reflections

# CAMPCOOBY

## SENIOR HOLIDAY CAMPS

**12 - 16 years**

**CARE | CONNECT | LEAD**

Dear Camp Cooby Families and Friends,

Thank you for choosing Camp Cooby for your child! We have a range of outdoor and indoor activities planned for your child to help them get unplugged, make new friends and enjoy the outdoors.

People often ask me, why run holiday camps? Well, as a child I was fortunate enough to enjoy summer camps, I then worked as a Camp Counsellor in the USA, and when I became a parent myself I wanted my children and other children to have the same opportunity to experience the fun and memories that come from holiday camps. As a psychologist, I can see the benefits that come from having fun outdoors. This really is not just a job for myself and the team, it is our way of making a positive difference in the lives of children and families.

Camp Cooby is certainly my second home and we want it to you your child's second home too. It is a place where your child (and our team) can explore nature, be creative, try out new things, build friendships and have heaps of FUN! it i our vision to help our campers "Connect, Care and Lead" with themselves, others and the environment. We've grown significantly over the last three years, starting with 5 campers and reaching 60 at our last holiday program. We have had children attend from England, Turkey, China and from all around Queensland and New South Wales. Most of our campers hear about us from word of mouth...so thank you to our Camp Cooby Alumni for your recommendations! We are proud to be your second home and it is great to see you return.

Camp Cooby has an amazing, diverse team who are united in a passion to provide children with the best possible camp experience. We acknowledge the trust that you have placed in us to ensure the safety and wellbeing of your child and assure you that our while team is fucussed on offering your child a safe and fun holiday experience to develop confidence and independance. The journey of fostering independance can be FUN but may bring challenges as your child adapts to a new environment. Our team bring a wealth of experience in assisting children to quickly settle in so that they can get the most out of their camp experience.

This booklet has lots of wonderful information to help you prepare your child to get the most out of their camp experience. We will also share more information via email and on Facebook. Thank you for choosing Camp Cooby, a family owned and operated Holiday Camp! We hope that Camp Cooby becomes a holiday program choice for your family not only for this Holiday Camp, but for many holidays to come. We look forward to welcoming you into our camp family!

See you soon!

Tanya Hall (Director, Camp Cooby)

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# Overnight Camps

| | |
|---|---|
| **Age** | 12 - 16 years |
| **Drop Off** | 9:00am - 10:00am on the first day of camp |
| **Pick Up** | 2:00pm - 3:00pm on the last day of camp |

## Overnight Camper Schedule

| MONDAY | |
|---|---|
| **TIME** | **ACTIVITY** |
| 9:00 - 10:00am | Drop offs and orientations |
| 8:30 - 9:00am | Welcome to Camp! |
| 9:00 - 10:30am | Getting to know You games and activities |
| 10:30 - 11:00am | Morning Tea |
| 11:00 - 12:00pm | Activity Period 1 |
| 12:00 - 1:30pm | Lunch/Rest Period |
| 1:30 - 3:00pm | Activity Period 2 |
| 3:00 - 3:30pm | Afternoon Tea |
| 3:30 - 4:30pm | Activity Period 3 |
| 4:30 - 6:00pm | Tent set ups<br>Showers<br>Afternoon Activities<br>Free Time |
| 6:00 - 7:00pm | Dinner |
| 7:00 - 9:00pm | Evening Activities |
| 9:00pm | Lights Out |

| TUESDAY - THURSDAY | |
|---|---|
| **TIME** | **ACTIVITY** |
| 7:30 - 8:30pm | Breakfast |
| 8:30 - 9:00am | Prepare for the day<br>Morning Activities |
| 9:00 - 10:30am | Activity Period 1 |
| 10:30 - 11:00am | Morning Tea |
| 11:00 - 12:00pm | Activity Period 2 |
| 12:00 - 1:30pm | Lunch/Rest Period |
| 1:30 - 3:00pm | Activity Period 3 |
| 3:00 - 3:30pm | Afternoon Tea |
| 3:30 - 4:30pm | Activity Period 4 |
| 4:30 - 6:00pm | Showers<br>Afternoon Activities<br>Free Time |
| 6:00 - 7:00pm | Dinner |
| 7:00 - 9:00pm | Evening Activities |
| 9:00pm | Lights Out |

