

# Governor-General's Camp 2024

LEADERS & HELPERS BOOKLET

Version 2.2





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Governor-General's Camp 2024

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# 1. Welcome to Governor-General's Camp 2024

The Chief Scout of Australia, His Excellency General the Honourable David Hurley and Mrs Hurley, invite Scouts from across Australia to attend the Governor General's (GG's) Camp on the beautiful grounds of Government House in Yarralumla, Canberra.

This is the first time in almost a century that Scouts have camped at the residence of our Chief Scout.



This ONCE-IN-A-LIFETIME opportunity enables Joey Scouts, Cub Scouts, Scouts, Venturer Scouts, Rover Scouts, leaders and adult supporters to camp with the Governor-General and Mrs Hurley and enjoy a magnificent camp full of fun activities all around the Australian Capital Territory.

Participants will have the chance to embrace all that Scouting has to offer. Onsite and offsite activities will be explored through many varied Outdoor Adventure Skills and Special Intertest Areas, and there will be a great entertainment program each evening.

The GG's Camp is a unique opportunity to experience a large-scale event in the heart of our nation. With young people at the centre of this experience, this camp will provide unforgettable memories and real learning outcomes whilst enshrining an adventurous, fun, challenging and inclusive program.

In addition to the unique experiences, the event has the potential to generate significant community interest, given the location and historical importance. The event will capitalise on the opportunity to engage the political, government, business, and philanthropic sectors to promote the benefits, impact and importance of Scouting in the 21st century. This event will also be the largest ever held on the grounds of Government House.

The GG's Camp will be held from Sunday 14 April to Friday 19 April 2024. Youth participants will attend from:

Sunday 14 April to Friday 19 April 2024 (Scouts, Venturer Scouts and Rover Scouts)

Tuesday 16 April to Friday 19 April 2024 (Joey Scouts and Cub Scouts)





# 2. Event Operations Centre

The Event Operations Centre (EOC) located in the Hub is your one-stop-shop if you need assistance with any matter. You can contact the EOC by calling **0437 865 482.** 

The Event Operations Centre will be staffed between 7:00am and 10:00pm every day from Friday 12 April until Saturday 20 April 2024.

The Event Operations Centre phone numbers will be answered by a duty officer 24 hours a day from Saturday 13 April 2024 until Saturday 20 April 2024.

If you are dealing with a life-threatening emergency, you should call 000 first. Then, you should notify the Event Operations Centre by calling **0437 865 482** or sending a runner to notify the Event Operations Centre that a 000 call has been made. The Event Operations Centre will then provide further assistance.

All non-life-threatening incidents should be reported to the Event Operations Centre by calling **0437 865 482**. The Event Operations Centre will provide further instructions on how to manage the incident.

\* For Child Safety Phone: 0409 760 424

### 3. Event Schedule

The GGs Camp 2024 participation is open to Scouts Australia and Girl Guides Australia registered members,

SECTIONS	SUNDAY 14 April	MONDAY 15 April	TUESDAY 16 April	WEDNESDAY 17 April	THURSDAY 18 April	FRIDAY 19 April (Bump Out)
Cub scouts 3 Nights						
Joey Scouts 3 Nights						
Scouts 5 Nights						
Venturer Scouts 5 Nights						
Rover Scouts 5 Nights						



# 4. Daily Schedule

TIME	ACTIVITY	LOCATION
6.00am	Wake up	Campsite
6.30am - 7.30am	Breakfast	Campsites for Units Leaders Dining for Event Staff
7.45am	Buses depart for offsite activities	Bus zones
8.00am	Hub Opens	Hub
8.30am	Activities (onsite and offsite) commence	Onsite and offsite activity and event zones
TIME	ACTIVITY	LOCATION
10.00am	Duty Line Leader meeting	Event HQ
11.30am	Onsite and offsite activities conclude (AM session)	Onsite and offsite activity and event zones
11.30am	Buses depart for camp site	Bus zones
12.00pm - 1.00pm	Lunch	Campsites for Units Leaders Dining for Event Staff
1.30pm	Buses depart for offsite activities	Bus zones
2.00pm	Activities (onsite and offsite) commence	Onsite and offsite activity and event zones
2.00pm	Food collection (Camping Units 1-15)	Q Store
2.30pm	Food collection (Camping Units 16-30)	Q Store
3.00pm	Food collection (Camping Units 30 onwards)	Q Store
5.00pm	Onsite and offsite activities conclude (PM session)	Onsite and offsite activity and event zones
5.00pm	Buses depart for camp site	Bus zones
5.30pm - 7.00pm	Dinner	Campsites for Units Leaders Dining for Event Staff
7.00pm	Entertainment begins	Entertainment hub
9.00pm	Entertainment concludes	Entertainment hub
9.30pm	Camp quiet time	Entire site





Youth members attend the GG's Camp based on their age section in April 2024. Youth members who are due to transition to the next age section can still apply – they don't need to wait.

The eligibility criteria have been structured so that a youth member can work towards the relevant requirements regardless of the age section they're currently in.

For example, a Cub Scout who will join the Scout Unit before the GG's Camp can work towards Outdoor Adventure Skills Camping Stage 3 whilst they are still in the Cub Scout section.

Scouts, Venturer Scouts and Rover Scouts arrive at the GG's Camp on Sunday 14 April and depart on Friday 19 April 2024. Special provision can be made for a small number of Units to arrive on Saturday 13 April if requested, noting that activities will not be available until Monday 15 April.

Joey Scouts and Cub Scouts arrive at the GG's Camp on Tuesday 16 April and depart on Friday 19 April 2024.

Venturer Scouts and Rover Scouts who are on the Event Team may arrive from Friday 11 April 2024 to assist with camp construction and preparation.

