



Outdoor News

Journal of the Outdoor Educators' Association of South Australia
Volume 28 No 4, February 2011

From the Chairman

Mike Meredith

Welcome to the first edition of Outdoor News for 2011. I trust you all had an enjoyable festive season and have returned ready for another busy, exciting and fulfilling year working to educate young (or not so young) people in the great outdoors. This year promises to be another busy year for OEASA with a number of interesting activities planned to meet your professional needs as educators in the outdoors as well as the National conference coming up in Canberra in January 2012. Details and dates of these events are mentioned later in this edition.

Last year the combined conference with Rec SA went very well with over 60 people coming together to share their enjoyment of the great outdoors. The opening and discussion on the direction of Parks and Wildlife by Greg Leaman was particularly interesting. Ian Dewey's launch of Get out Stay out attended by the Hon Michael Wright MP was testament of the perceived importance of outdoor activities in maintaining the health of individuals in our community. The many interesting presentations where a delight to listen to being interesting, informative and well presented. It was great to catch up with so many people on the day.

The December and January rains and floods across Qld, NSW, Vic and SA highlighted how quickly the weather and hence climate can change. There is still a lot we can be doing on a short and long term basis to improve the state of the mighty River Murray and our waterways through wise resource use, planning and education but for now at least the environment is getting a long and

welcome drink. We are indeed a land of drought and flooding rains.

The details for this year's major calendar activities are listed throughout this edition and are available on the OEASA website. I urge you to mark them on your calendar now so you can ensure you are able to attend and help make them successful events.



I would particularly like to draw your attention to the following events for 2011:

The 2011 AGM and guest presentation will be held on Friday 18 March, 6:30 pm at the Education Development Centre Hindmarsh

- Agenda
- Welcome
- Apologies
- Previous minutes
- Chairperson's report
- Secretary's Report
- Treasurer's report
- Election of office bearers 2011
- Fees for 2012
- AOB
- Followed by drinks, nibbles and a guest presenter (TBA)

Remote Area First Aid Courses Red Cross and Rec SA (dates TBA)

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Outdoor News is supported by



And: Paddy Pallin, Mountain Designs, Outdoor Adventure Skills and Scout Outdoor Centre

From the Editor

Peter Carter

Last November saw the State Outdoor Conference, with a range of interesting speakers and presentations. This issue therefore features brief reports of sessions, with a few pics of the presenters, and the list of activities from Mike's presentation.

The forthcoming event is the AGM, and we therefore have the minutes and reports from the 2010 meeting. Opposite is the AGM notice, and on a following page is Phil's Treasurer's report. At this stage I'm not sure who the speaker will be, but do come along.

A later event is the Presentation Dinner, on 24 June. This issue therefore includes the criteria and forms for the OEASA Awards.

Steve Ellis and I ran another Lifeguard and Flatwater Skills course recently, with good numbers and overall results. But the navigation exercise turned out to be interesting: instead of arriving at Burrows Creek (by a very coarse aiming off method instead of via a bearing) we finished up at the entrance to another small creek. Fixing (?) position by back bearings was inconclusive, with the only result I saw putting us in the middle of some mangroves. (In fact we were at 760 477, some 300 m short of the intended position.) When we then followed the small creek we found ourselves in Swan Alley Creek. A few puzzled looks.

It seems the skills of using compass to set headings, and then to fix position by resection, are being lost these days. Using the compass as a protractor appears confusing, and throw in variation of 8° E...To help with that I issue a double compass rose (see opposite), but I think the next



step is a few worked examples, followed by some unknowns for practice.

With the right numbers, there will be another Lifeguard and Flatwater Skills course in April, and the Sea Weekend will be at Victor Harbor over the March Long weekend. Details will be at the Canoe SA site: www.sa.canoe.org.au.

During WW 2 the UK government had a campaign to minimise civilian travel: 'Is your journey really necessary?' I'd like to promote another campaign: Is your attachment really necessary? If all you're sending me is a couple of paragraphs, put them into the body of the email message, not as a separate Word document. (And if you must send me one of those, please read page 14 of the last issue. ☺)

Committee meetings 2011

Meetings are held at the Education Centre Hindmarsh, 6:30pm: 18 February, 27 May, 12 August, 25 November. All members are welcome to attend

