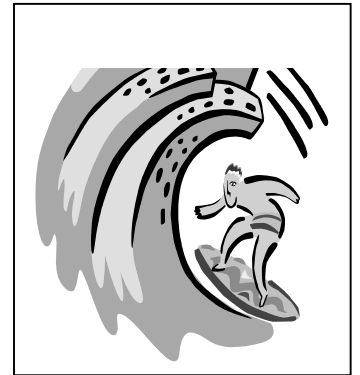


# ANGAHOOK HOLIDAY CAMP

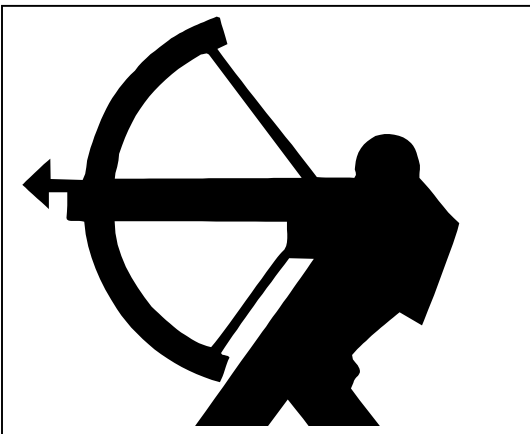
## WHAT CAN YOU DO AT ANGAHOOK? ACTIVITY IDEAS...



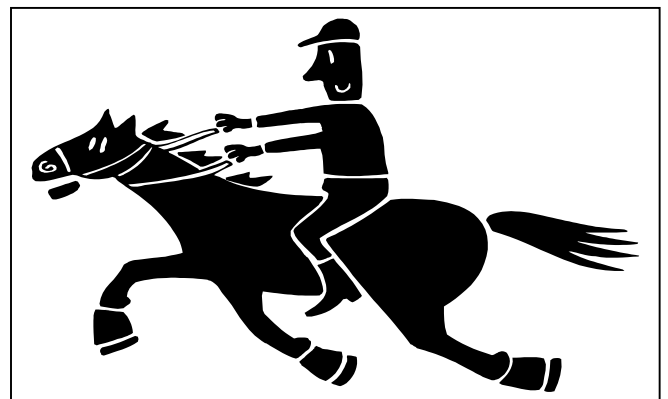
- Onsite Activities
- Free Time Activities
- Night Time Activities



- Offsite Activities
- Activity Providers



- Places of interest -Mini Excursions

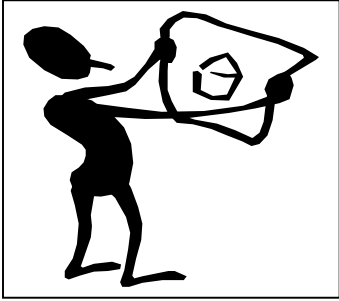


NOTE; All Onsite Activities require no previous experience from teachers or students.

Teachers are responsible for all supervision.

# ANGAHOOK HOLIDAY CAMP

## ONSITE ACTIVITIES



### PHOTO TRAIL

This is an excellent activity for orientation of the camp site or as a good fill in. The Photo trail takes you on a journey around the Angahook Camp site. All instructions and fill in sheets provided in Teacher's Kit.

### INITIATIVE ACTIVITIES

Fun simple outside physical activities that require team work, problem solving and cooperation.

There are nine separate activities that can be given 15-25mins each to complete.

- All Aboard - Telephone Pole Shuffle - Spiders Web - Nitro Crossing - Electric Fence
- Poisonous Jelly - Blind as a Bat - Native Tree puzzle - Traffic Jam

All initiative activities have full, easy to follow instructions and equipment onsite.

Teacher supervision is required.



### LOW ROPES COURSE

Is a series of physical activities done on a specially designed course. The course is constructed from rope, wire cables and other assorted materials. Set up outside between the trees this challenging course requires people to work together. It is designed to encourage coordination, concentration, agility, mutual support and self-confidence.

All equipment and instructions are onsite.

Teacher supervision is required.

