

Day By Day 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. Training and assessment of skills such as, pitching tents, stove set-up, hygiene practices and storage occurs from today and is ongoing for the entire 10 days of the program. The group then travels by bus to a local campsite in the Blue Mountains where base-camp is established.



From day one students are introduced to BSBCM202A, SROOPS006B, SRXFAC001B SRXINU001A, that train student to be self-reliant and responsible for organisation and time management.



In unit **SRXFAC001B**, students are trained during each activity in the safety assessment of pieces of equipment prior to use.

Day 2 and 3 Abseiling

Nearby cliffs offer a superb venue for students to begin their first activity specialisation of abseiling after receiving a detailed safety briefing from teachers. The briefing session, confirmed in writing by students in their work books, involves identifying, fitting and utilising all equipment correctly, tying knots appropriate to the belay system, identifying hazards and maintaining safety standards. Students are assessed in this manner completing multiple abseils.



The abseil site near Baal Bone is unforgettable with breathtaking views across the Gardens of Stone National Park.



Each student is trained and assessed in identifying, fitting and utilising all equipment correctly, tying knots, identifying hazards and maintaining safety standards during multiple abseils.

Training and assessment of skills such as managing daily work activities continues over days 2 and 3. Each student takes a turn to be group leader for a day, during which he/she liaises with teachers and other students to determine daily tasks, decides how the group completes all tasks and then receives feedback on their performance.



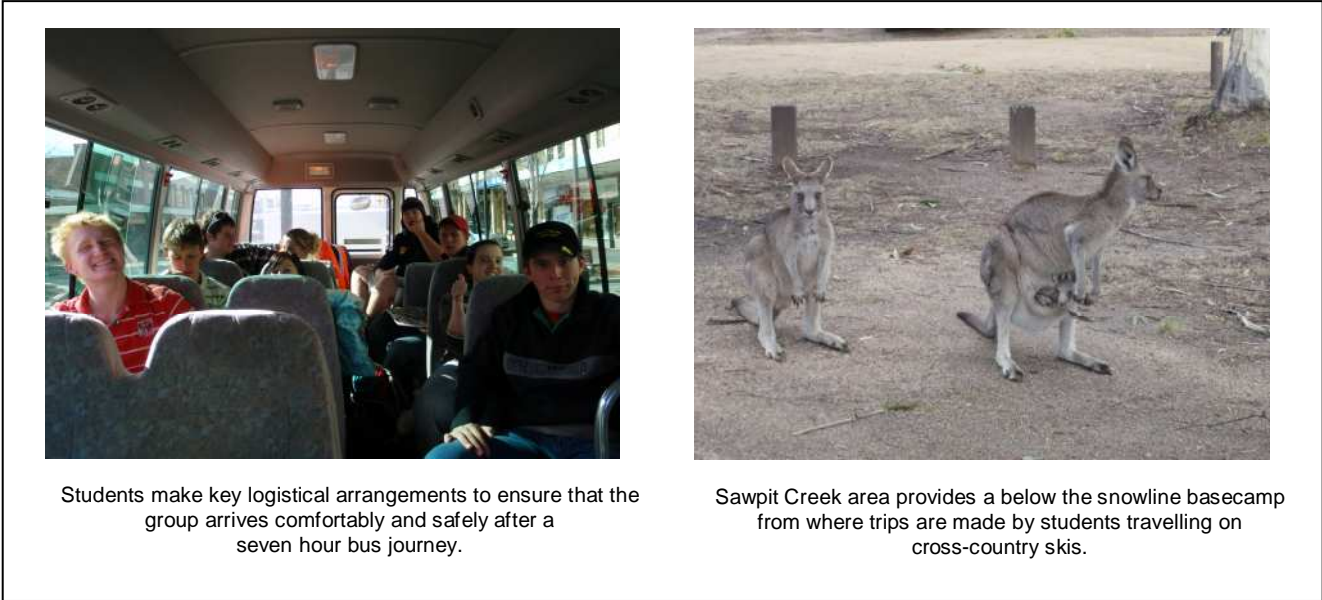
Lightweight stoves called Trangias are small and fuel-efficient. Students receive safety instructions on their use.

