

HUNTER & COASTAL REGION

REGIONAL ACTIVITIES TEAM

ADVENTUROUS ACTIVITY COURSES

The following notes provide an outline of the courses and pre-requisites offered by the Regional Activities Team.

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REGIONAL COMMISSIONER ACTIVITIES	<ul style="list-style-type: none">• Anthony Butler - Phone 4943 5371 or Mobile 0419 280 222• anthony.butler@pwcs.com.au
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1. ABSEILING

ABSEILING - BRAF (Basic Rock Activity Familiarisation)

A one day introductory course where participants can experience abseils up to 20 metres



APPLICANTS – open to Scouts and Leaders

PRE-REQUISITES - No prerequisite but it is desirable to have instructors or experienced abseilers visit the troop before the activity to explain what to expect. There is a badge in the award scheme that can be gained from participating in this activity

SCHEDULE - One course per district on a three yearly cycle. Most courses are run at Glenrock Scout Camp

CONTACT – Ken Bayliss – 0411 755 803 - ken.b@newport.com

ABSEILING – BASIC ROCK SKILLS

This introduction course allows students to gain their Basic rock skill qualification by learning and demonstrating the appropriate use of knots, abseiling equipment safety rules, rope setups and Belaying skills. A variety of abseils are also offered at this course.

This is a pre-requisite course for the caving and canyoning courses



Broken Back

APPLICANTS – open to Venturers, Rovers, Leaders, Adults in Scouting and Committee

PRE-REQUISITES - Venturers require Venture Skills and a knowledge of basic knots. Own abseiling equipment desirable but not essential including approved harness, 2 karabiners, figure 8 descender, helmet (4 point attachment – bike or rock helmet), leather gloves, personal first aid kit.

SCHEDULE – a weekend course usually one course per term at either Brokenback (Cessnock) or Heaton Gap in the Watagans

OTHER NOTES – Camping equipment essential as well as warm clothing etc especially in the winter and a good supply of water and food. This is a bush camp

CONTACT – Dallas or Annette Blatchford – 4975 2709 dallas.blatchford@det.nsw.edu.au

ABSEILING - INTERMEDIATE

Students are put through a series of bases to consolidate knowledge and skills learnt at the Basic rock Skills Course.

Students will learn the skills associated with abseiling including self rescue and the use of other abseiling devices.

Successful completion will gain an Abseiling qualification plus a wide variety of abseiling experiences. It is advisable to attend this course several times to gain experience and it is a Pre-requisite for vertical Canyoning and Caving



Broken Back

APPLICANTS – open to Venturers, Rovers, Leaders, Adults in scouting and Committee Members

PRE-REQUISITES – Must have successfully completed the basic rock skills course

SCHEDULE – one weekend course held each term usually at Brokenback or Heaton Gap

OTHER NOTES – Camping equipment essential as well as warm clothing etc especially in the winter. This is a bush camp. Good supply of water and food.

CONTACT – Dallas or Annette Blatchford – 4975 2709 dallas.blatchford@det.nsw.edu.au

ABSEILING - ADVANCED

This course is by invitation from the Instructors. Participants must demonstrate high level skills and competence in all aspect associated with abseiling. Abseils are up to 200 metres.

APPLICANTS - Older Venturers, Rovers, Leaders and Committee members



Dog Face - Katoomba

PRE-REQUISITES -


- Must have an abseiling qualification, working towards or obtained the skills of an activity leader / guide and be invited to attend by the rock activity team.
- Must exhibit a thorough knowledge of all aspects of abseiling and leadership skills

SCHEDULE - Usually only one course per year often in the Blue Mountains.