# 6. Transport

Local Canberra transport to and from Government House is included for all participants. This is to minimise traffic onsite and at the limited nearby parking, and to ensure a safe event site for all participants. It must be noted that personal vehicles will not be permitted on-site.

Transport to the event will occur on the following days:

- Scouts, Venturer Scouts and Rover Scouts Saturday 13 April and Sunday 14 April 2024
- Joey and Cub Scouts Tuesday 16 April 2024

Transport home from the event will occur on Friday 19 to Saturday 20 April 2024.

Each departure location will likely have youth members from different GG's Camp Camping Units travelling together to and from the event to fill all the seats on the coach. This will enable us to pool adult resources to ensure there is sufficient adult supervision on each coach.

# **6.1 ACT and Nearby NSW Participants**

Transport departure and return locations will be established within the ACT or near the ACT/NSW border. Chartered coaches will transport youth participants and supporting adults to and from Government House. The coaches will be equipped with luggage compartments for personal luggage bags. Participants and will need to pack their luggage into a single bag for ease of travel on the coach to and from the event. Supporting adults should seek to limit their luggage to two bags including any personal tent.



Each participant will receive a camp induction and camp pass at the designated departure point prior to board the coach to the event site.

Leaders and supporting adults attached to the GG's Camp (e.g. those adults who are Line Leaders or Assistant Line Leaders) will travel onboard the coaches to and from the event to provide supervision for the youth members. Units need to ensure that they maintain appropriate supervision ratios for Joey Scouts and Cub Scouts when travelling on coaches.

Departure and return locations and times will be advised through Branch Contingent Leaders after applications close.

Individual participant travel and arrival/departure at the event site will NOT be supported.

#### **6.2 Interstate Participants**

Interstate GG's Camp Units are responsible for organising their own flights and / or coach transport to Canberra through their Branch and Contingent Lead. Interstate participants are to travel as a unit or contingent.

Transfers to and from the event site from Canberra Airport or Sydney Airport are included in your event fee. The online application will ask interstate participants to nominate flight or coach details for travel to Canberra – these details can be provided later if they are unknown at the time of application.

On arrival in Canberra, coaches with participants will travel to a designated location where a camp induction and camp passes will be provided prior to arriving at the event site.

Individual participant travel and arrival/departure at the event site will NOT be supported.

# 7. Camping Units

The GGs Camp is organised into two camping Villages, limited by site size, availability and constraints.

A Youth Program Village on the western side of Government House will include all Joey Scout to Rover Scout participants, in Units of 36 youth and about 6-9 adult Line Leader (depending on youth makeup and Joey Scout and Cub Scout supervision needs). Within the camping units, all the youth program members and supporting adults will camp together and cook together.

GG's Camp is just like your annual Group camp – just with many more groups to share the fun with! One way to plan and prepare for GG's Camp is to consider how you would prepare for a Group camp and apply that same planning.

All youth program members from your Scout Group will be in the same camping unit. For example, if you have 50 youth members attending from your Scout Group, all those youth members will be placed into your Camping Unit, or we will arrange two Camping Unit sites to be next to each other. Youth members from the same Scout Group won't be split into different camping units (unless necessary and discussed with you beforehand).

A camping unit line leader will need to rotate remaining at Camp daily to organise food from the Q Store and do some food preparation while other leaders provide support to activities (Unit Council decides) or supervise Joey Scouts and Cub Scout patrols.



An Event Team Village on Government House will accommodate Rover Scouts and adult leaders and helpers who are in the Events Team, including those who are primarily supporting activities and expeditions. Camping Units in the Leaders Camping area will allow groups of leaders to cook for each other.

# 8. Unit Organisation

#### 8.1 Unit Council

Each Camping Unit should have a Unit Council comprised of youth members from each age section, together with some of the supporting adults. The Unit Council would make decisions about the following: and expeditions. Camping Units in the Leaders Camping area will allow groups of leaders to cook for each other.

- Creation of a Unit code
- Mobile phone policy
- Planning of the layout for the Unit campsite
- Organisation of a roster for Duty Patrols

#### 8.2 Supporting Adults

Each Camping Unit will include a team of supporting adults whose primary focus is to support the engagement of youth members in the event program.

Each Camping Unit will have an appointed **Line Leader**, who will be the adult leader in charge for the Camping Unit.

The Camping Unit will include Assistant Line Leaders in each of the following roles:

- Assistant Line Leader Program
- Assistant Line Leader Health & Wellbeing
- Assistant Line Leader Logistics
- Assistant Line Leader Catering

Depending on the size of your Camping Unit, you may have multiple supporting adults in each role. Different supporting adults may have a focus on a particular age section. For example, you may have a Cub Scout Leader filling the role of Assistant Line Leader – Program, and a Scout Leader also filling the role of Assistant Line Leader – Program, with the two adults focused on supporting their respective age section.

