trial and error and having the group recognize that not all planks will fit all gaps between the island posts.

Possible Debriefing Questions

- Did the team have a plan? Was it followed / successful? Did you need to review the plan or might that have helped?
- How was communication? Was it effective? Did everyone understand the plan and were all solutions heard / tried?
- How was the leadership for the initiative? Did the leader listen to all the ideas to solve the problem?

Equipment and Logistics

Equipment

- 3 x Planks (different lengths with ropes attached)
- First aid kits appropriate to the activity

Levels of Challenge and Possible Variations

- Mute a participant
- Blindfold a participant (you will need to use spotters if you decide to do this)
- Increase/decrease distance between islands
- Add mine fields/objects that need to be collected. Each object could have a different action attached to it, e.g. a mine might mean that you can no longer travel backwards
- Give the participants a limited amount of time/lives
- Give the team time to plan/review

Safety Considerations

Activity Specific Considerations

No running / jumping on planks or poles "islands"

Planks must be sufficiently on the stumps as supervised by the Instructor before participants can cross / weight bear (recommend 10cm minimum)

Sturdy closed in shoes must be worn.

Beware of getting feet and hands caught under planks and being crushed.

Beware of possible seesaw effect if weight is removed suddenly.

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.	L

			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 soft tissue or skeletal injuries.	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 are at no point allowed to run along the plank or attempt to jump from one island to another Participants will wear firmly fitting, covered footwear with a non-slip sole. Participants are advised to step off the bridge 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 jeopardised.	L
Poor technique	Participants get fingers caught under plank when placing plank resulting in a crush 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 are at no point allowed to run along the plank. Participants will wear firmly fitting, covered footwear with a non-slip sole. Participants are advised to step off the bridge 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 jeopardised.	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. Staff will ensure safety procedures are met and will cease any activity which may result in a participant's safety being jeopardised Inconsiderate participants will be removed from the activity.	L
Fear / psychological damage	Student or staff freeze	M	A person always has the option of stepping off the bridge if they feel uncomfortable.	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	Splinters 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 splinters while performing the activity.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly. No jumping between poles / posts or running between	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

King Solomon's Mine

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of King Solomon's Mine is for the participants to use effective communication and teamwork in order to work their way through the maze (i.e. mine field)	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities

All participants being on one side of the frame, Instructor on the other side
Instructor must have a copy of the pathway solution or create one prior to the activity, using the template attached.

Sequencing

Low level physical challenge, requiring repetition and attention to detail by participants.

Briefing

Move through the frame in 10/12 steps.

Each square is only used once.

One at a time, participants step into a square. If it is the correct square, nothing will happen. They can then step into another square. Again, if it is the correct square, they can continue.

Consequences

If they step into an incorrect square, they may be squirted with the water pistol (client appropriate). They must then step out of the frame.

If they are part way through the frame, they must walk back using the correct squares.

Solution

Group continues to work their way through the frame until they have correctly stepped into the right sequence of squares. They must then all continue through the frame until all participants have followed the correct path.

Other rules can be added as the activity progresses eg: blindfold some participants, gag some participants.

Possible Debriefing Questions

This activity is a great one to talk about frustration and communication.

- What happened? Was the group successful? Why / why not?
- How did this affect the group?
- How is this important?
- How can the group use this information?
- Did the group communicate effectively – why/ why not? Provide examples to reflect what happened
- Did the group have a plan before attempting the initiative? Yes/No

Path Example

	1				
		2		4	
			3		5
			7	6	
	9	8			
	10				

Equipment and Logistics

Equipment

- Frame with 6 x 6 squares arranged in a large square
- Blindfolds
- Water pistol (where appropriate)
- Sheet with mine pathway

- First aid kits appropriate to the activity

Levels of Challenge and Possible Variations

- Blindfold half of the group
- Gag/mute half of the group
- Use only one speaker
- Get 1-2 group members to create the pathway and have the other group members try to navigate that pathway

Safety Considerations

Activity Specific Considerations

No running or jumping

Persons wearing a blindfold over their eyes should have at least one person as a guide to assist them while moving.