CONTACT – Ken Bayliss – 0411 755 803 - ken.b@newport.com

2. ALPINE WALKING & SKI TOURING

ALPINE WALKING & SKI TOUR PREPARATION	A one day program covering safety / emergency, environment, equipment and lightweight cooking etc in colder weather, alpine and snow environments
<p>APPLICANTS – open to Venturers, Rovers and Leaders</p> <p>PRE-REQUISITES - Have had appropriate experience in temperate weather overnight bushwalking and recommended to have completed the Navigation course</p> <p>SCHEDULE – run in autumn. The course is usually held at Kantankye (Speers Point)</p> <p>CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com</p>	

ALPINE WALKING (Barringtons) A two day bushwalk, held in a designated alpine area in varied terrain to develop and build navigation and colder weather bushwalk skills	 <p>Lagoon Pinch</p>
<p>APPLICANTS – open to Venturers, Rovers and Leaders</p> <p>PRE-REQUISITES</p> <ul style="list-style-type: none"> • Have had appropriate experience in temperate weather overnight bushwalking • Physically able to complete a 20 km overnight bushwalk with full gear in varied terrain • Have access to appropriate equipment for camping in sub zero and adverse weather conditions • strongly recommended to have completed the Alpine Preparation course • Recommended to have completed the Navigation course • OR provide confirmation from Venturer Leader confirming physical ability and maturity, prior experience in bushwalking and preparation skills suited to this type of activity <p>SCHEDULE – run in early winter. The walk is usually conducted in the Barrington's around Pole Blue / Little Murrays area</p> <p>CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com</p>	

BACK COUNTRY SKIING

INTRODUCTION

(Perisher trails)

A two day experience to develop skills in snow camping and cross country skiing on marked trails without the need to carry a full pack and equipment.



Perisher

PRE-REQUISITES

- Have had appropriate experience in temperate weather overnight bushwalking
- Physically able to complete a 10 km cross country skiing with day pack in varied terrain
- Have access to appropriate equipment for camping in sub zero and adverse weather conditions
- strongly recommended to have completed the Alpine Preparation course
- strongly recommended to have completed the Alpine Walking course
- or provide confirmation from Venturer Leader confirming physical ability and maturity, prior experience in bushwalking and preparation skills suited to this type of activity

APPLICANTS – open to Venturers, Rovers and Leaders

SCHEDULE – run in mid winter just after the school holidays, usually around Perisher Valley

CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com

BACK COUNTRY**SKI TOURING****(Guthega / Horse Camp)**

A two day experience to develop skills in on-snow camping, igloo building and back country ski touring. Suitable for use of either cross country skis or snow shoes.



Horse Camp

APPLICANTS – open to Venturers, Rovers and Leaders

PRE-REQUISITES

- Have had appropriate experience in temperate weather overnight bushwalking
- Physically able to complete a 10 km overnight ski tour with full gear in varied terrain
- Have access to appropriate equipment for camping in sub zero and adverse weather conditions
- strongly recommended to have completed the Alpine Preparation course
- strongly recommended to have completed the Alpine Walking course
- Recommended to have completed the cross country skiing course if limited prior experience on snow
- or provide confirmation from Venturer Leader confirming physical ability and maturity, prior experience in bushwalking and preparation skills suited to this type of activity

SCHEDULE – run in mid winter and usually from Guthega Power Station to Horse Camp hut – depending on snow conditions.

CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com

3. **BUSHWALKING**

BUSHWALKING

PREPARATION

A one day program covering safety, emergency, environment, equipment and lightweight cooking etc.



Kantankye

APPLICANTS – open to Scouts, Venturers, Rovers and Leaders

PRE-REQUISITES - Recommended to have completed the Navigation course

SCHEDULE – run in early first term and late spring and is usually held at Kantankye Activities Centre (Speers Point)

CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com

BUSHWALKING

NAVIGATION

A one day introduction to map and compass work suitable for bushwalking. Involves plotting a course and a 4 hour bushwalk.



Fennell Bay

APPLICANTS – open to Scouts, Venturers, Rovers and Leaders

CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com

PRE-REQUISITES - physically able to complete a 5 km bushwalk in varied terrain

SCHEDULE – run in early first term and late spring. The course is usually held at Fennell Bay hall and adjacent bushland.

