



## ACTIVITY SAFETY GUIDELINES

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

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

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

**\*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.

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

For further details please contact Camp Howqua to receive detailed Safety Management Plans for all activities that will be run during your camp.

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.

**NB:** *Camp Howqua recommends sun smart/ rain smart & carry drink bottles at all times.*