

### 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 9-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. Students will be sleeping in two person tents. The 3 core/elective 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 9-days of the program.



From Day 1 students are introduced to units SISOOPS202A and SISXOHS101A and organise themselves to complete a variety of tasks such as cleaning and packing.

### Day 2 Rock Climbing

Students begin their first activity specialisation with rock climbing; both indoors and outdoors. 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 3 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 4 Canoeing

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. Students will paddle in protected waters and will learn a variety of paddling skills through the use of games and drills.



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



Students learn basic canoe skills in SISOCNE201A before undertaking an overnight canoe journey

### Day 5 Canoeing

Students will journey on the water and learn about deep water rescues.



Students practise a capsiz ...



...followed by a rescue.



Canoeing in unit SISOCNE201A 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 Canyoning with Bushwalking

Students change campsites and are introduced to canyoning with an overview session that is confirmed with written work in student learner guides. 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.

Canyons are some of the most beautiful areas of the Blue Mountains; full of rainforest vegetation and sculpted rock walls.



In unit SISOCAY201A - 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 7 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 8 Abseiling

We head back to the cliffs of the Blue Mountains and instead of going up the rock faces we go down. Standing at the top of the cliff and walking backwards over the edge will stretch most students' comfort zones. Trust in yourself and each other will be essential as students do safety checks of each other and belay each other (cross checked and backed up by a teacher).



Day 8 Abseiling is a personal challenge, but there will be plenty of support from the team that has formed over the last week. It is also a day to reflect on the journey you have made into the Outdoor Recreation Industry and the skills you can take home with you...

### Day 9 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. 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.

For More information about this Course the Careers or TVET Adviser at your school, or

Contact us directly

#### **Natalie Purvis**

Client Co-ordinator  
Certificate II Outdoor Recreation(TVET)  
Phone: 02 6352 0475  
Fax: 02 6352 0466  
Email: [ruth.hodgson3@det.nsw.edu.au](mailto:ruth.hodgson3@det.nsw.edu.au)

#### **Allie Pepper**

Program Co-ordinator  
Certificate II Outdoor Recreation(TVET)  
Phone: 02 6352 0491  
Email: [michael.rofe3@det.nsw.edu.au](mailto:michael.rofe3@det.nsw.edu.au)