| FRIDAY | |
|---|---|
| **TIME** | **ACTIVITY** |
| 7:30 - 8:30am | Breakfast |
| 8:30 - 9:00am | Pack up tents and personal items<br>Morning Activities |
| 9:00 - 10:30am | Activity Period 1 |
| 10:30 - 11:00am | Morning Tea |
| 11:00 - 12:00pm | Activity Period 2 |
| 12:00 - 1:30pm | Lunch/Rest Period |
| 1:30 - 3:00pm | Activity Period 3 |
| 3:00 - 3:30pm | Afternoon Tea |
| 3:30 - 4:30pm | End of Camp Celebration/ Challenge |
| 2:00 - 3:00pm | Pick Ups |

## Meals

Breakfast, morning tea, lunch, afternoon tea and dinner!! There's a reason why Camp Cooby is known for filling bellies with delicious, wholesome, healthy foods! Our qualified and experienced chef can cater for all your dietary requirements too!

## Accommodation

As part of the camp experience, Camp Cooby will provide tents and mattresses for the campers to set up and sleep in for the duration of the camp. Tents are allocated according to age groups and each tent generally holds up to 8 people. Boys and girls are accommodated separately.

In EXCITING NEWS! Our new airconditioned bunkhouses will be ready by 2022. Like our tents, campers will be grouped by age and gender in our bunkhouses. The bunkhouses will hold up to 8 people in single bunkbeds with mattresses.

***Parents:*** please note that you must advise Camp Cooby staff if your camper has a night time condition that requires attention.

# Activities & Programming

*At Camp Cooby our Senior Holiday Programs are based around a specific 'theme' (e.g. Mountain Biking Camps, Expedition Camps, Youth Leadership Camps). Regardless of the theme, each camp includes fun and exciting activities that are designed to get our campers to disconnect from technology, get outdoors, and get involved with others! To ensure that campers' experiences are new and exciting each time they stay with us at Camp Cooby, we update our program offerings each school holidays. The program for each holiday period will be released on our Camp Cooby Facebook page approximately 2 weeks prior to the camp kick-off date.*

*The program for each holiday period could include a mixture of the following activities:*

- High Ropes
- Low Ropes
- Rock Climbing
- Giant's Ladder
- Leap of Faith
- Milk Crate Stack
- Possum Pull
- Tryolean Traverse
- Canoeing
- Sailing
- Raft Building
- Waterslide
- Overnight Expeditions
- Mountain Biking
- Archery
- Orienteering
- Catapult Building
- Bush Walks
- Team Building Activities
- Initiative Activities
- Camp Craft
- Camp Cooking
- Lantern Stalk
- Night Hikes
- Camp Fire
- Leadership Workshops

***Please note that the activities included in our holiday programs are subject to weather and availability. At times Camp Cooby staff will need to adjust programming on the day to ensure the safety and welbeing of staff and campers***

# What to Bring to Camp

***So that your child/ren can make the most of their Camp experience, please ensure that they have the following items packed and clearly labelled with their names. Some camps will require you to bring specific items - you will be notified of these prior to the beginning of camp. Please note that children who do not have hats and waterbottles will unfortunately not be able to join in activities.***

- Broad brimmed hat
- Water bottle
- Change of clothes per day + one extra
- Pair of underwear & socks per day + one extra
- Warm clothing for evenings
- Sun smart swimming outfit
- Closed in shoes
- Water shoes
- Raincoat
- Toiletries
- Beach & bath towels
- Insect repellent
- Sunscreen
- Torch
- Lightweight day bag
- Pillow
- Sleeping bag
- Personal medication (to be handed to Camp Cooby staff upon arrival)
    - **All medications to be labelled clearly and correctly with the child's name & dosage instructions**

**WINTER CAMP**

- Jacket, gloves, slippers
- Plenty of warm clothes
- Warm sleeping bag & extra blankets if needed
- Beanie
- Scarf
- Warm pyjamas

# Dates & Rates

## Dates

You can keep up to date with what programs we have coming up throughout the year by checking out our website, which can be found at:

