

# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

### Night Hikes



#### DESCRIPTION

Log Cabin Camp is nestled on the edge of bushland and Creswick's State Forest and sometimes it cannot be fully appreciated unless experienced at night. With all the sounds of the bush and night creatures lurking, a Night Hike can be both spine tingling, fun and educational. During the Gold Rush there were many gold mines in the Creswick area, the remnants of some still existing in the bush around the camp. Log Cabin Staff can provide interesting commentary during your night hike.



#### WHAT IF I GET LOST?

- See special notes below.

#### EQUIPMENT

Torches  
First Aid Kit  
Mobile phone \*2

#### INSTRUCTIONS

There are a variety of Night Hikes available, ranging from 15 minutes to two hours. All hikes are led by Log Cabin Camp staff.

1. Activity Leader should ensure participant numbers are counted accurately and exact numbers confirmed before leaving.
2. Activity Leader should ensure that as many participants as possible are carrying torches.
3. There must be one leader at the front and one leader at the rear.

#### SAFETY GUIDELINES

- Stop regularly and complete head counts to ensure all participants are present.
- Participants should be instructed not to shine torches in others eyes.
- Participants should be instructed not to pass Activity Leader or fall behind Trailing Leader.
- Participants should avoid running or moving off trail.
- Night hike may not be possible in certain weather conditions.

#### WHAT IF I GET LOST?

1. To avoid any possibility of this Activity Leader should ensure that a responsible person is left at the campsite and notified of the hike that is being chosen and approximate time of departure and return.
2. Activity Leader should carry mobile phone ensuring battery is charged.
3. In the event of an emergency, hike leader to contact appropriate authorities and give position, wait for assistance and then return campers to base.

### **LOCATION**

The course is located off site. Group should gather at the BBQ area for a briefing before departing.

**TIME TO ALLOW FOR THIS ACTIVITY:** The time of the night hikes varies.

### **AGE SUITABILITY**

Any age with competent adult supervision at all times.

### **RATIO**

1:10. It is recommended that there is one instructor/leader per ten participants.

### **INSTRUCTOR EXPERIENCE**

Instructors must have had previous experience instructing and supervising small groups in recreation activities and have knowledge of the tracks in area.

### **ASSISTING LEADERS EXPERIENCE**

No previous experience is required for assisting leaders.

### **PARTICIPANT EXPERIENCE**

No previous experience in the activity is required.

### **INSTRUCTOR RESPONSIBILITY**

The Instructor is responsible for camper supervision and behaviour at all times, this includes the supervision and behaviour of campers at the activity and to and from the activity. The instructor is also responsible for:-

- ◆ Ensuring first aid requirements are met.
- ◆ Briefing participants and leaders on rules and requirements of activity.
- ◆ Briefing participants and leaders of procedures if group becomes disorientated.

### **PARTICIPANTS RESPONSIBILITY.**

Participants are responsible for adhering to the instructions of the instructor.

### **ASSISTING LEADERS/INSTRUCTORS RESPONSIBILITY.**

Leaders will be responsible for the supervision, behaviour and safety of the participants.

### **PARTICIPANTS CLOTHING AND ACCESSORIES.**

Clothing suitable for weather conditions, preferably long pants, solid footwear. Each participant should bring a torch.

### **FIRST AID REQUIREMENTS**

As the Night Hikes are an off site activity, one qualified first aider is required along with portable first aid kit.