

First Year Program Outline – Daily Diary

Day 1 Introduction and Camp Set-up

Students meet at Lithgow TAFE and receive a welcome and get-to-know you session, followed by an overview of the 10-day program. Students are encouraged by teachers to use teamwork to categorise and label: group food, personal and group equipment such as tents, packs and waterproof gear. Students pack everything into an enclosed trailer and drive to a local campsite where base-camp is established. The 3 core/stream units are introduced today. Training and assessment of skills such as hygiene practices, recognising hazards in the work area such as using Trangia stoves is ongoing for the entire 10-days of the program.



From Day 1 students are introduced to units **SROODR001A** and **SRXOHS001B** and organise themselves to complete a variety of tasks such as cleaning and packing.

Day 2 Canyoning with Bushwalking

Students are introduced to canyoning with an overview session that is confirmed with written work in student workbooks. Students plan and complete pre-activity checks under guidance from teachers. Students are instructed to survey the route through the canyons, to identify hazards, assess risk and to select a safe route appropriate to skills.



In unit **SROCAY001A** - students are introduced to canyoning basics and organising group gear such as first aid, satellite phone, radios and so on.



An introductory venue to canyoning.

Day 3 Canyoning with Bushwalking

Students again plan and complete pre-activity checks including waterproofing their equipment for the day's canyon. With newly learnt skills, the challenge and excitement rises today with a trip into a more technically challenging canyon. If time allows, a warm day means a swim as well otherwise, students are engaged in a full day's activity. Skills such as communication, identifying hazards and planning for food, water and clothing requirements are consolidated before canyoning assessment is completed.



Canyons features spectacular overhangs. Potential hazards are avoided as students comply with group management requirements.



Canyoning means getting really wet but students are well equipped with wetsuits and other warm gear.

Day 4 Travel to Canoeing Venue & Canoe Preparation

The program heads to one of our canoeing venues. Students are trained to make key logistical arrangements today such as efficient organising and packing of equipment to ensure today's events run on time. This being the case, it allows an initial introductory canoe training session to occur on the water prior to the canoe journey commencing.



Students are taught how to select personal clothing and identify the design/construction features that make it appropriate.



Students learn basic canoe skills in **SROCNE001A** before undertaking an overnight canoe journey.

Day 5 Canoe Expedition

Students prepare and pack for the 2-day overnight canoe journey, often providing the biggest logistical challenge. All food, water, shelter, cooking and emergency equipment must be packed, waterproofed then transported by canoe. Canoe skills training is given and developed during the day. The location of tonight's camp depends on how well the group works as a team.



Canoeing in unit **SROCNE001A** can be hugely rewarding as students organise many logistical elements to make it all work.



Students work together to unload canoe gear from the trailer, mindful of OH&S requirements.

Day 6 Canoe Expedition

An early start is recommended for the completion of the canoe journey. There is a chance for last minute training for every student before being assessed in three parts:

1. Swim familiarisation where students are exposed to the cold water in a controlled environment.
2. Paddling a canoe in a straight line using strokes from bow (front), stern (back), port-side (left) and starboard-side (right) positions.
3. Performing a capsized and rescue followed by returning and tying canoes onto the trailer for transporting.



Students practise a capsized ...



...followed by a rescue.

Day 7 Travel to Blue Mountains & Rock Climbing Preparation

Heading back to the Blue Mountains, students enjoy a well-earned shower. A new food order is once again collected, categorised and packed with issues of food perishability considered before a rock climbing base-camp is established.



Students must store equipment in a suitable manner according to organisational procedures and with TAFE teacher directions.



Students are reintroduced to the cliff environment in the Blue Mountains with rockclimbing.

Day 8 Rock Climbing

Students begin their final activity specialisation with rock climbing. Safety training is taken seriously in numerous pre-activity checks such as appropriate cliff-edge behaviour, 5-step belay technique and the safety calls used between a climber and his/her belay team. These and other workplace procedures and instructions are applied to control risk, confirmed with written work in student workbooks.



Students are trained in the 5-step belay technique before actually climbing a rockface.



Each student completes multiple climbs while maintaining safety standards as directed by supervisors.

Day 9 Rock Climbing

Students begin to excel in rock climbing as their confidence and teamwork increases as well as their ability to work cooperatively in small teams. Assessment occurs with each student observed in the primary belay position and during rock climbs. Assessment also includes ensuring students apply minimal environmental impact practices such as protecting vegetation around the cliff-base and all rubbish is removed.



Each student is involved in belaying their peers ensuring the climber was well protected at all times and communicating with them in an appropriate manner.



All necessary personal safety checks are performed prior to the climber ascending the rock, carabiners locked, buckles doubled back, knots dressed and belayer ready.

Day 10 Debrief and Pack-up

Students return to Lithgow TAFE where all individual and group equipment is cleaned, disinfected, dried and returned for future programs' use in accordance with the final requirement of the core/stream logistics unit. The program itself is evaluated and every student is encouraged to communicate what he or she has learnt from the program. Material and discussion is given on future educational pathways.