# ROGAINE

**LOCATION: (Note map on page 5)**

This activity is undertaken in the 35 hectare forested area immediately to the east, southeast and south of the buildings at Nayook.

**DESCRIPTION:**

The area consists of reasonably steep gullies with tall messmate and peppermint eucalypts with an under-storey of thick vegetation in many areas. There is a network of walking tracks throughout the area. Some are well cleared and easy to follow and others less obvious so some care needs to be taken when walking in the area. It is not recommended to allow groups to “bush bash” due to the steep nature and thick vegetation in many areas. The area is bounded by a fence to the north, 4WD track to the east, 4WD track and fence to the south and 4WD track to the west.

**AIMS;**

1. That students will successfully operate in small groups to complete the rogaine course with minimal close supervision
2. That students learn to appreciate the natural environment

**LEARNING OUTCOMES:**

1. To introduce to students the basic skills required to navigate using a map and compass in challenging conditions
2. Introduce the group management skills and responsibilities to enable a small group of students to complete the course without direct teacher supervision.
3. Students to gain a knowledge of the safety and emergency procedures relating to regaining.

**AGE SUITABILITY:**

This activity is suitable for students from Year 7 upwards

**STAFF/STUDENT RATIO:**

This session is conducted with two Nayook teachers and two trainees with up to 25 students.

**INSTRUCTOR EXPERIENCE:**

* The instructor needs to have good map interpretation skills and be very familiar with the area.
* The instructor needs to have a clear understanding of the safety procedures for a potential emergency

**ASSISTANT/S EXPERIENCE:**

* The assistant needs to have a good knowledge of map and compass skills and be vey familiar with the area.
* The assistant/s need to be able to competently assist the instructor in an emergency and needs to have a good understanding of the emergency procedures.

**PARTICIPANT EXPERIENCE:**

* All students need to have completed the introductory half day walk and preferably the night rogaine as well, before participating in this activity.
* Participants need to responsibly follow safety procedures at all times.

**INSTRUCTOR RESPONSIBILITY:**

* Overall responsibility for all staff and students engaged with the activity
* Brief assistants/visiting staff on their role and the safety procedures.
* Organize emergency equipment for all staff.
* Ensure students have the appropriate personal and activity equipment.
* Brief participants on and ensure participants have required skills and knowledge of safety and emergency procedures.
* Instruct students on the skills required to participate on this activity

**ASSISTANT/VISITING TEACHER RESPONSIBILITY:**

* Assist the instructor where possible
* Monitor groups on the course
* Assist groups with any emergency or navigation issues
* Take over if the instructor becomes incapacitated

**PARTICIPANT RESPONSIBILITY:**

* To follow instruction as outlined in the safety brief and lesson outline
* To be responsible for the rogaining and safety equipment
* Learn and remember a basic understanding of snake bite first aid.

**SAFETY, FIRST AID & ACTIVITY EQUIPMENT:**

|  |  |  |
| --- | --- | --- |
| First Aid Equipment | Safety Equipment | Activity Equipment |
| * First Aid kit * Student medication * Bumbag (2x roller bandages, 6x bandaids) **NB** This is carried by a group member * Student medicals (summary of known problems) | * Mobile Telephone * Emergency Numbers list * Hand radio | For Students:   * Maps (NB appendix) * Compass * Whistle * Control Card (NB appendix)   For staff:   * Master maps (NB appendix) |

**PARTICIPANT CLOTHING & EQUIPMENT:**

|  |  |
| --- | --- |
| Winter/Cold weather requirements | Summer/hot weather requirement |
| * WW Jackets * Overpants (if required) * Day packs * Suitable footwear * Suitable clothing for the weather conditions * Water bottle * Snacks * Personal medication | * Suitable clothing for weather conditions) * Suitable footwear * Backpacks * Water bottle * Snacks * Hat * Sunscreen * Personal medication |

**SAFETY BRIEFING:**

* The group must at all times stay together.
* No-one is to climb through any fences, cross 4WD tracks or bitumen roads
* No running; there are too many tripping/falling hazards.
* Do not interfere with any wildlife.
* Groups should stay on a tracks as much as possible
* If the group is lost, stay together, try and retrace steps to last known position. Only use the whistle if it is after 11:00am. (Emergency whistle - give 3 blasts of the whistle, listen for a reply and repeat).
* If someone in the group is injured, stay together and use the emergency whistle.
* If one or more students become separated from the group: ALL members STOP immediately, call out for the lost person/s and listen. If unable to locate the person use the emergency whistle.
* If other groups hear an emergency whistle, respond and try and help if possible. Take care however do not become lost or injured trying to help.
* In the warmer months be aware of snakes.

- Snake bite prevention: Stay on tracks as much as possible, watch where you are stepping, do not step over logs, rocks, etc without looking on the other side first. If you see a snake, leave it alone.

- Snake bite action – Victim stop, lie down and apply a firm roller bandage over the entire limb. Do not move from position and use emergency whistle to summons assistance

**EMERGENCY PROCEDURES:**

* Three staff members on the course during the activity.
* If a student or group of students are lost, one staff member to remain at the camp with handset.
* Available staff to walk the tracks and try and find where last sited. One staff member should walk the boundary tracks.
* Listen for emergency whistle and respond if heard
* If an injury, treat and evacuate if appropriate. NOTE: stretcher carries require many personal and can be very demanding physically.
* Use the mobile telephone or handset to call for extra assistance from the main centre
* Contact the Principal/Assistant Principal or the nominated emergency contact person (Note emergency call list in appendix).
* Call 000 (Police and/or ambulance as required)

**ACTIVITY NOTES:**

The following is the suggested plan for the day rogaine session. If deviating from this then staff must notify the Director

PRIOR TO SESSION:

* Brief assistants and/or visiting staff as outlined in the “Assistant/visiting staff responsibilities”, “Safety Briefing” and “Emergency Procedures”
* Draw a table on the white board for the group competition (NB example below))

BRIEFING (to students):

Some of the topics below will have been covered during the half day walk and the night rogaine however students may need reminding of the important points.