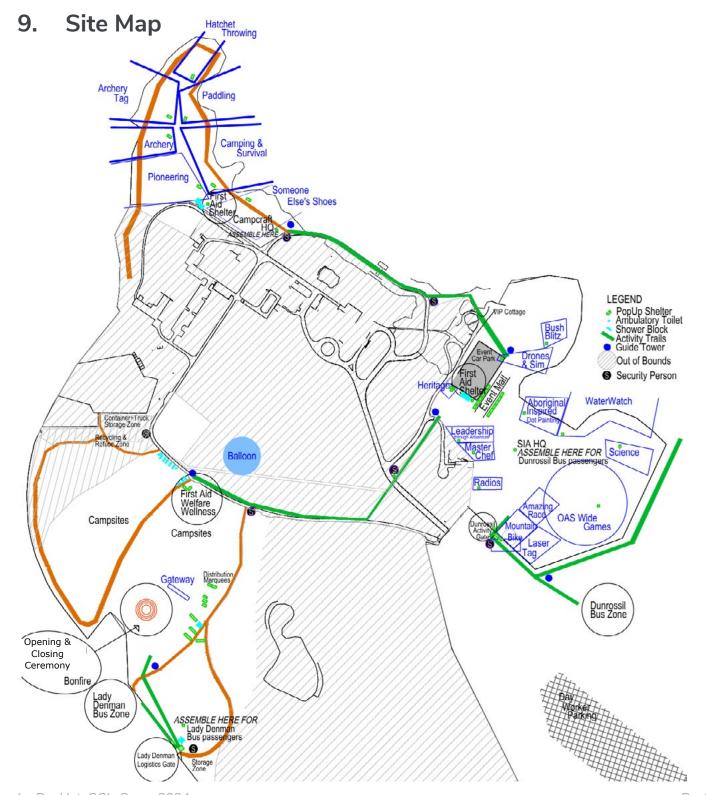
### 8.3 Planning



Line Leaders and Assistant Line Leaders for each Camping Unit should aim to meet early 2024 to commence planning. The first step should involve youth members to establish a Unit Council with representatives from each age section in the Camping Unit.

With Joey Scouts and Cub Scouts arriving mid-way through GG's Camp 2024, it is important that they are involved in the planning from the outset, so they when they arrive onsite there are suitable plans in place to ensure all youth participants and supporting adults are included.

Camping Units should understand the ability of Joey Scouts and Cub Scouts to establish their part of the camp, and planning arrival times, and consider the need for Scouts and Venturer Scouts to pitch tents in advance of their Joeys and Cubs arriving at Government House.





#### 9.1 Unique Considerations

Government House in Canberra is a secure site that is managed by the Australian Federal Police (AFP) and not a traditional campground as normally used by Scouts. This means that there are special unique considerations that must be included when camping at this location.

#### This includes:

- All people entering the site must be pre-approved by the AFP, with details provided to the
  Event Team no less than 1 day (24 hours) prior to arrival; Scout, parent helper and leader
  participant information will be provided through the OLEMS registration system.
- All persons 18 years old and above will be required to produce Australian state/territory approved photographic identification to enter the site,
- All participants must stay within marked or always directed pathways and areas and not explore the site beyond these boundaries unless part of an organised tour; and
- All participants must remain within the designated camping and entertainment area of an
  evening and overnight, and anyone found outside of the approved areas may be sent home
  at their own cost. Any exceptional site-access requirements will only be through Event
  Team authorisation and oversight.

# 10. Logistics

Each Camping Unit will be responsible for organising their own camping equipment for their Camping Unit site. As outlined below, arrangements will be in place to support some interstate groups by prior arrangement.

Camping Units will NOT be able to drop-off equipment directly to the Event Site due to limited site access and vehicle congestion at our single vehicle access gate. A site near Government House will allow Camping Units to drop-off equipment in a trailer from Friday 12 April 2024, the day before youth program participants commence arriving onsite. An equipment arriving by shipping container or other means should be planned with the Event Logistics Team.

ACT and nearby NSW unit trailers can be moved to the Event Site a week before GG's Camp, to assist with minimising bump in congestion, through arrangement with the Event Team.

Trailers will be moved to an allocated campsite by the Event Team and be onsite when youth program members arrive, ready for Scouts to unpack and set up their campsite. Coaches arriving with trailers will need to unhitch immediately on arrival at a designed event induction location to allow the Event Team to get the trailer onsite prior to Group arrival.

Camping Units will pack up their campsites and pack their trailer on Friday 19 April 2024, before departing home on the organised transport. The Event Team will organise moving trailers offsite to meet up with coaches or Scout Groups at a designed event induction location.

We suggest that one option may be to organise a parent helper not attending, or leader self-driving to, GG's Camp to drop-off and/or pick-up your trailer and camping equipment.



FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 11	APRIL 12	APRIL 13	APRIL 14	APRIL 15	APRIL 16	APRIL 17	APRIL 18	APRIL 19
Equip	ment Dro	op Off		C	ore Cam	р		

#### 10.1 Loaning camping equipment

To support Scout Groups travelling excessive interstate distances, predominantly by plane, the GG's Camp Event Team will be able to facilitate limited camp unit equipment loans. The type of equipment available for loan will include:

- · Dining shelters
- Jamboree type sleeping tents
- Cooking equipment e.g. bbqs, eskies, tables and chairs

Equipment will need to be ordered ASAP to enable GG's Camp Event Team planning. Please email <a href="mailto:ggcamp2024@scouts.com.au">ggcamp2024@scouts.com.au</a>, cc'ing your Branch Contingent Leader, ASAP to place an initial order.

Equipment will be delivered to the GG's Camp event site and distributed to Unit campsites on or before Saturday 13 April 2024.

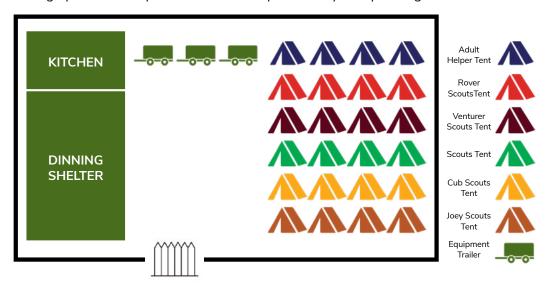
There is only a limited supply of camping equipment available, and we strongly suggest that GG's Camping Units put in place arrangements to be self-sufficient wherever possible.