BUSHWALKING

PRACTICAL

A two day bushwalk, in varied terrain to develop and build navigation and overnight bushwalking skills.



Watagans

APPLICANTS – open to Scouts, Venturers, Rovers and Leaders

PRE-REQUISITES

- Physically able to complete a 20 km overnight bushwalk with full gear in varied terrain
- strongly recommended to have completed the Bushwalk Preparation course
- recommended to have completed the Navigation course
- OR - provide confirmation from Scout Leader confirming physical ability and maturity, prior experience in bushwalking and preparation skills suited to this type of activity

SCHEDULE – run in early first term and late spring. Walk's are usually held in the Wattagan's, the Upper Hunter and Manning area

CONTACT – Keith Randall – 0410 495 019 – keith.transim@gmail.com

PRELIMINARY BUSHWALK LEADER - QUALIFICATION

Scouts preparing for their Green Cord / Adventurer Award hike and seeking the Preliminary Bushwalk Leader qualification should:-

- Have completed the Navigation course to the satisfaction of the Instructors
- Have completed the Bushwalk Preparation course to the satisfaction of the Instructors
- Have completed the Bushwalk Practical course to the satisfaction of the Instructors
- Provide a brief description of their recent bushwalking experience including duration, location, their role and comments
- Complete Application for Leader / Instructor form (region website)

4. CANYONING

CANYONING

INTRODUCTION

What do you get when you combine bushwalking, abseiling, and water activities? – canyoning!

Utilise your combined training in a fun filled way.

APPLICANTS - open to Venturers, Rovers and Leaders

PRE-REQUISITES

- Successfully complete Abseiling Intermediate course
- Can swim and tread water in clothing



Newnes

SCHEDULE – summer and early autumn – usually twice a year and based at Blackheath

CONTACT Simon Blatchford - 0408 272 971 simon_blatchford@hotmail.com
 Ian Cosgrove – 0438 220 783 – cozy_1@hotmail.com

CANYONING – INTERMEDIATE

So you enjoyed the introductory? What about a bit more of a challenge?

These canyons require much the same fitness level but longer more interesting canyons

APPLICANTS - open to Venturers, Rovers and Leaders

PRE-REQUISITES – introductory course or higher in the previous 12 months



Newnes

SCHEDULE - summer and early autumn – Blue Mountains area including Mt Wilson, Leura, Katoomba and Newnes Plateau.

CONTACT

- Simon Blatchford - 0408 272 971 simon_blatchford@hotmail.com
- Ian Cosgrove – 0438 220 783 – cozy_1@hotmail.com

CANYONING - ADVANCED

Slightly more challenging on the fitness, longer and more spectacular canyons.

APPLICANTS - open to Venturers, Rovers and Leaders

PRE-REQUISITES – minimum of two intermediate courses

SCHEDULE - summer and early autumn – at Kanangra Boyd, Mt Wilson, Katoomba, Newnes township and Newnes Plateau

CONTACT Simon Blatchford - 0408 272 971 simon_blatchford@hotmail.com
Ian Cosgrove – 0438 220 783 – cozzy_1@hotmail.com



Kanangra

5. CAVING

CAVING - BRAF

(Basic Rock Activity Familiarisation)

Scouts get the opportunity to get down and get dirty whilst exploring the depths of Timor Caves.

At the end of the weekend, if the Scout has participated throughout the whole course, they will have satisfied the requirements of the Caving Proficiency badge



Timor

APPLICANTS – Scouts and Leaders

PRE-REQUISITES - nil

SCHEDULE – Autumn, spring and winter – at Timor Caves near Murrurundi

CONTACT - Simon Blatchford - 0408 272 971 - simon_blatchford@hotmail.com

CAVING - INTRODUCTION

Entry into at least two caves and the development of caving skills including ladder climbs, abseiling, prussick skills and knots.