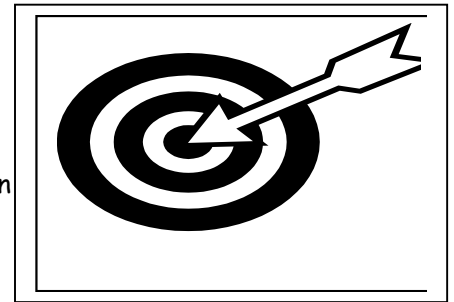
### ARCHERY

The camp provides two targets, two bows and sixteen arrows.

This can be a fun skill building activity that requires strict teacher supervision for a small group of students at one time.

All instructions and game ideas are onsite.

Teacher supervision is required.



### ORIENTEERING

Two different courses are provided on the camp site

- \* Bearing and clue (map reading only)
- \* Score orienteering (using a compass)

Also provided are eight compasses and answer sheets.

The instruction sheets are in the teacher's kit.



### DAMPER COOKING

Best done in small groups of 6-10. Damper cooking is done on an outside campfire at any time of day (providing it is not total fire ban).

Fire safety instructions are provided along with self-raising flour. Any other cooking ideas such as toasted marshmallows, schools will need to provide ingredients for.

Teacher supervision is essential.

# ANGAHOOK HOLIDAY CAMP

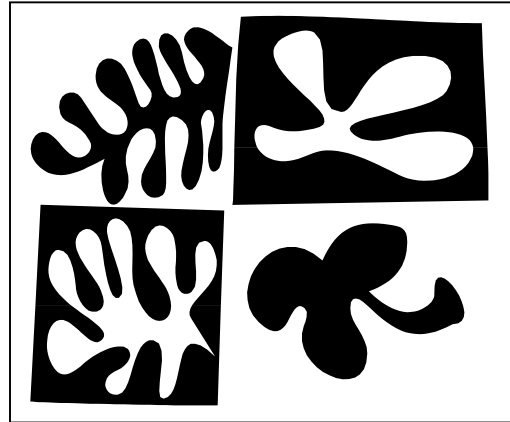
## ONSITE ACTIVITIES...

### ARTS AND CRAFTS

A variety of crafts can be done using materials collected from the camp environment or drawing ideas from the surrounding environment.

i.e. - Construction of leaf/gumnut creatures

- Collages
- Mobiles
- Mini bark huts
- Drawings
- Rubbings
- Jewellery
- Bush instruments
- Grass/leaf weavings
- Decorating containers
- Camp poster
- Stories/poems



All natural craft components can be found onsite (students to collect only non-living/dead objects from the ground). Schools must provide all other necessary craft/art equipment.

### DECATHLON / TABLOID SPORTS

**The Ultimate Challenge!!!** A fun set of mixed activities for kids to do in their teams. Activities such as: Archery, Basket Ball Shoot Out, Skittle Hit, Ball Skill Circuits, Hoop Roll, Crawl Under, Climb Over, Balloon Pop etc. This is a great way to finish a camp. **EASILY SET UP ON CAMP ON BASKETBALL AND VOLLEY BALL COURTS**

### SLEEP OUTS

An overnight sleep out using tents can be done at Angahook Camp away from the bunk accommodation, or alternatively sleep outs can be done at various locations offsite. All tents and camping equipment are to be supplied by the school.

### TIPI

A large tipi is on site for sleep outs and for supervised activities - stories and damper making around the fire inside. There are some questions and answers books and jokes sheet on site.

### HUT BUILDING

Materials are specially supplied for this bush hut building activity.

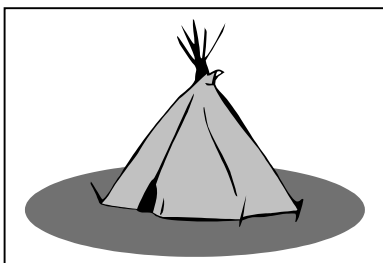
**No bushland is to be cleared.**

It is best done in small groups of 6-8 using the designated area only. There are simple instructions onsite and groups are to dismantle huts when the activity is finished.

### BUSH POLLUTION TRAIL

This activity teaches about unnatural objects in a designated area of the native environment. All instructions onsite.

NOTE: All these activities are to be done during the designated activity time only under Teacher supervision, not during free time.