#### 10.2 Campsite Size

A Camping Unit with 40 youth and 6 leaders will be allocated a **600 square metre site**, **approximately 20 metres x 30 metres**. Campsite sizes for larger Groups will be allocated more than one site next to each other.

#### 10.3 Sample Campsite Layout

A sample campsite layout is below. Like a Group camp, your Unit Council can decide on alternative layouts for your campsite. There is no stipulated way that Camping Units are to set up their campsite – the graphic below is provided as an example to aide you're planning.





# 10.4 Suggested Camping Unit Equipment List

Below is a suggested equipment list for a Camping Unit. The quantities are based on a Unit of 40 people; you will need to amend the quantities to match the size of your Camping Unit once advised early in 2024.

The equipment store at your Scout Hall is likely to contain most of this equipment or similar items. Together with the other Scout Groups in your Camping Unit or Branch contingent, you will be able to source the suggested items listed below.

ITEM	QTY	USE LOCATION	COMMENTS
Bench seats	14	Dinging Shelter	
Dinning shelter	1	Dinging Shelter	Seat entire Unit
Table folding 1.8m plastic	7	Dinging Shelter	
Brush handle long	2	Tents Sleeping	
Dustpan set	3	Tents Sleeping	
Mallet	5	Tents Sleeping	
Tent isolation 2 person	1	Tents Sleeping	
Tent sleeping (youth) jamboree style	6	Tents Sleeping	Enough for all youth members
Tent sleeping 2 people (adult)		Tents Sleeping	Enough for all adults
Garbage bin large	3	Kitchen	General waste, recycling, FOGO
Buckets fire	8	Kitchen	
Container water + tap 20L	3	Kitchen	For storing water on your campsite
Cupboard 5 shelf or lideed/sealable tubs	2	Kitchen	For example, Oz trail or similar
Draining racks	2	Kitchen	
Drink cooler	2	Kitchen	1 for water; 1 for cordial
Large esky	2	Kitchen	Enough to store cold food for 24 hours
Fire blanket	1	Kitchen	
Gas hose	5	Kitchen	
Gas ring hot water service	1	Kitchen	
Hand washstand + basin	1	Kitchen	Refer dishwash stand competition
Hot water service 50ltr keg	1	Kitchen	

ITEM	QTY	USE LOCATION	COMMENTS
Noticeboard ply	1	Kitchen	
Pot cooking assorted sizes	1 set	Kitchen	
Stove double portable	2	Kitchen	
Stove windshields	2	Kitchen	
Four burner BBQ	1	Kitchen	
Tables folding 1.8m plastic	3	Kitchen	
Tent food storage and prep	1	Kitchen	11 x 11 o r6m x 3m popup or similiar
Trek cart	1-2	Kitchen	For food ice, gas and water collection
Tub black plastic wash	4	Kitchen	
Tubs clear plastic wash up	8	Kitchen	
Wash up stand	1	Kitchen	
Wet pit	1	Kitchen	For disposal of wastewater into nearby (Event) grey water drums
Fence bunting or similar	150m	Fence	
Garden stakes	24	Fence	
Star Picket Caps (bag)	1	Fence	
Star pickets	18	Fence	
Lashing ropes 4m	20	Fence	
LED solar Xmas lights	2	Geteway	
Stakes	10	Geteway	
Clothesline	1	Clothesline	
Pegs clothes	100	Clothesline	
Lighting system - dining shelter (rechargeable, solar or battery powered)	1	Lighting	
Lighting system - kitchen (rechargeable, solar or battery powered)	1	Lighting	
Assorted cable tied pack	1	Misc	
Gaffa tape/ Duct tape	1	Misc	
Hang sanitiser holders	4	Misc	
First Aid Kit	1	Misc	
Rake plastic	1	Misc	

ITEM	QTY	USE LOCATION	COMMENTS
Cooks apron youth	6	Misc	
Assorted games/ free time equipment	1	Misc	
Matches/ gas lighters	4	Misc	
Adjustable spanner	1	Tools	
Stanley knife	1	Tools	
Pliers	1	Tools	
Activity materials	1		
Signs laminated	1		
Pen permanent marker	2	Stationery	
Pens black biro	6	Stationery	
Notebook A4	1	Stationery	
Notebook A5	2	Stationery	
Notebook small	5	Stationery	
Stapler	1	Stationery	
Blu tac pkt	1	Stationery	
Unit In/ Out cards	1	Stationery	
Jugs plastic	6	Utensils	
Large plastic containers 5-10L	6	Utensils	
Assorted bowls plastic & s/steel	10	Utensils	
Large metal trays w/lid	4	Utensils	
Cutting boards	4	Utensils	
Cutting mats	3	Utensils	
Measuring jug	1	Utensils	
BBQ Scraper Large	2	Utensils	
Tins for BBQ fat and oil	4	Utensils	For disposal into nearby (Event) oil and fat drums
Colander/ strainer	2	Utensils	
Kitchen heat proof mits	1	Utensils	

ITEM	QTY	USE LOCATION	COMMENTS
Tray plastic white 30 x 40cm	1	Utensils	
Unit kit of: bowl, plate, cup, knife, fork, spoon for each person		Utensils	Enough for full unit
Tea towels	20	Utensils	Used tea towels to be washed each day
Assorted BBQ and serving tongs	6	Utensils box	
Wooden spoon	4	Utensils box	
Ladle	2	Utensils box	
Peeler	2	Utensils box	
Cooking scissors	2	Utensils box	
Assorted kitchen knives (large, medium & small)	6	Utensils box	
Can opener	3	Utensils box	
Grater	1	Utensils box	
Assorted slotted and serving spoons	6	Utensils box	

# 11. Leaders and Supporting Adult Attendance

Leaders and supporting adults do not need to attend the entire event. When you submit your application, you will be able to nominate the days/nights that you can attend GG's Camp as day workers.