APPLICANTS - open to Venturers, Rovers and Leaders



Pilchers Hill

PRE-REQUISITES

- Venturing Skills award
- Have successfully completed the Basic Rock Skills course
- Abseiling Introduction

SCHEDULE – a 1 day course, usually twice per year at Pilchers Hill near Patterson

CONTACT – Dallas Lock – 0415 491997 - forjays4@yahoo.com

CAVING - INTERMEDIATE

Entry into at least 5 caves and developing skills in abseiling, ladder climb, prussicking, map reading, knots, first aid and general safety and ecology



Wee Jasper

APPLICANTS - open to Venturers, Rovers and Leaders

PRE-REQUISITES -

- Venturing skills award
- Abseiling Introduction and Basic Rock Skills
- Caving Introduction

SCHEDULE – a weekend course usually twice per year at Timor – Isis River caves near Murrurundi

CONTACT – Dallas Lock – 0415 491997 - forjays4@yahoo.com

CAVING - ADVANCED

More extensive and challenging horizontal and vertical caves while developing previous skills. Use of additional equipment in ascending and belaying.

APPLICANTS - open to Venturers, Rovers and Leaders

PRE-REQUISITES -

- Venturing Skills
- Abseiling Intermediate
- Caving Introduction and Intermediate



Wee Jasper

SCHEDULE – weekend courses in spring, summer and autumn and usually held at Bungonia and Wee Jasper on long weekends

CONTACT – Dallas Lock – 0415 491997 - forjays4@yahoo.com

6. FIRST AID

FIRST AID SENIOR	To be advised Minimum age 14 years CONTACT – Anne Sparkes – 4955 8084 - firstaid@hatraining.com
FIRST AID – REMOTE AREA	To be advised CONTACT – Anne Sparkes – 4955 8084 - firstaid@hatraining.com

7. FLAT WATER

Flat Water - Level 1



Hunter River - Aberdeen

To be advised

1 day course for Cubs only

CONTACT

- Rob Mawson - 4352 1475 or 0404 004 357 – rmawson@optusnet.com.au
- Lindsay Wilson - lindsaywilson007@hotmail.com

Flat Water - Level 2



Kanangra

To be advised

CONTACT

- Rob Mawson - 4352 1475 or 0404 004 357 – rmawson@optusnet.com.au
- Lindsay Wilson - lindsaywilson007@hotmail.com

Flat Water - Level 3



Hunter River - Aberdeen

To be advised

CONTACT

- Rob Mawson - 4352 1475 or 0404 004 357 – rmawson@optusnet.com.au
- Lindsay Wilson - lindsaywilson007@hotmail.com

8. FLYING FOX

FLYING FOX

This course is limited to a minimum of 6 and maximum of 16 applicants and will be on a first come first served basis.

The first theory evening at Fennell Bay Scout Hall is compulsory and all course information will be handed out that night. Each participant should bring along a clip board, paper & pen. Scout uniform is required for this meeting. Tea and coffee will be supplied.

The weekend will be a very physical one and you will be expected to erect and dismantle flying foxes on both Saturday and Sunday (regardless of the weather) – dress accordingly. There will be additional theory sessions on Saturday evening and is not expected to finish before 8.00pm. Sunday morning will again start 9.00am and concluding at 4.00pm.



Kariong

There are limited cooking facilities so all meals should be prepared prior.

Depending on progress of the constructions, there may be time to use the flying foxes but the main emphasise will be on the construction, dismantling and care of equipment.

Scout uniform is not required for flying fox construction sessions. But you should wear sturdy footwear and comfortable clothes.

People wishing to re-qualify would only need to turn up on Sunday

APPLICANTS - open to Rovers and Leaders

SCHEDULE – the course is usually held once per year at the Fennell Bay Scout hall

There is a Pre-Course Theory Night - 7.00 pm at Fennell Bay Scout Hall

Weekend Training Camp – 9.00am Saturday to 4.00pm Sunday.

The course fee does not include any meals or accommodation
Includes The Flying Fox Instruction Manual and other hand outs for the duration of the course.

