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## SURF LIFE SAVING SA

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### 2011 SLSSA 'Be Active' Youth Development Camp Newsletter



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## CONGRATULATIONS

...on being nominated and selected as one of twenty participants to attend the 2011 SLSSA Youth Development Camp. Please find within this newsletter further information to prepare you for this experience which we hope will be an enjoyable and rewarding one.

Development Camps have been run for many years and are very important for the development of surf lifesaving in SA and most importantly our members including you! It is hoped that this camp will be just one of the many forums you may attend throughout your involvement in Surf Life Saving either at State or National levels.

### When and where is the camp and how do I get there and back?

The camp will be held in the 2<sup>nd</sup> week of the July school holidays from the 19<sup>th</sup> – 22<sup>nd</sup> and this year we will be trialing something a little different and a bit more adventurous by holding the camp around the spectacular Flinders Ranges.

After meeting the bus at SLSSA at 8.30am on Tuesday morning we will make our way via Port Wakefield, Port Augusta, Quorn and Hawker to Edeowie Station where we will be accommodated for the 3 night stay. This is located between Hawker and Parachilna just off the main road, west of the Wilpena Pound area with views to St Mary's Peak. We will then return on Friday to be back at SLSSA by 5.00pm where you should arrange to be collected.



### What will I be doing at this camp?

A variety of activities and sessions have been planned to extend you personally and in your lifesaving volunteer role with a leadership and team building focus. We will be using the location to do both indoor but mainly outdoor activities including hiking, discovery and sightseeing within the Flinders. A moderate level of fitness will be required for this so please make sure you keep active over the next six weeks before we head off.

### What food will I be eating?

We will be taking up most of our food including a variety that everyone will hopefully enjoy. You will all have a role in preparing, cooking and serving meals as part of this outback experience including some traditional campfire cooking. **Should you have any special dietary or associated medical needs that you would like to discuss please let me know via e-mail.**

### **How much does it cost and how much money should I take with me?**

Camp costs will not exceed \$250 and will be invoiced to clubs. Clubs will be responsible for issuing invoices to attendees however SLSSA encourages clubs to meet some or all of these costs. All food and activities and most other costs will be met by SLSSA however please bring a bit of extra spending money for snack stops, souvenirs, etc.

### **What do I need to bring?**

#### **Clothes**

3 x Warm Set (including warm jacket, beanie for around the campfire)  
2 x Shoes (Comfortable Sneakers/Shoes and Sturdy Walking Shoes) and 4 x Socks  
Wet Weather Top/Gear (Lightweight)  
Warm Sleeping Clothes/Pyjamas  
Broad Brimmed Hat or Cap

#### **Other**

Backpack and Water Bottle  
Sleeping Bag (or Bedding) & pillow  
Toiletries and Personal Items (including 2 Towels)  
Sunscreen (at least 15+) and Medication (including allergy medication)  
Camera/Watch/Binoculars (these will be your responsibility)  
Pen/Notepad/map of Flinders or other relevant local info if you have any  
Your favorite nibbles

### **Who are the camp supervisors?**

This camp is coordinated by staff at Surf Life Saving SA in consultation with a small committed group of volunteer club members. Together we will be your hosts at the camp and the people to contact while on camp.

All Camp supervisors have experience in camp/event management and an extensive involvement with Surf Life Saving SA to ensure the camp is a positive lifesaving experience for all involved. All camp supervisors and support staff have completed the Surf Life Saving Australia member protection policy and have a current police certificate.

### **What next?**

Please check your E-mails on the Monday before camp (18/07/11) for any last minute instructions. Keep active, stay healthy and get ready for some fun (and pray for good weather)! Otherwise we will see you with all your gear at 8.30am on Tuesday 19<sup>th</sup> July.

### **Who can I contact with questions?**

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