Registered parents can apply to attend and/or camp and help in several roles. This could include in Unit kitchens, activity support, site supported.

Leaders and supporting adults have two options for attendance at GG's Camp: day volunteer and overnight volunteer.





DAY VOLUNTEER	OVERNIGHT CAMPER
Day volunteers who attend will receive an event badge, ID tag and lanyard.	Overnight volunteers who volunteer for the camp will receive a scarf and blanket badge.
Day volunteers will not be allocated overnight accommodation.	Overnight volunteers will be allocated overnight accommodation based on their Camp role.
Day volunteers will need to arrive onsite by 8:00am and depart by 6:00pm.	Overnight volunteers will receive all meals for the duration of the stay at GG's Camp.
Day volunteers will need to make their own way to and from the event site each day.	Local ACT travel will be provided for overnight volunteers arriving and departing with youth participants on scheduled arrival and departure days. Travel will not be provided for overnight volunteers arriving outside the scheduled arrival and departure days for youth participants.

# 12. Program

The Activities Program includes various Activity Zones, with each zone having multiple Activity Bases shown on the following page.

Scouts, Venturer and Rover participants will rotate around six half-day activity zones, plus one full offsite day doing expeditions from Monday 15 to Thursday 18 April.

The seven activity zones and activities for Scouts, Venturer and Rover participants are outlined on the following page:





Program Element	Indicative Activity Bases
1.0 Water	<ul><li>Paddling</li><li>Sailing</li></ul>
2.0 Land	<ul><li>Bushwalking</li><li>Mountain Biking</li><li>Rogaining</li></ul>
3.0 Vertical	<ul> <li>Abseiling</li> <li>Ziplining</li> <li>Vertical Cluster</li> <li>Crate Stacking</li> <li>Bouldering</li> </ul>
4.0 Campsite	<ul> <li>Pioneering</li> <li>Survival</li> <li>Archery</li> <li>Archery Tag</li> <li>Hatchet Throwing</li> <li>Camping Skills</li> <li>Water Rockets</li> </ul>
5.0 SIA	<ul> <li>Bushblitz</li> <li>Aboriginal inspired dot painting</li> <li>Water Watch</li> <li>Science &amp; Drones</li> <li>Radios</li> <li>Lazer Tag</li> </ul>
6.0 Challenge	<ul><li> 4WD</li><li> Amazing Race</li><li> Master Chef</li></ul>
7.0 Expeditions	<ul><li>Questacon</li><li>Parliament House</li><li>War Memorial</li></ul>

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Joey Scouts and Cub Scouts will rotate around four half-day activity zones, including a half-way offsite expedition to Questacon from Wednesday 17 to Thursday 18 April.

The activity zones and activities for Joey Scouts and Cub Scouts outlined below:

Program Element	Indicative Activity Bases
1.0 OAS	<ul><li>Bushwalking</li><li>Rogaining</li><li>OAS Wide Games</li></ul>
2.0 Campcraft	<ul> <li>Pioneering</li> <li>Survival</li> <li>Archery</li> <li>Archery Tag</li> <li>Hatchet Throwing</li> <li>Camping Skills</li> <li>Water Rockets</li> </ul>
3.0 SIA	<ul> <li>Bushblitz</li> <li>Aboriginal inspired dot painting</li> <li>Water Watch</li> <li>Science &amp; Drones</li> <li>Radios</li> <li>Lazer Tag</li> </ul>
4.0 Expeditions	• Questacon





#### 13. Entertainment

An evening entertainment zone will be available each night, with different entertainment offerings. This is not a compulsory activity. Line Leaders should organise and supervise younger youth members as a group.

# 14. Catering

A draft menu is outlined below. Please note this menu is subject to change in line with product availability from our suppliers. A catering handbook with detailed recipe cards for each meal will be distributed closer to the event.

Like a Group camp, the Unit Council can discuss how cooking will work for your Camping Unit. As an example, the Unit Council might decide that the Camping Unit will cook together. Alternatively, the Unit Council might decide that the Camping Unit will cook in age sections.

All unit leaders will be provided details to log into CAKE which is an app and central hub for all catering information. There you'll find:

- Detailed ingredient lists for all products being supplied
- Collection dockets for what you'll be collecting from the Q store each day, including your pantry
- Recipe cards for instructions on how to prepare each meal

#### 14.1 Menu

SATURDAY APRIL 13	SUNDAY APRIL 14	MONDAY APRIL 15	TUESDAY APRIL 16	WEDNESDAY APRIL 17	THURSDAY APRIL 18	FRIDAY APRIL 19	FRIDAY APRIL 20
	Cereal Toast Muesli Yoghurt & Tinned Fruit	Cereal Toast Bacon & Eggs	Cereal Toast Muesli Yoghurt & Tinned Fruit	Cereal Toast Spaghetti & Baked Beans	Cereal Toast Muesli Yoghurt & Tinned Fruit	Cereal Ham/ Cheese/ Tomato Toasties	
	Chocolate or Berry Muffins & Fruits	Iced Donut & Fruit	Choc Chip or Strawberry Muesli Bar & Fruit	Chocolate or Berry Muffins & Fruit	Donut Jam Ball & Fruit	Choc Chip or Strawberry Muesli Bar & Fruit	
	Selection of premade sandwiches, wraps, paninis, rice paper rolls and sushi						
	Potato Chips & Fruits	Grainwaves & Fruit	Popcorn & Fruit	Potato Chips & Fruit	Rice Crackers & Fruit	Popcorn & Fruit	
	BBQ, Hamburgers, Sausages & Potato Slad	Butter Chicken & Lamb Korma with rice, veggies & Roti	Pulled Pork Soft Tacos with Salad & Corn Chips	Pasta Bolognese, Garlic Break & Garden Salad	Chicken & Lamb Souvlaki with Salad & Potato Wedges		
	Chocolate Cake with Custard	Cheesecake with berries	White Chocolate & Raspberry Cake with Cream	Chocolate Cake with Custard	Lemon Cake with Yoghurt & Blueberries		
	Milo & Biscruits						



#### 14.2 Pantry

The following is a list of items that will be provided as part of your pantry, on your day of arrival. We can provide top ups during the event if required.