# ANGAHOOK HOLIDAY CAMP

## FREE TIME OR OTHER ACTIVITIES ONSITE

### OUTDOOR...

#### BASKETBALL/VOLLEYBALL/HANDBALL COURTS

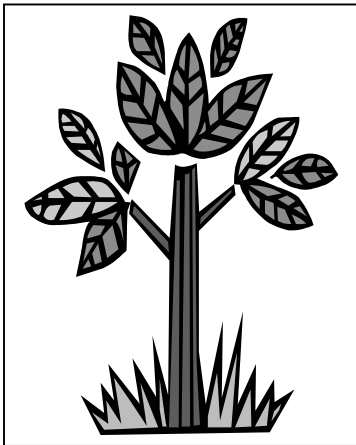
Schools to provide balls.

#### GIANT CHECKER/CHESS BOARD

Schools need no extra equipment.

#### TREE DISCOVERY ACTIVITY

All instructions onsite. Requires Teacher Supervision.



#### OTHER ACTIVITIES (INDOOR AND OUTDOOR)

Such as:

- scavenger hunt
- bird study
- star gazing
- environmental eye-spy
- environmental treasure hunt
- foot prints
- Angahooks secret animal
- Ropes and knots (schools to provide rope)



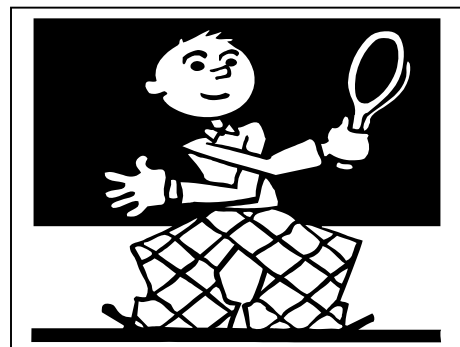
Schools to provide writing/drawing/colouring materials. All instructions/sheets onsite. Many of these require Teacher Supervision.

### INDOOR...

#### TABLE TENNIS/HOOKEY/QUOITS/BOCCE/SKITTLES

Schools need no extra equipment.

Schools/students should bring a selection of their own.



# ANGAHOOK HOLIDAY CAMP



## NIGHT TIME ACTIVITIES

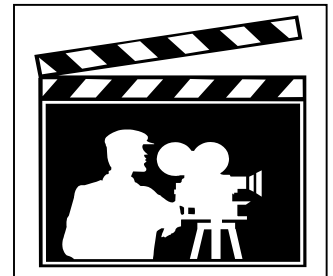
### **CAMP FIRE (weather/fire restrictions permitting)**

A camp fire is a great place to tell stories, yarns and jokes, look at the stars or toast marshmallows? There is a designated place onsite where an open fire can be burnt and people can sit around it. Wood is supplied; schools must supply any other needs.

**OR...** There is an offsite Amphitheatre/outdoor theatre with open fire space at Distillery Creek, walking distance from the Campsite.

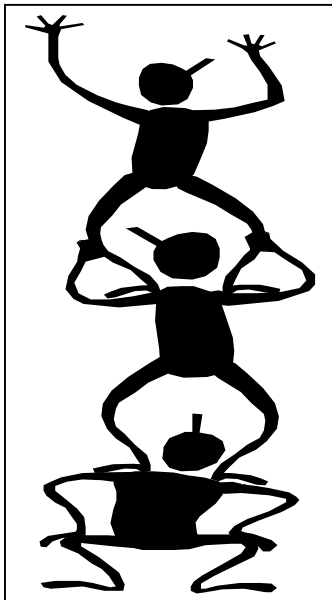
### **CONCERT**

What a way to end a camp! Legends often come from camp concerts. There is a stage in the hall onsite. Schools to provide music, CD/cassette player, costumes and talent.



### **DISCO**

There is a CD player and coloured lights and various dance music available in the main camp building for this purpose. Teacher supervision is necessary. *BYO* disco gear, hair gel, colour face paint etc.



