



ALPINE ADVENTURE

Parent's Handbook

About Arthur's Pass

The Arthur's Pass Outdoor Education Centre is in a truly unique setting. The Pass holds a host of historic interests to explore, ranging from the timeworn seasonal Māori migration route to the tracks of the primary European exploration of interior New Zealand.

If you drive in either direction there are vastly different ecosystems to explore; from the lush temperate rainforests of the West Coast to the dry open riverbeds of the Canterbury plains, we have it all at our fingertips.

Our goal is to make learning an interactive and immersive experience that will stay with the students for years to come.

About the programme

The days at camp are a combination of outdoor skills and environmental education. These include orienteering, river crossing and shelter building, along with guided hikes. We also run a wonderful night programme including games and camping out.

A key philosophy of APOEC is 'Challenge by Choice.' Campers are encouraged to try everything but are not forced to do anything as we recognise that all children have very different comfort zones. All activities are facilitated for the age and ability of the campers within our core values of honesty, caring, respect and responsibility.

We operate an extensive safety management system, which involves all staff identifying and managing risks involved with all outdoor and environmental hazards.

Child Protection

Child protection is at the forefront of everything we do in our programmes. Arthur's Pass Outdoor Education Centre strictly follows their Safeguarding Children, Young People and Vulnerable People Policy – if you would like to be sent a copy of this procedure, please contact us.

We understand that trusting your child to someone else's care is a very big decision and we know that some anxiety comes with that decision. If you have any concerns about our programme or the suitability of the programme for your child, please don't hesitate to contact us with any questions.



About our staff

All of our staff are qualified, professional and committed to working with young people. Our staff have put through a Police Vetting clearance process and are subject to regular performance reviews and comprehensive in house training.

Our campers have an opportunity to build a relationship with their instructors which enables them to be comfortable and challenge themselves and push their limits on activities.

Our Site Supervisor also lives on site and is on call 24 hours in the event of an emergency, alongside all other camp staff.

Accommodation

Accommodation at camp is provided in bunk rooms of up to 11 per room with separate toilet and shower facilities.

Campers are separated out into boys and girls bunks. Leaders and supervisors are in separate bunk rooms next door. Campers should bring their own pillows and sleeping bags.

We ask that you advise us if your camper has any issues with bed wetting. We understand the embarrassment that it can cause some of our campers and we do our best to manage this.

Food & nutrition

Our campers are really well fed during school holiday camps to ensure they have as much energy as possible to get the most of the activities each day. Therefore we request that parents do not send any additional food. Often on camps we have young people with food allergies and we must be able to manage what food campers have access to. Lollies and sweets in the cabins can also be an issue in terms of sharing and group bonding.

Our menu is healthy and nutritious and all meals are prepared here in our kitchen. We do not use products that contain a lot of additives and colours. An example of a typical camp menu:

Breakfast – selection of cereals, toast, milk and fruit

Morning tea – piece of fruit and piece of cake

Lunch – rolls or wraps, fruit, water

Afternoon tea – muesli bar, fruit

Dinner – hot meat dish with rice or potatoes and vegetables

Dessert – Apple Crumble with ice cream

Our campers have access to fruit and water all day long. We do insist that campers carry their own water bottle to each activity. This is particularly important during the summer months.

A typical camp week

Day 1

Travel to Arthur's Pass and have lunch

Safety briefings and cabin allocations

ABL | Team Building | Orienteering

Showers & free time

Dinner, then evening activities/games

Day 2

Breakfast and make lunch

Devil's Punchbowl walk including river crossing, lunch

Shelter Building and Sensory Trail

Showers & free time

Dinner, then evening activities/games

Day 3

Breakfast & make lunch

Pack out and hiking for camp out

Set up camp

Camp out dinner and evening activities

Day 4

Breakfast and pack down camp

Hike back to APOEC for hot lunch

Pack in and clean up

Showers & free time

Dinner, then evening activities/games

Day 5

Breakfast

Pack bags and clean rooms

Nature Art solo activity and reflections

Lunch, then travel home

Technology

We realise that children are becoming more and more reliant on technology. We ask that phones, Bluetooth speakers and other technology that can be a distraction, be kept at home – this is an opportunity for the children to connect with the outdoors and their peers. We appreciate your support on this.



Behaviour management

We understand that there are some young people that may present with disruptive and challenging behaviours. While we try to work with and endeavour to meet the challenges of these behaviours, it's important to note that not all behaviour can be managed without adversely affecting the experience or safety of other campers.

At the beginning of each camp, all campers participate in a "Full Value Contract" which is set as a part of their age group so that all campers can 'buy in' to the process. This process allows our campers to have input into the kind of behaviour they would like to see from their fellow campers as well as commit to behaving in a certain way themselves.

Every camper has the right to feel safe and valued and enjoy a bully-free week.