Topics to be covered:

1. Discuss the objectives and challenges of the session.
2. Discuss the safety issues and emergency procedures (as outlined above under “Safety Briefing”).
3. Remind and check that students have the appropriate personal equipment.
4. Hand out the activity equipment and discuss use and care of.
5. Discuss map orientation by using natural features, compass and the sun.
6. Interpreting; legend, scale (including pacing) and contours.
7. What markers to look for and how to mark the control card
8. Explain the scoring system (Points deducted for late return)
9. The importance of hydrating adequately
10. Walking efficiently and safely in steep terrain

**END OF SESSION:**

DEBRIEFING:

* Undertake a brief discussion on success or otherwise of the rogaine session
* Debriefing should address the objectives and can easily relate both to other activities on the program and experiences they may have later in life.
* Total up scores and present awards as appropriate.

CLEANUP:

Attend to the following items:

* Equipment – Collect all borrowed equipment and check for damage
* Arrange for any missing controls to be replaced or repaired
* Information - relay any appropriate information regarding students to; Director, Staff, Main School (If necessary) & Parents (If necessary)

**RISK MANAGEMENT:**

Staff must review risk management document prior to each session

**Table for Equipment Issue & Time Keeping**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Map** | **Compass** | **Watch** | **Emergency Bag** | **Time** |
| **Group 1**  List Names |  |  |  |  |  |
| **Group 2**  List Names |  |  |  |  |  |
| **Group 3**  List Names |  |  |  |  |  |
| **Group 4**  List Names |  |  |  |  |  |

**Still to do:**

* **Clarify Learning Outcome 3 (Response from Mike)**
* **Clarify Ratios (Response from Mike)**

Rogaine Risk Assessment

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| Risk Assessment |

This page is used to be more specific about each of the hazards identified, to review the existing safety controls and to assess the risks they pose.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Haz No** | **Hazard** | **Hazard Details** | **C** | **L** | **RR** | **Planned Controls** |
| 1 | People | Lost students | M | H | MH | Instruct students thoroughly on the skills required to complete the course  Ensure students have a thorough understanding on group management and lost procedure.  Ensure staff are on the course to monitor and assist students during the activity  All staff must carry emergency contacts and a device to call the main centre for assistance. |
| 2 | Radiation | Exposure to the sun, melanoma, sunburn | VH | M | H | Participants should be advised to apply sunscreen before setting out in the morning and again in the middle of the day.  Ensure that all participants are wearing hats.  Participants may need lip balm to avoid chapping of the lips. |
| 3 | Emergency Plans | Evacuation in case of bush fire, injury etc | VH | M | H | Check Weather Forecast for the week on the Bureau of Meteorology website ([www.bom.gov.au](http://www.bom.gov.au))  Review and implement plan for high fire risk days  Modify program if conditions warrant it.  Ensure evacuation vehicles are available at short notice |
| 4 | Heat / Cold Stress | Dehydration, hypothermia | H | H | H | Ensure that all participants have a warm woollen jumper, thermals and a waterproof jacket in the colder months.  On hot days students must have a hat.  Possibly shorten the activity if heat warrants it.  Ensure adequate hydration students to carry full water bottles |
| 5 | Sensitised Response | Bee sting, allergic reaction to food | H | L | M | Carry anti- histamine, Epipen if student has a known allergy. |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Haz No** | | **Hazard** | **Hazard Details** | | **C** | **L** | | **RR** | **Planned Controls** | | |
| 6 | | Animal | Snake Bite | | H | L | | M | Instruct students on appropriate behaviour on sighting snake  Ensure students understand emergency procedures if a bite occurs  Instruct students on basic first aid if a bite occurs  If a snake inhabits areas close to buildings a snake removalist should be contacted | | |
| 7 | | Area where slips, trips & falls occur | Ankle injuries, abrasions etc | | M | H | | M | Some tracks are narrow and steep, there are tree roots and other trip hazards.  Always walk with eyes to the ground and walk slowly in difficult terrain.  Good sturdy shoes are essential  Instruct students not to run | | |
| 8 | | Medical | Medical Emergency | | H | H | | H | Ensure that all students have provided parent permission forms.  Staff review medical forms to identify students at risk. | | |
| 9 | | Trees | Falling Branches | | VH | L | | M | In high wind conditions do not allow students in the forested area  Staff to undertake regular checks of dangerous trees or limbs, report to the relevant person for action | | |
| **\*** | **C** – consequences | | | **L** – Likelihood | | | **RR** – Risk Rank = **C x L** | | |  |  | |

L = Low M =Medium H = High VH = Very High E = Extreme

**Actions to be taken as a result of assessment**

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| --- | --- |
| **Risk Rank** | **Action** |
| Low | An incident or injury highly unlikely to occur |
| Medium | An accident or injury is possible staff need to supervise and be aware of safety and emergency procedures |
| High | Constant and careful supervision is required at all times.  Staff must be well trained for the activity and have a thorough knowledge of all safety and emergency procedures |
| Very High | Consider making changes to this activity as likelihood and consequences of an accident or injury are serious. |
| Extreme | The consequences and likelihood of accident or injury with this hazard/s ensure that this activity should not run in its present form |