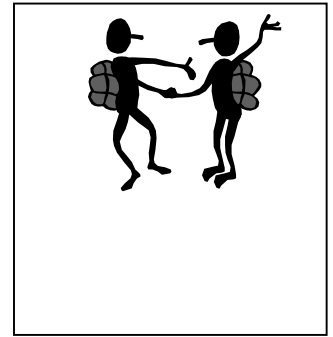
### **NIGHT WALK/POSSUM PROWL**

Can be done in the surrounding native bushland. It requires strict teacher supervision. We suggest that teachers map out area during the day before the activity. Schools/students to provide torches and red cellophane cover. Red cellophane assists in shining light at nocturnal animals without disturbing them.

**BUSH DANCE** Do your own or use Ken Hooke

# ANGAHOOK HOLIDAY CAMP

## OFFSITE ACTIVITIES



### BUSH WALKS AND HIKES

There are some that can be started from the camp and into the nearby Angahook State forest, and others that are a little further away.

- Angahook Nature Walk; 30mins
- Ironbark Gorge Track; 1.5-2hrs
- To the beach/inlet; 40mins
- Snake Gully; 45-60mins
- Lighthouse Walk

And plenty more. Just ask for maps and information at the camp office. Angahook staff may often assist you on an educational nature walk.

### BEACH/ROCKPOOLS

The Aireys Inlet surf beach is very close.

Beach activities can be;

- beach cricket/volleyball
- treasure/scavenger hunts
- beach combing
- rock pool discovery
- swimming
- sand sculptures
- beach walk



and many more. Schools to provide any necessary equipment.



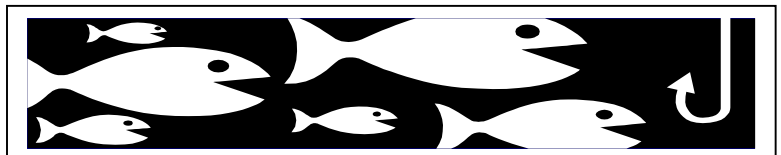
### INLET ACTIVITIES

Painkalac Creek runs into the sea at Aireys Inlet providing a great flat-water place for activities i.e.

- Swimming
- Bird watching
- Discovering eco systems
- Canoeing

### FISHING

Can be done in Painkalac Creek in Aireys Inlet. Schools to provide bait and handlines.



### COOK OUT

This is a fantastic way for children to cook for their teachers. Angahook staff provides all food and materials for this adventure, which occurs in the picnic grounds at Distillery Creek, a short walk from the camp.

# ANGAHOOK HOLIDAY CAMP

## ACTIVITY PROVIDERS

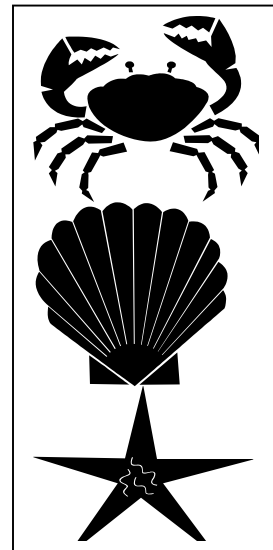
SEE ATTACHED BROCHURES FOR DETAILS -  
SCHOOLS TO MAKE ALL ARRANGEMENTS

### ECO LOGIC

Provides educational and environmental activities including:

- ★ Rock pool rambles
- ★ evening beach combing
- ★ fossil hunting
- ★ Marine snorkelling
- ★ forest hikes
- ★ junior ranger

They also hire out lifesavers for swimming.

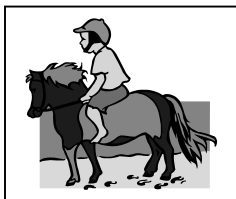


### GO RIDE A WAVE

Can provide a number of outdoor water activities including:

- ★ canoeing
- ★ Life guarding
- ★ body boarding
- ★ surfing

They also hire out lifesavers for swimming.

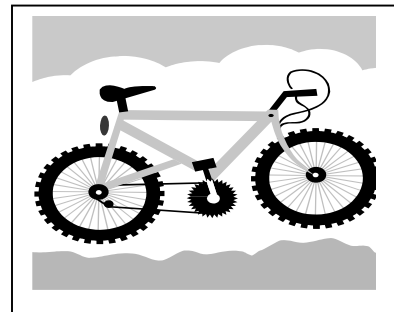


### HORSE RIDING

Blazing Saddles is very close to Angahook camp and can provide hours of horse filled fun and education.