Be aware of clients not jumping / playing on nearby large boulders

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	L

			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.	
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 .	L

			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.	
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 soft tissue or skeletal injuries.	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.	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. Staff will ensure safety procedures are met and will cease any activity which may result in a participant's safety being jeopardised Inconsiderate participants will be removed from the activity.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers. Participants should be encouraged to carry own medication if	
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	Splinters 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 splinters while performing the activity.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly. No jumping between poles / posts or running between	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

Tightrope

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of the Tightrope is for participants to safely cross from one side to the other using only the foot cable provided.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Activity Demonstration: https://youtu.be/jv7wA8CQi5g	

Sequencing: Difficult physical activity due to balance and core strength requirements, good spotting (with experience) required prior to attempting, Yr 8+ age group recommended. Expect that group will have attempted prior spotting initiatives and/or trust sequence

Setup:

Course is physically installed in tress on a gentle slope, yearly inspection is conducted and quarterly maintenance for safety undertaken. Remove any fallen branches / obstructions before attempting with participants.

Briefing:

All participants must move from one end (or section as appropriate) to the other end without touching the ground, using just themselves as support or with spotters (recommended for school groups)

Consequences:

If participant falls / steps off a few different consequences are recommended: group must restart, section just completed must be restarted, can add 15 seconds to the groups overall time if timing the activity, group has a limit of the number of falls (try and complete with the least amount of falls). There must be some criteria of performance to ensure the group tries their best.

Solution:

Team may use any of the trees within arms reach - provided they do not step off the cable.

No other props such as walking sticks etc. May be used.

Spotters are recommended for younger / less physically able groups

Possible Debriefing 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 frustration and teamwork.
- How did you feel when you were almost at the other side and then someone made a mistake?
- How much easier was it when the whole team was supporting each other?
- Debriefs should be tailored for each group.

Equipment and Logistics

Equipment

- First aid kits appropriate to the activity

Levels of Challenge and Possible Variations

- Mute a participant
- Give the participants a number of lives

Safety Considerations

Activity Specific Considerations

No running / jumping on cables

Sturdy closed in shoes must be worn.

Ensure Cable is not damp or slippery.

Be aware of natural obstructions eg. rocks and branches around the cable course – remove any fallen branches prior to starting

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 .	L

			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 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 falls resulting in soft tissue or skeletal injuries.	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 relevant risks associated with activity. Participants will be taught how to do "spotting" technique if appropriate A soft fall area is provided to ensure any falls are minor. Staff inspect activity prior to ensure the surface is not slippery, Participants will be advised to step off the cable at any time if they feel unbalanced or uncomfortable. Participants are at no point allowed to run along cable. Students 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.	L
Trips	Trips and slips 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. All cable attachments are pointed out as risks to participants. Staff will inspect activity prior to ensure the surface is not slippery. At no point are participants allowed to run along the cable or sit on the cable. Soft fall activity is to be maintained Participants will be advised to step off the cable at any time if they feel unbalanced or uncomfortable. Students 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 jeopardized.	
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 activities which may result in a participant's safety being jeopardized.	L
Fear / psychological damage	Student or staff freeze	M	A person always has the option to step off the cable at anytime they feel uncomfortable or unbalanced. A spotter will be used for any nervous or as deemed appropriate by the instructor	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers. Participant to carry own medication to relieve symptoms if appropriate Instructor to have first aid kit available with group	L
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect cable 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 on cable	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