Behaviour Management Strategies

We use a variety of strategies to address inappropriate behaviours including time out, diversion and removing campers from a difficult situation. All behaviour management conversations are conducted away from the group to allow the camper to express their concerns and feelings without embarrassment.

At times, we will call parents for assistance to address a difficult, re-occurring behaviour. Generally a phone call home has the desired impact.

Behaviours Resulting in Expulsion from the Programme

It is the responsibility of the Camp Director to determine whether a young person's behaviour is adversely affecting the experience or safety of other campers or staff. The Supervisor of the site has the absolute discretion to remove a camper from the programme. Reasons for expulsion from a programme may include, but are not limited to:

- > Bullying
- > Hitting / or other aggressive and physical behaviour towards other campers or staff
- > Sexually inappropriate behaviour
- > Absconding behaviour

In the event that a camper must be sent home, the parents/carers will be notified as soon as possible.

In the event that the Camp Director feels the camper or other campers' safety is at risk they may require that the camper be picked up immediately, within a reasonable amount of time, allowing for travel.

Medical / Illness

In the event of an emergency an ambulance will be called and the parent/guardian will be advised as soon as possible. A staff member will travel in the ambulance with the camper and will remain with the camper either until they return to camp, or the parents/guardians arrive at the hospital.

In the event that medical attention is not urgent, or is as a result of pre-existing injury or illness, parents/guardians will be contacted to determine a course of action. These will be handled on a case by case basis.

The best place for children when that are not well is at home. As illness spreads quickly amongst young people in close contact, we ask that you do not send your child to camp if they are unwell.

If we have questions or concerns about your child's health or wellbeing we will contact you immediately.

Medication

All medication is kept safe and administered by our staff team. Parents/carers must provide a signed medication form for each camp and it must contain all the details for each medication.

If your camper is asthmatic, even if they have not had an attack for some time, you must send appropriate medication for them.



Gear List for Camp

ESSENTIAL

- ☐ flat or fitted sheet, and pillow
- ☐ warm & light sleeping bag and extra blanket
- ☐ 2 towels
- ☐ soap, face cloth, toothbrush, toothpaste, shampoo, sunscreen
- ☐ 2 pairs of lace up walking shoes
- ☐ 3 pairs of shorts
- ☐ 3 pairs of trousers
- ☐ 5 t-shirts
- ☐ 2 warm jerseys
- ☐ warm jacket
- ☐ waterproof raincoat
- ☐ plenty of socks & underwear
- ☐ warm pyjamas
- ☐ thermals tops and longs
- ☐ wide brim sunhat
- ☐ beanie & gloves
- ☐ togs
- ☐ slippers and gumboots
- ☐ day pack
- ☐ torch
- ☐ 2 x 1 litre drink bottles
- ☐ large durable rubbish bags

CAMP OUT

- ☐ campout crockery (lightweight bowl, cup, cutlery)
- ☐ large hiking pack
- ☐ tea towel
- ☐ microfibre towel (optional)
- ☐ sleeping mat (closed cell foam mat from Kmart is ideal)
- ☐ 2 x A4 ziplock bags(for lunch/ morning tea and rubbish collection)

OPTIONAL

- ☐ other toiletries
- ☐ cards
- ☐ diary
- ☐ camera
- ☐ book

DO NOT BRING

- money or valuables
- phones, iPods, gaming devices, laptops, smart watch, bluetooth speakers
- spray deodorant
- cigarettes, drugs, alcohol, vapes
- large quantities of lollies or energy drinks
- pocket knives

All equipment/clothing should be suitable for an outdoor environment and of sturdy construction.

We do not recommend cotton clothing.

Remember this is an alpine environment where weather can change quickly.

Contact & access

Drop off for all Alpine Adventure camps is between 7.30am-8am on day 1 of camp at a nominated site in the city. Please ensure you arrive on time so the transport can leave in a timely manner.

If you wish to drop your child off directly at APOEC, please contact us in advance to arrange this.

Contacting your camper during camp can be challenging due to the nature of the site and the programme. Activities are based around the National Park in various locations.

If you would like to check on your camper, please telephone our office and we can make arrangements for you to speak to them or pass along a message.

Please note that due to our child protection policies our site is not open to the public and no one is permitted to visit campers during their stay.

Arthur's Pass Outdoor Education Centre
83 West Coast Road, Arthur's Pass 7875
027 3211654
apoec@thekindfoundation.org.nz

Camp is a wonderful, life-changing experience for your camper. We look forward to working with you and your family and making this an experience they will never forget.

We do hope this booklet provides some helpful information for you. If you still have questions, please don't hesitate to contact us.

ARTHUR'S PASS OUTDOOR EDUCATION CENTRE

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The Kind Foundation

Mō tātou katoa. For all of us.