### MOUNTAIN BIKE RIDING/CANOEING

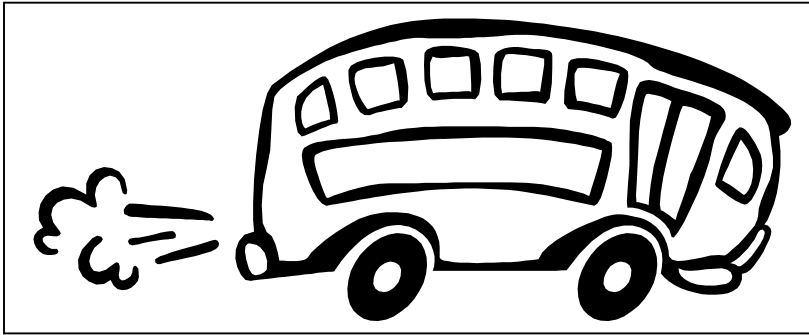
An outside group called **G.O.R.A.T.S** specialise in Mountain Bike riding and Canoeing in the local area.



### BUSH DANCING with live music

An outside group provides this interactive fun activity.  
It can be done onsite in the camp hall.

## **ANGAHOOK HOLIDAY CAMP**



## **PLACES OF INTEREST/MINI EXCURSIONS**

**Suggestions include:**

- **Geelong Wool Museum, Geelong**
- **Queenscliff Marine Discovery Centre, Queenscliff**
- **Surf-world Museum, Torquay**
- **The Bark Hut, Aireys Inlet**
- **Split Point Lighthouse, Aireys Inlet**
- **Erskine Falls, Lorne**
- **Calgoorah Park Wetlands, Anglesea**
- **Point Addis, Koori Cultural Walk, just out of Anglesea**
- **Narama Creations, the Wathaurong People, Aboriginal Cultural Interpretation Centre**

**Other places on route:**

- **Werribee Outdoor/Open Range Zoo**
- **YouYangs**
- **Waterfront/Eastern Beach in Geelong (swim in art deco bathing complex on the waterfront)**
- **Adventure Park, Wallington**

# **ANGAHOOK HOLIDAY CAMP**

## **WELCOME TO ANGAHOOK CAMP**

### **GENERAL INFORMATION**

#### **Arrival**

On arrival at camp the students are welcomed by the Camp Manager or a Staff member and given information about the camp including rules, a safety briefing and emergency procedures (about 10 mins.) The Teacher in charge will need a briefing and orientation with the Camp Manager.

#### **Departure**

Prior to departure a check will be carried out of the buildings and facilities. Clean up details are enclosed, and it is expected that the camp will be left in the same clean condition as found. Please note, as per hire agreement that excessive, unnecessary cleaning/tidying by our staff will incur a cleaning fee.

#### **Emergency plans**

These are (a) on display in the dining room above the blue phone, (b) in a folder on the bookcase in the dining area. They include the relevant emergency numbers. Other information is enclosed in this Kit.

#### **Camp Rules**

These are listed with this information. It is expected that Teachers/Leaders will ensure that campers are aware of these rules and abide by them, in particular respecting the fragile nature of being in a bush environment.

#### **First Aid**

Angahook does have first aid equipment and trained staff, however it is the responsibility of the group to bring their own First Aid Kit, which is sufficient for the needs of the group, and relevant to the activities being undertaken. It is recommended groups bring a small portable kit for offsite activities. A staff car should be brought in case of emergency.

#### **Visitors**

Visitors are welcome for the day or overnight Please let us know beforehand. There may be a small extra charge.

#### **Accommodation**

The floor plan is flexible and can be varied to suit the size, mix, and needs of the group. We have several trundles and spare beds. If you fax us your numbers and gender breakdown we are happy to provide a suggested sleeping plan for your consideration.

#### **Laundry**

A washing machine, dryer, iron and ironing board are available.