- 1 x Honey (375g Jar)
- 1 x Jam Strawberry (375g Jar)
- 1 x Vegemite (560g Jar)
- 20 x Milk Full Crem UHT (1000ml Carton)
- 6 x Milk Low Fat UHT (1000 ml Carton)
- 1 x Milo (1900g Tin)
- 1 x Sugar (1000g Bag)
- 1 x Tea Bags (100pieces Box)
- 1 x Coffee Instant Blend 43 Retail (150g Jar)
- 1 x Salt Table (750g Bottle)
- 1 x Pepper Black with grinder (55g Bottle)
- 1 x Oil Vegetable (2000ml Bottle)
- 1 x Alfoil 30m
- 1 x Clingwrap 60m (1 whole box)

- 2 x Paper Towel perforated roll (2 piece pkt)
- 1 x Garbage Bag 80L black (landfill) (25 piece pkt)
- 1 x Garbage Bag 80L clear (recycling) (25 piece pkt)
- 1 x Chux (20 piece pkt)
- 1 x Detergent Dishes (1000ml Bottle)
- 3 x Gloves Dishwashing Large (1 pair pkt)
- 1 x Scourer Sponge (2 piece pkt)
- 1 x Scourer Stainless Steel (2 piece pkt)
- 1 x Spray Cleaner (500ml)
- 1 x Spray Surface Sanitiser (750ml Bottle)

15. Low FODMAP

- 3 x Hand Sanitiser (500ml)
- 5 x Hand Soap (250ml)

#### 14.3 Food Distribution

Food distribution, ice and LPG supplies will occur at the Q Store. Camping Units will collect food rations in the afternoon for the following 24 hour period, including supplies for dinner, supper, breakfast, morning tea, lunch, and afternoon tea.

Each Camping Unit will need at least one trek cart / trolley to collect their food, ice and LPG supplies from the Q Store.

#### 14.4 Modified Diets

5. Gluten Free & Vegan

Please note that GG's Camp is entirely nut free. All products provided will be free from nuts and we request that any food brought on site by participants is also free from nuts.

The following modified diets will be catered for at GG's Camp: vegetarian, egg free, nut free, gluten free and lactose free.

Gluten Free
 Dairy Free
 Egg Free
 Kosher
 Lactose Free
 Vegetarian
 Gluten & Dairy Free
 Vegan
 Low Fructose

10. Red Meat Free

Modified diets need to be identified in the Online Event Application System. Due to the volume of participants attending, we will not be able to cater for all dietary choices or supply specific brand requests. Any questions regarding diets should be directed to <a href="mailto:ggcamp2024@scouts.com.au">ggcamp2024@scouts.com.au</a>.





It is imperative that participant's personal, medical, and dietary information is recorded and updated as necessary in the online event application system. Should the applicant's medical conditions change from the information provided on their initial application, it is the obligation of the applicant (or parent/guardian) to update the online event application system.

All Camping Units will have a Leader assigned to the Health & Wellbeing role for the event duration. This person would be responsible for supervising the dispensing of any medications, reporting any first aid given and monitoring the wellbeing of the youth and adult members of the Unit. Someone with currency in Provide First Aid, (previously known as senior first aid) and Mental Health Frist Aid would be ideal.

Each Camping Unit will need to supply their own first aid kit for use on these occasions that will service the Unit for the duration of the event.

#### 15.1 Health & Wellbeing Centre

An onsite health & wellbeing centre will be established in the Hub, staffed with qualified Scouts who are equipped to support the mental and physical health of all event participants. When required, participants will be transferred to offsite medical facilities to receive a higher level of care.

#### 15.2 Medication

Ask parents/guardians to supply all medication to be given to youth members to be packaged in Webster packs, Webster roll or similar. These are packaged by the pharmacy with the child's name, medication, and direction as to the time and way to be given. Medication may take up to a week to dispense in this form, so make parents/guardians aware of this requirement early.

Medication without packaging and correct instructions cannot be given. If sending paracetamol, it must be in the box with the prescribed dose written on it. Paracetamol should be listed under the medications section in the online application system.

Asthma puffers and EpiPen's should be carried by the youth member who requires it.

#### 15.3 Health & Wellbeing Tips

#### Homesickness

Homesickness may affect some members of your Unit. Being over tired makes us all less able to cope with even small things and for our young people this may present itself as homesickness. Feeling tired and home sick may discourage the young person from eating well. Add this to different food – not what Mum may have cooked at home – and you have a hungry, tired youth member who is not able to self-regulate.



Acknowledge the homesickness - talk about it in your Unit - take the stigma away. Each member of the Unit is responsible for looking out for one another.

This gives the youth member feeling homesick permission to talk about it. It is much less scary when someone else knows about it. Reassure them they should feel better in the morning. Tell them you feel homesick sometimes too and it is OK. You may like to share a personal example with them.