Prouty's Landing

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of Prouty's Landing is for the group to move from one platform to another platform using a rope swing	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Activity Demonstration: https://youtu.be/yStrgeocvRc ; https://youtu.be/VVaim0oLw4E ; https://youtu.be/9D7RYXi3_SU Sequencing Great initiative in that it involves a rope swing and personal challenge for each participant whilst working towards a common goal. Teamwork and creating a supportive environment are key here for the groups success, as some participants may find the physical challenge of holding their own body weight difficult. All ages initiative Setup Start on the upper section of the initiative and don't allow participants to get the rope prior to the briefing. Practice swings might be necessary for some participants to become confident that they can accomplish it. Staff to visually check that carabiners are rotated down (carabiner widest point towards ground) and locked – These are physically checked every 3 months during ropes course inspections (insert Ropes Course Inspection Report TBC) Check placement and knots for webbing sling (see photos at end of document) Briefing Another scenario driven initiative if the staff member / group requires motivation. Whole group must move from one side of the initiative to the other, using just the swing One participant at a time on the swing Webbing loop to be used to support participants by looping it around their back, arms above as required – not compulsory for all participants, optional if need additional support to carry own weight The group needs to determine how to access the swing – no jumping or running at the swing to obtain it Props may be used to obtain the swing but not from the ground (no sticks / rocks) – limit resource usage to what the group has on them Everyone must be standing on the platform on the finish side of the element for the activity to be complete Consequences Due to the physical challenge being high here, consequences can be a disincentive for the group if not framed correctly. If the participant doesn't successfully complete the swing, they must reattempt (success being based upon touches on the ground, not being caught by the platform side, losing the swing back to the middle of the element) If it's a timed event, time added / removed from the overall score for each failed attempt to cross. Solution Most groups will need to throw items of clothing / shoes to obtain the swing initially – don't allow jumping to obtain it as it may result in injury. Anyone with upper body / arm injuries are advised to be given a free pass to the other side / act as judge of successful swings. Spotting of group towards the end where there is little free space on the platform is advised. Possible Debriefing Questions: • What was difficult about this initiative? • Was there a need to have a leader / single voice? Who was this? How did they lead the group? • Was there a plan? Was it successful? Could it have been improved and when should it have been reviewed? • How did the group support participants who were physically challenged by this activity? Was it positive or negative support?	
Equipment and Logistics	
Equipment • First aid kits appropriate to the activity	
Levels of Challenge and Possible Variations	
• Blindfold selected participants (not spotters) • Limit time/number of touches allowed before the group must be forced to restart • Use a rope/thin tent pole across the swinging zone to make participants raise their feet and not touch the rope • Move the destination platform further away from the group's starting point	
Safety Considerations	
Activity Specific Considerations Staff should spot / be close and ready to hold initial participants until there are others on the destination platform who can provide this level of safety	

Be aware that swinging participants may drag feet, fall backwards if they are not spotted at the destination platform and may have difficulty sustaining holding their own body weight – use of the webbing loop is advised

The landing / destination platform has sharp edges and may need to be moved closer to the swing if the group is younger / less physically capable.

Rope burn is also a potential hazard and participants should be told not to wrap the rope around hands or feet.

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. Pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30) Regular rest stops. Encourage peer reminders and monitoring.	L

			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 . 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	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 must be briefing on appropriate spotting techniques and have everyone involved on the destination platform Ensure that rope is not wrapped around hands / feet to avoid falls / rope burn 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 resulting in a crush 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 jeopardized. Participants are advised to step off the bridge 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 act in role of climber	M	Staff to monitor the comfort level of any participant who is not comfortable at supporting their own body weight Allow a minimum number of attempts then allow the participant to be transported to the destination side of the element Ensure challenge by choice and the right to say no is supported within the group if a participant doesn't wish to swing across.	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 all equipment before and after activity. All equipment will be used and maintained according to the manufacturer's recommendations.	L
Faulty	Splinters 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 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 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