# **ANGAHOOK HOLIDAY CAMP**

## **PHONE NUMBERS**

**Office: 52896774 Fax: 52896901 Email [angahook@bigpond.com](mailto:angahook@bigpond.com) Public Ph: 52897012**

The pay phone (50c or \$1.00 coins.) is installed in the main building for camper use as the office phone is not always available. This is the contact number which is available to you for incoming calls and for urgent / emergency calls 52897012

## **PHONE NUMBERS FOR SPECIALIZED ACTIVITIES AND PLACES OF INTEREST**

Details of some of these are provided in this Kit.

Ecologic Environmental Services	52631133
Great Ocean Roads Adventure Tours (bikes / canoes)	52896841
Go Ride A Wave	52632111
Blazing Saddles horse Rides	52897149
Surfworld Museum	52614606
Westcoast Surf School	52612241
Queenscliff Marine Discovery Centre	52583344
National Wool Museum Geelong	52270708
Country Connection Adventure park (Warrington)	52502756
Parks Vic Information Centre	52633144
Southern Exposure	52619170

## **TIDES**

It is helpful to obtain a tidal chart, or contact us. This will help with planning your beach activities.

## **TEACHERS FOLDER**

This is kept in the dining room on the fridge and contains -

- Camp and Area maps
- Initiative Activities - What they are and how to use them.
- Archery - showing correct shooting and safety.
- Ropes Course - What it is and how to use them.
- Orienteering - Answer sheets for all courses.
- Photo Trail - Answer sheet
- Environmental scavenger hunt (Gould League)
- Games ideas/wet weather ideas/bush hut building/Tipi activities/damper making/tree discovery kit
- Emergency plan detail

## **OTHER EQUIPMENT**

There are 8 compasses for orienteering.

We have some magnifying glasses

T.V / Video in recreation room.

# **ANGAHOOK HOLIDAY CAMP**

Cassette / tape recorder / coloured lights / disco light and disco music  
Table tennis / Outdoor chess

## **CAMP RULES**

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### **Out of Bounds**

Camp boundaries (wire fences)

Fenced off areas

Specialised activity areas - archery, ropes course, initiative activities, tipi, and campfire area unless supervised by adults as part of individual camp agreement.

### **Shoes Off**

Shoes to be removed before entering all camp buildings.

### **Environment Rules**

Stay on tracks - do not walk on or play in vegetation.

Do not pick flowers or damage trees or shrubs.

Look after our wild life residents, kangaroos, birds, and reptiles.

No litter. Recycle and use bins provided.

Conserve and protect water, eg limit shower time,

Avoid unnecessary use of power or wood. **TURN OFF LIGHTS**

No food and drink to be consumed in bunkrooms.

### **Fires**

Definitely no fires outdoors unless with camp managers approval.

No fires at all in summer.

### **Games / Recreation Hall**

Students / Campers must be supervised by Teacher / leader when using this room.

### **Care of Emergency Equipment**

Do not interfere with extinguishers, smoke detectors or signs, please report damage if it occurs.

### **Toilet System**

No foreign material to be placed in toilets, please use bins provided.

### **Smoking**

Smoking is not permitted inside any camp building.

### **Beds and Bedding**

Do not remove bedding. If you require anything additional please ask the staff. Campers must have their own sleeping gear including pillowcase - spares available Use vinyl mattresses if appropriate.

### **Damage, Breakage, Wear and Tear**

Must be reported to the camp staff when it occurs.

# **ANGAHOOK HOLIDAY CAMP**

## **WHAT TO BRING**

This is a suggested list - the time of year will alter some items.

Footwear (N.B. Angahook has a "Shoes Off" policy for all buildings.)

Inside shoes (slippers)

Outside shoes walking shoes, change of shoes, gumboots.

Sleeping bag

Pillowcase

Pyjamas

Towel

Toilet Bag - toothbrush/toothpaste/comb/brush/shampoo/soap/face washer

Warm jumper

Waterproof jacket (parka / raincoat)

Shorts

Bathers

Sun hat / cap / sunscreen\_

Shirts / T shirts

Underwear

Socks

Jeans /Tracksuits\_

Bag (for dirty clothes)

Pencil case / ruler

Reading Material / game

Torch

Camera (optional)

Writing pad

Drink Bottle this is needed if groups are hiking / bushwalking

Fly/mosquito repellent

Parents and Teachers should ensure that potential bed wetters have sheets and a plastic mattress protector, or notify Angahook staff so that appropriate beds are allocated with waterproof covers.