**https://www.campcooby.com.au/bookings/holiday-program-catalogue/**

## Rates

As our senior camps focus on specialty areas and themes, rates, packages and availability will range from camp to camp. For more information about the rates, availability and packages offered for a particular senior holiday camp offering, please visit our online booking site at:

**www.campcooby.com.au/bookings/holiday-program/**

# How to Book

All bookings and payments for Camp Cooby's Holiday Program are made online via our webiste, which can be found at:

**www.campcooby.com.au/bookings/holiday-program/**

Please note that bookings for each week will close at 5:00pm on the Monday before camp begins. No bookings will be accepted after this time so, to avoid disappointment, please make sure to get your booking in before bookings close.

# Transport Services

***CAMP COOBY IS NOT CURRENTLY OFFERING TRANSPORT SERVICES DUE TO COVID-19 RESTRICTIONS***

Transport services are available each week day from our office at 121 West Street, Toowoomba. Please note that there are limited seats avaialble on our bus, and as such all bus passes are required to be pre-booked (no on-the-spot bookings will be accepted).

Transport times are as follows:

- **Pick Ups:** depart at 9:00am
- **Drop Offs:** arrive at 3:00pm

Upon your arrival at 121 West Street, one of our friendly Camp staff will ask for a parent/caregiver's signature. You will also be asked to pass any medication and technological devices over to our staff for safe keeping. When you collect your child from Camp Cooby/121 West Street (if catching transport back in to town), you will be asked to sign them out and all technological devices and medications will be handed back to you. Please advise in writing who is picking up your child and provide a contact number for that person.

- **Cost:** $10 per child, per trip

# Arriving at Camp Cooby

## CAMP ADDRESS:

## 239 Loveday Road, Geham QLD

Parents and carers are more than welcome to drop off and pick up their campers at Camp Cooby! If you do wish to drop off/collect your child/ren from camp, please note our Drop Off and Pick Up times:

- **Drop Off** - between 9:00 to 10:00am
- **Pick Up** - between 2:00 to 3:00pm

Upon your arrival at Camp Cooby, please proceed to our Function Centre which is located at the top of the property - our friendly camp staff will be ready and waiting for you!

When you arrive at our Function Centre you will be asked to sign your child in at our registration desk. You will also be asked to pass any medication and technological devices over to our staff for safe keeping.

When you collect your child from Camp, you will be asked to sign them out and all technological devices and medications will be handed back to you.

If you wish for your child to be collected from Camp by someone other than the person who initially booked them in to camp, you will need to notify our staff (written or verbally) prior to collection. Due to our child safety protocols if we are not aware of this prior to your child's collection we will not allow the collecting adult to leave with your child until we receive verbal permission from you.

**Directions from Toowoomba:**

- Head North on the New England Highway towards Geham
- After the Geham State School, turn left on to Geham Road
- Continue on to Groomsville Road
- After roughly 3.8km, turn left on to Loveday Road
    - Loveday is a gravel road - there will be a number of 'Reflections Lake Cooby' directional signs along Groomsville Road in the lead up to the turn off on to Loveday Road
- At the end of Loveday Road you will find the entrace to Camp Cooby's site
- Follow the driveway to the top of the property - this will bring you straight to our Function Centre

# Details & Policies

## Staffing and Supervision

Camp Cooby employs qualified and experienced camp leaders whose compassion, integrity, and fun nature makes them stand out! As a requirement of employment at Camp Cooby, all staff must posess and maintain current Blue Cards and facilitator accreditations.

Camp Cooby operates at a minimum of a 1 staff member to 10 children ratio for day time activities, and a 1 to 20 ratio for overnight campers.

## Camper Behaviour and Conduct

At Camp Cooby we abide by one simple rule – RESPECT! This includes respect for yourself, for other people (including other campers and staff members), and respect for the environment and equipment at Camp Cooby.
We uphold a strict no violence and bullying policy at Camp Cooby and will not tolerate behaviour that will affect other campers' experiences at Camp Cooby. If a camper engages in behaviour that causes, or risks causing, physical or mental harm to another camper or staff member, we will generally provide them with a warning and manage the behaviour within camp. If the behavour continues, or was of sufficient concern that a warning would not be appropriate, then the parents of that camper will be contacted and asked to collect thier child from camp. Unfortunately, that camper will not be allowed to return to camp for that camp period and no refunds will be given for days/nights missed at camp.

