

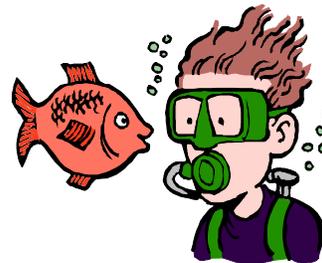
# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

### SWIMMING/ DAM FLYING FOX

#### DESCRIPTION

Swimming may be a good activity to include in your program during the warmer months, or perhaps that goes without saying. Our lake at Log Cabin Camp offers those who love the water a natural swimming environment.



The Lake at Log Cabin Camp is approximately five metres at its deepest point with gradual sloping from edge to deepest point with natural clay bottom.

#### INSTRUCTIONS

It is essential that at least one Instructor is to be qualified in life saving and resuscitation methods (St. Johns First Aid Certificate, AustSwim teacher of Swimming Certificate or R.L.S.S.A. Bronze Medallion would satisfy this requirement.) These are set out in the Department of Education's, "Swimming Based Activities" manual.

#### **SWIMMING:**

**At Log Cabin Camp, all children must wear life jackets whilst swimming.**

1. Activity Leader should proceed with group to lake area.
2. Activity Leader should instruct group on all safety precautions as outlined before allowing participants to enter the water.
3. We recommend the Activity Leader uses their imagination to involve participants in safe and fun activities.

#### **DAM FLYING FOX:**

1. No using the flying fox without active adult supervision.
2. No standing on fox (pommel)
3. Riders must be sitting firmly on the seat and holding on tightly.
4. Absolutely 1 at a time
5. Hold recovery rope in hands, **DO NOT** wrap around arms or body

#### SAFETY GUIDELINES

With the swimming, all normal associated precautions should be taken such as:-

- No diving.
- Life jackets must be worn by younger groups and those that are weak swimmers
- Constant supervision required.
- Suspended bridge out of bounds.

**TIME TO ALLOW FOR THIS ACTIVITY:** - Unlimited

**LOCATION**

Swimming is located at the main lake down by the playground.

**AGE SUITABILITY**

This activity is suitable for a wide range of ages; however, we recommended that participants are competent swimmers.

**RATIO**

Instructor/participant ratio's as per the Education Department guidelines and appropriate swimming qualification guidelines.  
Log Cabin Camp guideline - 1:25.

**INSTRUCTOR EXPERIENCE**

- These are set out in the Department of Education's, "Swimming Based Activities" manual.

At least one Instructor is to be qualified in life saving and resuscitation methods (St. Johns First Aid Certificate), AustSwim teacher of Swimming Certificate or R.L.S.S.A. Bronze Medallion would satisfy this requirement.

**ASSISTING LEADERS EXPERIENCE**

It is recommended that an assisting leader is used for this activity as it is a high risk activity. If possible the assisting leader should have some water activity qualifications, although it is not essential.

**PARTICIPANT'S EXPERIENCE**

Participants should be competent swimmers.

**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, assessing first aid requirements and identifying campers with asthma or other ailments. The Instructor/Leader must inform the Assisting Leader of their role in the supervision of the activity, and to also brief them on the safety components of swimming.

**PARTICIPANT'S RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the Instructor. If any participant is found to be being irresponsible they should be taken out of the activity.

**PARTICIPANT'S CLOTHING AND ACCESSORIES**

It is preferable that participants wear appropriate, i.e. swimming attire, sun vest, sunscreen, and a hat.

**FIRST AID REQUIREMENTS**

The Instructor is to be qualified in resuscitation.

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.