Feed the youth member - anything you can get them to eat. Hot milky milo and biscuits are usually a good way to settle the hungry tummy. Having a full satisfied tummy helps to sleep and so reduces the tiredness. If they go to bed hungry, they don't sleep well and so the whole process begins again. Supper of some type should be compulsory for every youth member, even if it is bread and jam.

Check in regularly with the youth member, focus on the positive, "you did that well", "you're having fun". Keep them busy, busy, busy. Allowing them to sit back at camp to dwell on feeling sick may not be helpful. They may not want to participate in an activity before they get there and change their mind on arrival. Let them know they don't have to participate but they do have to go to support the other members of their Patrol. Sitting at camp and having the Patrol return to tell them what a great time they had again reinforces the anxiety that goes with homesickness "I don't belong", "I can't do it".

#### **Bed Wetting**

Bed wetting is common for younger members on activities like GG's Camp 2024, and the first night is the worst! It often occurs because the children forget to drink or are too busy and excited to. The bladder does not fill enough to wake them, but their urine is more acidic and irritates the bladder, leading to a wet bed.

Discuss with the young person what to do if they wet the bed: who to wake and what tent they are in. Reassure them you will not be upset or angry, that "these things happen" and it will be dealt with respectfully. Remove any wet bedding/clothes and deal with quietly returning the items without others knowing if possible.

Being cold can increase the likelihood of a wet bed.

Ensure you have spare sleeping bags for these occurrences. Have spare woollen blankets or emergency blankets for anyone who is cold. Advertise their existence - put a pile of spare warm stuff somewhere. The youth member may not declare that their sleeping bag is far from suitable for conditions.

Very limited washer and drying facilities will be available through the Q Store to support the management of bed wetting. Occurrences in large numbers will require access to offsite facilities that may incur delays in washing and drying of camping equipment.

#### Dishwashing

Utensils, plates, and bowls should be washed in hot water. The water should be as hot as the youth members can manage. First scrape the leftovers into the bin, the do a hot rinse with a little detergent, then a hot wash, and finally a hot rinse. Use hot soapy water to remove as many germs as possible.



An adult should be responsible for observing the youth members washing their utensils to ensure it is done effectively. Washed equipment is to be stored in plastic tub with a lid. Dishwashing water MUST be disposed of in Event provided grey water drums.

#### Handwashing

Hand washing is a must. Each Unit should have a hand wash station somewhere and hand sanitiser available at the gate. Google a Tippy Tap or hygiene. Try Pinterest for ideas or Google Scouts handwashing. Everyone must sanitise every time they enter and leave the gate. Handwashing water MUST be disposed of in Event provided grey water drums.

Wash and sanitise hands before meals. Duty Patrol Leaders need to distribute the sanitiser to ensure it is used. Lead by example!!

#### **Sensory Support**

In an effort to be more inclusive and ensure fun for all, please ask your assigned youth upon arrival if they have any sensory or special needs that they would like accommodated at camp. Examples of sensory or special needs include religious, cultural, audio, lighting or crowds. If your assigned youth identify a special requirement, please try to accommodate where possible.

If youth have identified that they struggle with audio, lighting or crowds, ensure that you have your assigned youth in a location during the night entertainment and similar activities, where a quick exit is possible should they have any issues. Do not single the youth with special needs where possible, by ensuring the unit remains together. An ideal location with a quick exit and lower risk of sensory issues is towards the back of the audience, where the crowd, audio and lighting are not as intense. Ear plugs will be available from first aid if required, however everyone with sensitivity to audio is asked to bring their own hearing protection.

#### General Hygiene

Every member of your Camping Unit should be encouraged to shower daily. Set up a system to remind your youth members to change their clothes each day, and brush their teeth. Have a discussion early on with your Unit Council about how they would like to make this happen.



# FIX YOUR FATIGUE

Fatigue is the physical and psychological condition that accumulates when an individual's physical and mental capabilities are exceeded. It exhibits as a decrease in both physical and mental performance.



# **REGULAR SLEEP**

Don't be tempted by the peace and quiet of a campsite to enjoy social time. You need sleep too.



#### **HYDRATE OFTEN**

Don't sip a water bottle, that's just topping up. Drink a whole cup every time you have a meal or snack.



#### **HEALTHY MEALS**

Sit down and relax at each meal. Eat until you are ful and get a balanced diet throughout the day. Proteins and veggies rule!



# FREQUENT BREAKS

Share the load, support each other, take a power nap snooze on the bus, take a time out.



# **BALANCE MOVE & REST**

Sitting too long is as bad as working too long. Be mindful of your own needs both physically and mentally.

Fatigue will affect your alertness, your ability to cope and last the distance, your performance, your health, your mood, and most importantly

# **YOUR SAFETY**

# WARNING SIGNS OF FATIQUE

- Always feeling sleepy
- Slowed reaction times
- Poor coordination
- Unable to concentrate
- Making lots of mistakes
- Impaired decision making
- Bad mood
- Poor communication

#### 16. Merchandise



Every youth member participant will receive a merchandise pack with the following items:

- 1 x GG's Camp 2024 Hoodie
- 2 x GG's Camp 2024 Badges (Blanket)
- 1 x GG's Camp 2024 Beanie
- 1 x GG's Camp 2024 Scarf

Every Adult leader/ helper will receive the following items:

- 1 x GG's Camp 2024 Scarf
- 2 x GG's Camp 2024 Badges (Blanket)

The on-site Shop will also have a selection of Scout Shop clothing and merchandise available should it be needed.

# 17. Child Safety Information

All adults (anyone 18 or older as at 19/4/2024) MUST hold a valid Working With Vulnerable Peoples Card (or Australian state/territory equivalent) during the camp. The only exception to this rule will be escorted VIPs and site contractors.

To comply with ACT Legislation Venturers aged between 16 and 18 must conform with their own Australian state/territory Legislation.