All items should be clearly marked with the student's name.

Usually on school camps students need a change of clothes and socks for each day.

Students should bring only one case and if needed, a daypack.

# **ANGAHOOK HOLIDAY CAMP**

During the fire danger period (usually Dec - March) all campers should bring at least one long sleeved shirt or jumper and one pair of long trousers - this is recommended by the Department of Education and Country Fire Authority.

## **TEACHERS CHECKLIST**

### **Please Contact Us At Least One Week Before Your Stay To Confirm**

- Number of students / Teachers /Leaders / Adults including gender.
- Special dietary needs.
- Camp itinerary - arrival / departure / daily program.
- Extra visitors for meals or program assistance
- Scheduled bus use.

### **Remember to Bring -**

- First Aid Kit
- Student Medical Forms
- Sports Gear as needed eg basketball, volleyball etc.
- Cassette / CD Player and tapes CD's
- Video tapes (if needed)
- Art / Craft materials
- Indoor and Board games
- Wet Weather Activities
- Whistle
- Torch
- Sunscreen
- Bits and Pieces (concert / drama / disco / face paint / coloured hairspray / blutack; stapler / chalk etc.
- Staff car
- mobile phone
- Camera / video / computer
- Percolator coffee if you like it (we have a coffee plunger)
- Indoor shoes
- Drink bottle for hikes / back pack
- Fly/mosquito spray/repellent

# ANGAHOOK HOLIDAY CAMP

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## BREAKFAST CATERING

### **Routine For Duty Teacher**

Self serve at a time to suit you

### **Duty Group**

1 -2 Staff members and student numbers appropriate to size of group

### **What To Do**

- Gather duty group
- Allocate or let them choose a table which they will sit at and look after. Remind them that they should eat as well as look after a table!
- Set tables as per a demo table
- Each breakfast table should be set with
  - 1 cup per person 1/2 filled with orange juice
  - 1 sugar bowl with a teaspoon
  - bread and butter plates
  - knives
  - spoons
  - vegemite, jam, peanut butter, honey
- Duty teacher
  - to set up stainless steel trolley and kitchen sinks for food clearing and dish washing.
  - Place warm soapy water in a bucket with some sponges, and in the stainless steel cutlery tins.
  - place an empty bucket on top of the trolley for liquid waste.
  - place a bowl and spatulas on top for organic scraps.
  - show children how to scrape and stack dishes
- if you need to wash and dry dishes, there are tea towels on the bench in the kitchen and a container under the bench for used ones to be laundered.
- the dining room fridge contains milk and fruit juice.
- bowls should be placed next to the cereals on the serving area fill some with cornflakes and some with rice bubbles
- students should line up and choose their own cereal and add milk at the servery.

### **Toast Making**

**Staff are responsible for cooking the toast.** There are 4 - 6 toasters in the kitchen depending on numbers. Margarine is in the fridge in the kitchen. It should be placed on the bench and buttered by the staff. It is then served through the servery window on a baking tray for duty students to take to the tables.

### **Clean Up**

After breakfast the duty children should  
Clear and wipe the tables

# **ANGAHOOK HOLIDAY CAMP**

Place the blue chairs on tables  
Sweep the floor and mop if necessary

## **ANGAHOOK CATERING**

We are able to cater for vegetarian needs, food allergies, and most special diets. We include a variety of well-balanced meals with substantial amounts of fresh fruit and vegetables.

All food requires planning so it important for groups to fax us proposed itinerary, special needs, birthdays etc. at least a month prior to the camp.

Parents and staff with specific concerns are welcome to get in touch with us to discuss special needs and to send along if required specific food, which we can prepare.

Please note we have a commercial dishwasher on site with high washing temperatures, and full food handling and hygiene policies in place.

### **Meal Times:**

**Breakfast** - Groups and duty groups, look after their own breakfast at a time to suit their needs and program. Camp staff set up all the breakfast requirements and brief the duty teacher the night prior.