CONTACT – Phillip Sparkes – 0414 223 654 – pwsparkes@bigpond.com

9. ROCK CLIMBING

ROCK CLIMBING - BRAF

(Basic Rock Activity Familiarisation)

A one day introductory course to rock climbing

APPLICANTS – open to Scouts and Leaders

PRE-REQUISITES - No prerequisite but it is desirable to have instructors or experienced rock climbers visit the troop before the activity to explain what to expect. There is a badge in the award scheme that can be gained from participating in this activity

SCHEDULE - One course per district on a three yearly cycle.



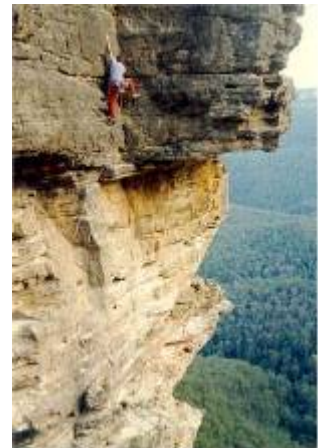
CONTACT – Matt Parsons – 0414 637 445 – mattparsons1203@hotmail.com

BASIC ROCK SKILLS

See

ABSEILING – BASIC ROCK SKILLS

course



ROCK CLIMBING – INTERMEDIATE

This intermediate course allows students to enhance their rock climbing skill. Course instruction includes belaying, set-ups, calls and how to climb effectively.

This course needs to be attended at least 2 or 3 times plus additional climbing off course experience in order to attend the advanced course.

APPLICANTS - open to Venturers, Rovers and Leaders

PRE-REQUISITES – Basic Rock Skills course



CONTACT – Matt Parsons – 0414 637 445 - mattparsons1203@hotmail.com

ROCK CLIMBING – ADVANCED

This advanced course involves travelling to the Blue Mountains to broaden students climbing exposure.

Course will expose students to multi-pitch climbs on much larger cliff faces

APPLICANTS - open to Venturers, Rovers and Leaders – by invitation only

PRE-REQUISITES – The Rock Climbing Intermediate course needs to be attended at least 2 or 3 times plus additional climbing off course experience in order to attend the advanced course.



CONTACT – Matt Parsons – 0414 637 445 - mattparsons1203@hotmail.com

10. SAILING**SAILING
BEGINNERS**

(not to scale?)

To be advised

CONTACT

- Rob Mawson - 4352 1475 or 0404 004 357 –
rmawson@optusnet.com.au
- Jonathan Evans
evanscole@bigpond.com or
jonevans@energy.com.au

**SAILING
ADVANCED**

(getting serious?)

To be advised

CONTACT

- Rob Mawson - 4352 1475 or 0404 004 357 –
rmawson@optusnet.com.au
- Jonathan Evans
evanscole@bigpond.com or
jonevans@energy.com.au

11. WHITE WATER

WHITE WATER - GRADE 1

Canoe handling in white water, using the eddies and waves in the river and developing proficiency in paddle strokes and craft control. Includes an afternoon and morning paddle to practice the skills learnt.



Barrington River

APPLICANTS - Must be sufficient skill and strength to attend. Usually about 14 years of age

PRE-REQUISITES -

- Must have a Flat Water level 2 qualification and be a competent paddler,
- have paddled on a regular basis at least 40 hours over a 12 months period

SCHEDULE - Usually 2 courses per year held late from spring to autumn on the Barrington or Williams rivers

CONTACT – Neil Gleghorn - 02 49514716 - nlegs@optusnet.com.au

WHITE WATER - GRADE 2

Building on the skills developed on the previous White Water including longer and more challenging white water.

APPLICANTS - Must be sufficient skill and strength to attend - usually about 14 years old

PRE-REQUISITES - Must hold White Water Grade 1 qualifications and deemed competent to attend.



The Steps

SCHEDULE - Usually 2 courses per year held late from spring to autumn on the Barrington or Williams rivers

CONTACT – Neil Gleghorn - 02 49514716 - nlegs@optusnet.com.au