Under ACT Legislation all Working With Vulnerable Peoples Card (or Australian state/territory equivalent) card holders must be able to produce the card/ digital card in a reasonable time frame so carry the card / digital card with them at all times.

Everyone in Scouts, youth and adults alike, have the right to feel safe and be protected from harm. No-one is allowed to threaten you, hurt you or make you feel uncomfortable, unsafe or afraid.

A Scout is respectful, and this applies to all interactions between all participants, youth and adult, at GG's Camp.

Youth Members have been advised that they can raise issues with Adults at GG's Camp, and that any concerns will be taken seriously and treated appropriately. Youth Members are also welcome to escalate their concerns if they feel it is needed and you should not discourage this.

If you have a concern, or a concern is raised with you, please raise it with the Health & Wellbeing Team.

All concerns will be taken seriously and dealt with appropriately.

Not more than 3 weeks before GG's Camp, Group Leaders must ensure that Youth are reminded of their right to feel safe and that they should report any unacceptable behaviour to an Adult, which will be received without recrimination.

If a youth member or adult member discloses abuse to you or you become aware of abuse, YOU MUST report it immediately to the Event Operations Centre by calling the number on your ID card.

#### 17.1 Types of Abuse



Without fail, Adults must report immediately any disclosure, allegation or suspicion of abuse of Children. Following are the definitions for Child Abuse. These definitions are not exhaustive and do not act as limitations on abusive behaviour:

- Physical Abuse;
- Emotional Abuse;
- Sexual Abuse;
- Grooming;
- Neglect; and
- Exposure to Domestic Violence.

#### 17.2 Two Deep Policy

When Adults are supervising and conducting Scouting activities involving Youth Members, at least two Adults must be present, except in unexpected, unusual and unforeseen (emergency) circumstances.

While the minimum ratio of Adults to Youth will vary from activity to activity, a minimum of two Adults is always required. This requirement is to protect Youth as well as Adults and is referred to as "Two-Deep" leadership.

In the context of a major Scouting event, the following considerations are applied to the two deep policy:

- There will be many adults attending the GG's Camp activity. Across the event site there will be many adults in attendance. It is not necessary for adults to walk in pairs around the event site, for example to and from the bathroom facilities.
- It is suggested that one adult member is always at your campsite to ensure the security of your site. You may work with your neighbouring campsite so that in the vicinity of your campsite there are two or more adult members present.





# Feeling safe in Scouting



All members have the right!

Tell an adult if you experience ANYTHING that makes you feel unsafe or unsure

\*

I know five adults that re my safe place and can tell them anything

Secrets that make me feel bad or uncomfortable are not safe... I can tell my safe people straight away



How you feel is important and we will always listen Everyone here will do their best to make you feel safe and cared for

My body is my body and it belongs to me... I can say NO to any type of touch – all of my body is my private business

If you are scared... if someone hurt your body... if someone makes you feel very sad – talk to your safe place people

If I see something that makes me or someone else feel unsafe, I can tell my safe place people



# 18. Incident Management and Reporting

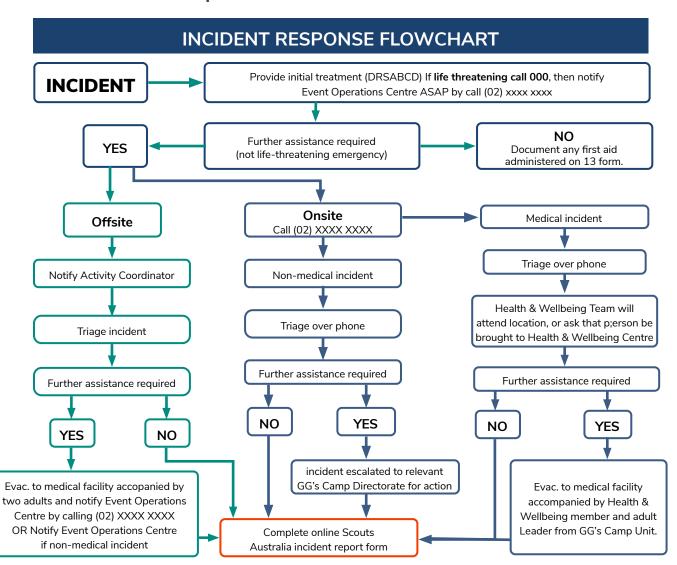
Our Event Operations Centre (EOC) located in the Hub is your one-stop-shop if you need assistance with any matter.

The Event Operations Centre phone number will be answered by a duty officer 24 hours a day from Saturday 13 April 2024 until Saturday 20 April 2024.

If you are dealing with a life threatening emergency, you should call 000 first. Then, you should notify the Event Operations Centre by calling 04XX XXX XXX, 04XX XXX or 04XX XXX XXX or by sending a runner to notify the Event Operations Centre that a 000 call has been made. The Event Operations Centre will then provide further assistance.

All non-life threatening incidents should be reported to the Event Operations Centre by calling 04XX XXX XXX, 04XX XXX or 04XX XXX XXX. The Event Operations Centre will provide further instructions on how to manage the incident.

#### 18.1 Incident Response Flowchart



# 19. Camp Waste



A waste collection area will be located between two Camping Units and will contain:

- 1 general and food waste bin
- 1 recyclable container bin
- 1 waste paper bin
- 1 grey water drum
- 1 fat and oil drum

These waste receptacles will be regularly checked by the Events Team (incl. contractors) and replaced as necessary. If you have any concerns during the camp, discuss them with the Events Team at the Q Store.

Please note that **ALL WASTE WATER** must be poured into the relevant drum and that no water is to be poured onto the ground.