**Lunch** - Usual Time 12.00

**Dinner** - Usual Time 5.45 - 6.00

We are happy to vary these times to suit your program and to include meals outdoors, BBQ's, offsite picnics or bush cookout meals (a must).

### **Meal Duty Groups**

A teacher will be required to be on duty with each duty group. Camp staff will explain what is required for each particular meal.

It is expected that teachers will roster a group of students to assist with tasks such as setting tables, serving up, sweeping floors, stacking dishes etc. Tables seat 5 - 8 people. The duty group will vary with the size of each group. It is desirable that the same duty group complete the setting and cleaning up of the one meal. Supervision of the duty group is the responsibility of the duty teacher.

# **ANGAHOOK HOLIDAY CAMP**

## **CLEANING**

Angahook is your home during your stay. Please encourage children to respect and look after it.

- Groups are expected
  - to help keep the facilities used, clean and tidy on a daily basis.
  - to ensure no shoes are worn inside, but placed inside shoes boxes outside
  - to mop bathrooms after use, (using yellow mops / buckets or mops in bathrooms.)
  - to alert staff immediately if soiling occurs anywhere on floors or beds.
- Please note - sanitizing the toilets is the responsibility of camp staff.\_\_\_\_\_
- We have a washing machine and dryer at your disposal and lines for hanging out wet towels etc.
- Brooms, cleaning equipment etc. are inside the front door or outside the laundry. Vacuum cleaners are in the laundry and all are available for use.
- Children should have daily room inspections and no food should be in bedrooms.

## **DEPARTURE**

On the day of departure groups are required to leave the facilities as they found them. There should be no litter left anywhere in rooms or outside. Supervision and delegation of clean up is necessary.

**Please make sure the following tasks are completed.**

Pack up gear and luggage after breakfast and take to storage area.

Tidy and sweep/vacuum bunkrooms.

Mattresses should be lifted to check underneath.

Bathrooms are tidied, litter, soap etc. to be placed in bins.

Dining room tidied and swept by duty group, stack chairs.

Games room tidied and swept.

Check outside - Emu parade.

Check all camp equipment, photo trail, chess pieces etc. have been restored to its place.

# ANGAHOOK HOLIDAY CAMP

MANY THANKS

## DUTY GROUPS

### WHAT TO DO!

#### **Before The Meal**

- Meet with your duty teacher in the dining room.
- Wipe all tables and arrange chairs.
- Set your table the same as the demo table.
- Listen to instructions by camp staff about the meal.

#### **During The Meal**

- Serve drinks and food as explained to you.
- Do not forget to eat your own food and enjoy your meal!
- Between courses, clear away dishes, scrape them, discard liquid waste and stack.
- Put cutlery in tins.

#### **After The Meal**

- Clear and scrape remaining dishes, cutlery and cups.
- Wipe all tables and chairs.
- Stack chairs and sweep floor.
- check with your duty teacher and staff before leaving.



# ANGAHOOK HOLIDAY CAMP

## EMERGENCY PLAN

Angahook Camp has a comprehensive Emergency Plan in place. A copy is displayed in the Dining Room next to the Blue Phone and its contents are in the Teachers / Visitors Kit Folders.



### EMERGENCY PHONE NUMBERS



**POLICE - FIRE - AMBULANCE**  
**Dial 000**

This number can be called from the Blue Phone, or the Phone in the kitchen pantry. A verbal description of the camp location is displayed above the Blue Phone.

#### POLICE

Anglesea	52633468
Torquay	52616058
Geelong	52253100 (24 hrs)

#### MEDICAL

Aireys inlet Medical Centre:	52896432
Anglesea: Surf coast Medical Centre	52631592
Anglesea Medical centre	52633555
Geelong Hospital Emergency	52267564
Lorne Hospital	52891508

#### DENTAL

Torquay	52612240
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#### CHEMIST

Anglesea	52631540
Lorne	52891580

#### OTHER

Gas Emergency	1800676300
Elgas	131161
Powercor	132114

# **ANGAHOOK HOLIDAY CAMP**

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