Some activities run at Camp Cooby are high risk activities and as such, are operated under strict safety guidelines to ensure the safety and wellbeing of participants, observers, facilities, wildlife, and fauna. Failure to comply with these guidelines will result in a participant being removed from the activity. Continued failure to comply with safety instructions will result in Camp Cooby staff requesting that the parents of that camper be contacted and asked to collect their child from camp. If a parent/caregiver is contacted to collect their child from camp then that child MUST be picked up within 2 hours. Failure to comply with this time frame will result in additional charges and/or the authorities being contacted. If sent home as a result of poor behaviour campers will not be allowed to return to camp for that camp period and no refunds will be given for the days/nights missed at camp.

We are unable to help if we don't know about an incident - if your child witnesses an incident, they must report this to Camp staff.

## Mobiles and Electronic Devices

It is our desire to keep Camp Cooby a technology free zone. We want to give our campers the best opportunity possible to live in the moment and make new friends without the distractions of social media and intrusions of digital technology. For this reason, Camp Cooby maintains a strict 'No Mobile or Technological Device' policy. If a camper is found with a mobile or technological device during Camp, their mobile device will be confiscated and will only be returned upon sign out. Campers found using mobile phones or technological devices during camp may be grounds for dismissal. No refunds will be given for days/nights missed at Camp.

## Phone Calls Home

We appreciate that at times our campers can get homesick and are more than happy to allow them to call home using one of our camp phones. All calls are supervised by a Camp Cooby staff member

## Accommodation

As part of the camp experience, Camp Cooby will provide tents and mattresses for the campers to set up and sleep in for the duration of the camp. All we ask is that you make sure to send your child/ren with a sleeping bag and pillow for bedding (which are included in the 'What to Bring to Camp' checklist on page 7 of this booklet).

Tents are allocated according to age groups and each tent generally holds up to 8 people. Boys and girls are accommodated separately.

Parents please note that you must advise Camp Cooby staff if your camper has a night time condition that requires attention.

## Meals

Camp Cooby is known for filling bellies with declicious, wholesome, healthy foods! As part of your Camper Package Day Campers have morning tea, lunch and afternoon tea included while our Overnight Campers have breakfast, morning tea, lunch, afternoon tea, dinner….AND supper!! Our qualified and experienced catering team can also cater for all your dietary requirements too!

## Lost Property

When collecting your child/ren from Camp please make sure to check their luggage and bags to make sure that they have all of their belongings. All lost property is collected at the end of each day at Camp and is placed on a 'Lost Property Table' near the sign in/sign out table. At the end of Camp, all lost property is sent to our office at 121 West Street where you are welcome to collect your child/ren's belongings during work hours (8:00am - 4:00pm). Please note that we will only hold lost property at our office for up to one week following Camp. After this time, all belongings will be donated to Lifeline.

## Registration and Camp Fees

Please see all information regarding camp fees on page 8 of this document.

All registrations and bookings can be made through our Camp Cooby website at:
http://www.campcooby.com.au/bookings/holiday-program/

If you have any difficulties please contact us on (07) 4696 6244.

## Medical Details & Consent

Upon confirming your child/ren's booking with us, you will be emailed a booking confirmation that contains a link to our Medical and Consent forms. So that we can meet the needs of every child at camp, we do require you to fill these forms out with as much detail as possible (including any medical conditions, dietary requirements, medications, etc.) and return the form to us before your child/ren arrives at camp. The form also gathers information pertaining to consent and physical abilities. Please note that if we do not receive this form prior to the camp start date, your child will not be able to attend camp.

## Cancellation Policy & Refunds

Please be aware that no refunds will be processed for cancellations and/or days or nights missed at Camp Cooby. Psychological or behavioural issues are not grounds for refunds.

## Illness & Injury

In the event that your child has to be sent home due to serious illness or injury, refunds may be processed (at the discretion of Camp Cooby staff).