The Outdoor Educators' Association of South Australia

Aims

- 1 To promote the development of Outdoor Education in South Australia
- 2 To represent Outdoor Educators on issues and matters concerning the use of the outdoors
- 3 To maintain the professional development of personnel working in the area of Outdoor Education
- 4 To maintain, support and develop the role of Outdoor Educators in South Australia
- 5 To promote the professional interchange of information between members and other related organisations through conferences, meetings, seminars and publications
- 6 To promote a philosophy of environmental awareness, preservation, conservation and positive attitudes towards the use of the outdoor environment
- 7 To act in an advisory capacity to community, government and non-government agencies

The Outdoor Educators' Association of South Australia supports these national ethical guidelines for outdoor educators:

- The Outdoor Educator will fulfil his or her duty of care
- The Outdoor Educator will provide a supportive and appropriate learning environment
- The Outdoor Educator will develop his or her professionalism
- The Outdoor Educator will ensure his or her practice is culturally and environmentally sensitive

OEASA Committee 2010-2011

Chair: Mike Meredith

Treasurer: Phil Noble

Secretary: Nick Glover

Assistant Secretary: Belinda Buscumb

Editor and webmaster: Peter Carter

Committee: Andrew Govan, Brad Newton, Bianca

Barbon, Clay Hunter, Scott Polley, Peter Kellett, Mick

Dennis, Bethany Stewart, Danielle Meuring

From the Chairman

...continued

As with the new changes to First aid requirements Red Cross and Rec SA will run outdoor tailored courses suitable for OEd types. This will be a great opportunity to develop outdoor first aid skills for more remote locations as required under current legislation.

The Presentation Dinner will be held on Friday 24 June, once again at the Unley City Council Chambers, which was a great venue last year, catered by Frank and his great crew. This event recognising achievements of those involved in the outdoor community and is one not to be missed.

Outdoor Education week (22–28 August) will be another fixture on the calendar. After its great start in 2010 this event certainly raised public awareness of Outdoor Education and by continuing should help in our ultimate goal of getting OEd recognised in the national curriculum. Any positive promotion of what we are doing with young people in the outdoors has to be a good thing.

The GACO (Great Aussie camp Out) is planned for Saturday 15 October and is intended to get people outside and involved in camping. The idea is to log on to the website indicating you are involved and camp out that night in the back yard, caravan park, national park, etc. There is no cost involved and should help promote healthy and respectful use of outdoor places. Go on get involved and let your students and parents know about it as well: <www.greataussiecampout.org.au>.

The Outdoor Seminar Series is going to be conducted as evening sessions on Friday 9 September and Friday 4 November at the Education Development Centre Hindmarsh. These events will present selected sessions of interest putting on show people or activities leading the way in the outdoors. All members will be welcome to attend for free with a cover charge for non members. More details during the year on who or what will be presented.

I look forward to catching up at the AGM or other activities planned for this year.

It is as always a pleasure to be of service



OEASA AGM and Speaker

Friday 18 March 6:30pm

Education development Centre, Milner Street, Hindmarsh

Programme

6:30–7:00 pm: Drinks and Nibbles

7:00–7:30 pm: AGM

7:30–8:00 pm: Finger food and drinks free for members

8:00–9:00 pm: Speaker (TBA)

All members are encouraged to attend and support your association.

Calls are made for nominations from members to serve as office bearers of the association. Nominations with a seconder for the following positions may be made prior to or at the AGM. Chairperson, Treasurer, Secretary, Sub editor (and assistants) and committee members.

Please RSVP and send nominations to Nick Glover 0421 612 340, nicks_mailbox@yahoo.com by 16 March.

Newsletter deadlines for 2011

We plan to produce four newsletters each year. The deadline for submitting articles, etc. for inclusion is the end of term, aiming to get the newsletters out early in the school term.

To this end dates for submission of articles are;

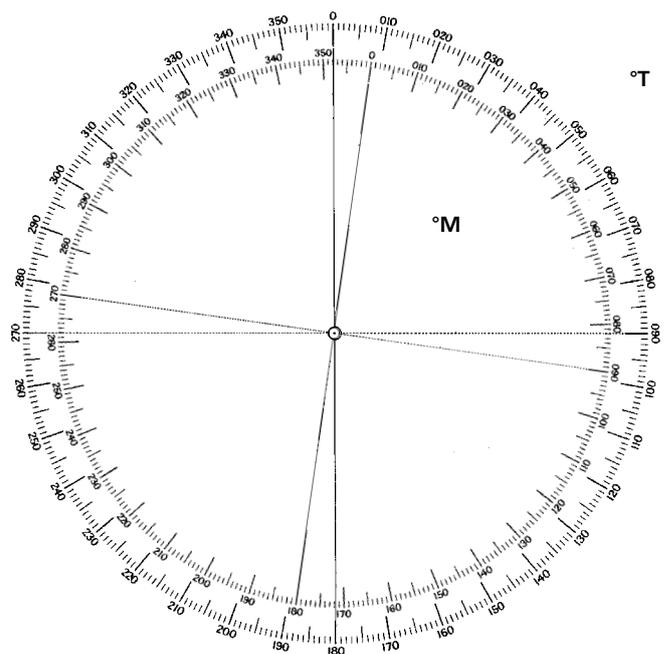
End Term 1 Friday 15 April for the May edition