Spider's Web

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of the Spider's Web is to move the entire team through the web without touching the web.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Activity Demonstration: https://youtu.be/yAh8uty8ZCc ; https://youtu.be/vBVKl6wGXeq ; https://youtu.be/PFVqJY0TAEo Sequencing: Great activity for focusing on strengths / weaknesses within the group, quality control (how does going faster affect the groups ability to not touch the web), does the group call touches of the web or ignore them (and who is calling the touches) and having a plan; Spotting and lifting must be covered prior to undertaking this initiative (usage of a trust sequence prior is recommended) Setup: Ensure there are no fallen branches nearby, participants shouldn't have loose clothing or other items in their hands; Briefing: The group starts on one side of the web and must move through the web without touching / moving the web Depending upon the group's needs, allow several holes to be used twice or more by different participants. Spotting is essential and if the participant is to be passed through, the instructor / teacher must be present to assist in spotting initially until there is sufficient spotters on each side Passing must occur feet first Instructor can define certain holes / gaps as not part of the initiative depending upon the level of challenge required for the group Consequences: If a touch is called by the group (not necessarily by the Instructor, allowing the group to provide its own feedback on success/failure), everyone returns to the start and the group begins again Alternatively, add time / points or whatever measure as a consequence Solution: Patience, careful movements, support (spotting) and time allow this initiative to be completed successfully. Possible Debriefing Questions: • This activity is a great one to talk about planning, teamwork and communication • How did you feel when you first started the activity? Did you have a group plan? Did everyone know what that was? • How did you feel after having to restart a few times? Did you find you got frustrated? How did this frustration affect your communication skills? • How does this relate to resilience? • How did the group perform on calling touches? Was quality observed in the process? Why? Could quality have been improved and why is this important for the group currently? How does low quality impact the group and the outcomes desired? • How did the smaller members of the group who were passed through feel about their role in the process? Where they supported (physically / emotionally)? Why is this important?	
Equipment and Logistics	
Equipment • Blindfolds • First aid kits appropriate to the activity	
Levels of Challenge and Possible Variations	
• A body part may only pass through each opening once • Have a certain number of the lower web openings that cannot be passed through • Blindfold a participant • Mute a participant • Spotters touching the web are included in the count of touches	
Safety Considerations	
Activity Specific Considerations No diving / running / jumping through web. No climbing	

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.	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	A student falls from height.	H	Pre-activity planning will consider whether the planned challenge ropes course session matches the maturity and abilities of the group. Each participant will have at least two designated observers/ spotters on the far side of the web while being passed through the top quadrants of the web. Participants are at no point allowed to dive through the web. Spotters will be briefed on their responsibilities and closely supervised.	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. At no point are participants allowed to dive, jump, or run through activity. Observers will be briefed on their responsibilities as guides and will be closely supervised	L
Entrapment (equipment)	A student or staff member catches their hair, clothing or jewellery in equipment, causing injury or distress.	M	Staff will ensure that hair, clothing and jewellery are appropriately managed to avoid injury or mishap	L
Fear / psychological damage	Student or staff freeze	M	A person always has the option of going through the lower quadrants instead of being lifted.	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. Participants should be carrying medication where possible Instructors should have first aid kits available	
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	M	Staff will inspect all ropes 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 climbing on web	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

TP Shuffle

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of the TP Shuffle is for participants to arrange themselves in order of height/age/alphabetical on the log without stepping off. This activity is completed in silence.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Activity Demonstration: https://youtu.be/9-uVlzAH42I ; https://youtu.be/Er33J45ZuGc Sequencing: Good for groups in early stages of working together / problem solving, effective communication activity, appropriate for all ages Setup: Ask the group to stand on the log together. Check for snakes / other animals around the log prior to usage Briefing: Team starts on the log in any order. Team is asked to arrange themselves in alphabetical order while being mute (no verbal communication) If anyone steps off the log a 15 sec time penalty is incurred (optional) After an attempt allow group to debrief. Team is asked to arrange themselves in order of age while being mute. Allow team to debrief after attempt Consequences: Timed penalties Solution: As with all times initiative problems, it is important to attempt the problem more than once. Additional attempts result in a faster time as a result of cooperation, planning, and individual effort. Possible Debriefing Questions: • What happened? • How was this initiative different from previous initiatives? • Was the lack of communication a challenge for the group? Or individuals? • This activity is a great one to talk about different ways to communicate.	
Equipment and Logistics	
Equipment • Stopwatch • First aid kits appropriate to the activity	
Levels of Challenge and Possible Variations	

- Time each attempt
- Time penalties
- Thinner log
- Use a rope instead of a log

Safety Considerations

Activity Specific Considerations

No running / jumping on logs

Sturdy closed in shoes must be worn.

Ensure log is not damp or slippery.