Day 4 Indoor Climbing

Today the students undertake the unit of competency in rock climbing on an artificial surface and for what we use the indoor climbing gym at Lithgow TAFE or a nearby venue. It is often a welcome relief to undertake an indoor activity at this time of year. Students are taught safety calls and technique before going for assessment in the afternoon.

Day 5 Travel to Snowy Mountains

The program heads south for the cold wintry environment of the Snowy Mountains, approximately a seven hour drive away. Before departure, students must make key logistical arrangements today to ensure the group reaches its destination on time. This includes packing and securing the enclosed trailer and preparation of food, water and personal equipment in compliance with organisational procedures to ensure comfort, safety and minimal impact on the environment. A below the snowline basecamp is established in the Sawpit Creek area hopefully before nightfall.



Students make key logistical arrangements to ensure that the group arrives comfortably and safely after a seven hour bus journey.

Sawpit Creek area provides a below the snowline basecamp from where trips are made by students travelling on cross-country skis.

Day 6 Cross Country Skiing Basic Skills Instruction

The second activity specialisation of cross country skiing now becomes the focus for the rest of the program. Detailed briefing sessions are given to the students as the alpine environment can be harsh. For the remainder of the program students are assessed on how they select appropriate clothing and equipment on a daily basis and plan to ensure they carry sufficient food and water. Today, students are introduced to the alpine environment and receive basic skiing techniques at a beginner area.



The athletic basic stance is crucial and underpins all technique that students are trained in.



Varied and numerous drills allow students to develop balance and a fluid motion that allows them to ski in a variety of terrain and snow conditions.

Day 7 Cross Country Skiing Day trip

Consolidating on yesterday's skills, students are trained with more ski drills and demonstrations so they are able to ski in a variety of terrains and snow conditions. Students are also trained in maintaining personal and group safety by identifying and minimising hazards. Collectively, these skills are usually incorporated in a small day ski tour of perhaps 4 to 5 kilometers. Again, students are assessed in their core units where they take responsibility for stocktaking, storing and documentation of equipment used such as the satellite phone, first aid kits, camera and ski repair kit. The students confirm their learning in their workbooks. Back at basecamp, the group is assessed by teachers as to their readiness to prepare and pack for an overnight snowcamping and skiing expedition over the following 2 days.



Students consolidate on yesterday's skills to confidently progress from travelling on flat terrain without falling over...



...to moving uphill using a variety of techniques.

Day 8 Cross Country Skiing Expedition or Additional ski day

Another detailed briefing session prepares the students for what many consider to be the highlight of our visit to the Snowy Mountains—an overnight snowcamp complete with snow tents, snow shovels, lightweight food and protective clothing. Such an undertaking requires extremely thorough preparation and organisation based largely on students: time allocation, prioritising of tasks, availability of resources, identification of routine problems and other logistical arrangements for group and individual needs. Students are observed and assessed accordingly by teachers. Camp options can include near Dead Horse Gap or Porcupine Rocks.



For many, the overnight snowcamp expedition is the highlight of our visit to the Snowy Mountains, a fragile beautiful ecosystem.



Under teacher supervision, students are responsible for their own food, water and clothing requirements.

Day 9 Cross Country Skiing Expedition or Additional Ski Day

Snowcamping in the pristine alpine environment is often a thrilling, beautiful experience for students. Accordingly, students must demonstrate a high level of skill that addresses the various core units such as using and maintaining a temporary or overnight campsite. This includes initially selecting the site, establishing shelter in the form of tents, tarps, snow-walls and maintaining the site in terms of safety and hygiene including appropriate toileting. The group returns to basecamp area to dry, clean, disinfect and pack all individual and group equipment away. Students are assessed in the pack up of the program.



Snowcamping in the pristine alpine environment...



...requires adherence by students to safety, hygiene and logistical procedures.

Day 10 Debrief/Pack-up and Travel Home

The long journey begins in order to return back to Lithgow where the program itself is evaluated and every student is encouraged to communicate what they have learnt from the program. Material and discussion is given on future educational pathways such as Certificate III - Outdoor Recreation.