



ACTIVITY SAFETY GUIDELINES

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

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

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

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

Risk Rating

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

Legend	
E:	Extreme Risk
H:	High Risk
M:	Moderate Risk
L:	Low Risk

Source-ASINZS 4360: 1999

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

PLEASE NOTE

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

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