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. 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 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 . 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.	L

			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 log	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.	L

			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 log if they feel uncomfortable or unbalanced which could result in a fall.	
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 act in role of climber	M	Staff to monitor the comfort level of any participant who is not comfortable at supporting their own body weight Allow a minimum number of attempts then allow the participant to be transported to the destination side of the element Ensure challenge by choice and the right to say no is supported within the group if a participant doesn't wish to swing across.	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 log before and after activity. Check for signs of wear / tear and animal interaction with the log and if in doubt as the safety of the log, don't use the initiative	L
Faulty	Splinters from log 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 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 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of Traffic Jam is to two groups of people exchange positions on a log.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
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 right side of the log, while the other group stands on the left side of the log. Both groups face the middle of the log 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 around a person who is facing them. 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 Debriefing 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 • First aid kits appropriate to the activity	
Levels of Challenge and Possible Variations	
• Setting a time limit	

Safety Considerations

Activity Specific Considerations

No running / jumping on logs

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) Regular rest stops. Encourage peer reminders and monitoring.	L

			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

Whale Watch

Goal – Purpose of the activity.	
Camp Cooby's 'Forest Activities' consist of a number of problem solving games and elements that have been constructed using both natural and other materials. Each activity challenges the group to solve a particular problem. Groups will be required to use cooperation, team work, and communication in order to come up with a solution to the problem presented to them. Some activities may require groups to draw on specific skills and traits e.g. trust, leadership, negotiation, etc. in order to solve the problem. The goal of Whale Watch is to have the team balanced on the see-saw platform for a set time limit.	
Participants	Leadership and Qualifications
All levels of school years can participate in most of the activities (to some degree).	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: Forest Activities
Activity Demonstration: https://youtu.be/omP2SyOaD0Y Sequencing: Challenging initiative to solve due to the quick movement of the platform for balancing – can be used for allowing a group to collectively "fail forward" https://youtu.be/Hkb01LZWLU if you are able to frame that for the group Setup: Check for fallen branches / obstructions Briefing: In order for the board to be considered balanced it should not be touching the tyre on either end for a set period of time Participants can only enter by the side of the board - not the ends. Participants can only enter the board when the board is balanced. No stepping off suddenly Beware of getting feet and hands caught under the board – possible injury Consequences: If the board touched the tyre on either end the whole team must begin again. Solution: Participants usually get this accomplished by trial and error, so it's a good initiative for Care theme – Grit and Perseverance, Resilience and Quality also works here in terms of debriefing. Groups can also attempt it by sitting down – it lowers the individuals center of gravity and makes for less movement and therefore solves the challenge quick – don't lead with this as the initiative will be completed quickly. Possible Debriefing Questions: This activity is a great one to talk about frustration and teamwork as well as fun. It is a problem solving / communication focused initiative and should be attempted after the group has formed and is working together. • What happened? Was the group successful? Why / why not? • How did this affect the group? • How is this important? • How can the group use this information? • Did the group communicate effectively? Why / why not? Provide examples to reflect what happened • Did the group have a plan before attempting the initiative? Why / why not? • Would the group have been more successful with a plan?	
Equipment and Logistics	
Equipment • First aid kits appropriate to the activity	

Levels of Challenge and Possible Variations
- Setting a time limit - Adding objects to either end of the see saw to create a weight imbalance - Allow/disallow participants switching ends of the see saw - Blindfolds (spotters required)
Safety Considerations
Activity Specific Considerations No running / jumping on board Sturdy closed in shoes must be worn. Beware of getting feet and hands caught under board and being crushed (see photos at the end of this document) Beware of possible seesaw effect if weight is removed suddenly. 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.	L

			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.	
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.	L

			Fires should not be lit in windy conditions. 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 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.	L

			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.	
Moving Parts	Participants get caught under the platform resulting in injury	M	Participants are at no point to be on all fours when completing 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
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
Fear / psychological damage	Student or staff freeze	M	A person always has the option of stepping off the board if they feel uncomfortable.	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	Splinters 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 splinters while performing the activity.	L
Incorrect use of equipment.	Failure to follow activity guidelines	M	Clear instruction about how to complete activity correctly. Avoid running on board and perform appropriate entry and exit of the board. 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