End term 2 Friday 8 July for the July Edition

End Term 3 Friday 30 September for October edition

End term 4 Friday 16 December for February 2012 edition.

Your assistance in getting interesting submissions to the editor, Peter Carter, would be greatly appreciated.



Variation 8° E. For a large version of this suitable for printing (two per page), contact the editor

Treasurer's Report

Phil Noble

The 2010 year kicked off with several of our members travelling to Perth for the national conference. OEASA supported our members by providing grants to help with costs of travel and accommodation to encourage attendance from our State. OEASA also donated money to the continual development of Outdoor Education Australia.

Our membership database has 122 members with 95 being paid financial members. We continue to improve our services to members, introducing electronic newsletters, resources on the website and an email database sharing information to all our members. To further improve this we encourage all our members to send through their correct email address to obtain these benefits and information.

OEASA 2010 Financial Report

Opening Balance	\$ 28,951.41
Income	
Bank Interest	\$465.92
Award Dinner	\$2,260.00
Auction	\$1,245.00
Membership Individual(21)	\$1,260.00
Membership Student (2)	\$65.00
Membership Family (1)	\$70.00
Membership School (39)	\$2,730.00
Membership Corporate (3)	\$210.00
Membership Organisation (6)	\$420.00
Membership Award Winners(4)	\$0.00
Membership Complementary (13)	\$0.00
Membership Life Members (6)	\$60.00
Risk Management Seminar	\$4,325.00
Total (95 members)	\$13,110.92

The two major events for OEASA this year were the Award Dinner and State Conference. The Dinner was again held at the Unley Council with 82 people attending. Throughout the night, raffles and the auction, with prizes kindly donated by several of our members raised \$644.00. On Monday 1 November the State conference was held at the Education Development Centre with over 60 people in attendance. As always it brought together a wide cross section of the outdoor community to both present and listen to speakers whose passion and enthusiasm enthralled all in attendance.

OEASA started the year with \$28,951.41 in the bank. Through the year we had an Income of \$13,110.92 and Expenses of \$15,487.26. This saw us with a loss of \$2,736.34 and a closing bank balance of \$26,575.07.

Expenditure

Newsletter: Editing	\$213.75
Newsletter: Printing	\$742.30
Postage and Stationery	\$955.31
Membership (CEASA, OEA)	\$900.15
Public Liability Insurance	\$164.85
Risk Management	\$4,206.40
Award Dinner	\$3,532.80
Conference	\$1,645.03
Journals	\$2,312.50
Meetings	\$573.37
Internet	\$240.80
Total	\$15,487.26
Closing Balance	\$26,575.07

Summary

Total Income	\$13,110.92
Less Total Expenditure	\$15,487.26
Profit/Loss	—\$2,376.34
Balance at 31 December 2010	\$26,575.07

The Great Aussie Camp Out

Saturday 15 October 2011

The Great Aussie Camp Out (GACO) will bring together thousands of Australians for one big night where they will share the experience of camping out under the stars... in their back yards, on a river bank, in a camp, a National park, a caravan park: in fact, anywhere they might feel like!

With the long term goal of promoting healthy active lifestyles by encouraging individuals, families, friends and clubs to enjoy the great outdoors, GACO will coordinate a one night 'camp-out' across the country with the aim of introducing people to the fun and adventure of camping out. People will be encouraged to stay at a residential camp or caravan park, pitch a tent, sleep under the stars, grab a barbie, organise some games and get away from

their normal weekend routine. It is anticipated that a range of come'n'try activities will also be offered on the day of the GACO by community groups such as Scouts and Guides, bushwalking clubs, and canoeing clubs. Residential camps will also be able to offer activities such as high ropes, etc. National Parks could arrange to have Park Rangers on duty to conduct interpretation activities for the night. In this way participants will be able to sample adventure activities and experiences in the outdoors in a controlled and supported environment.

There will be plenty more information coming soon about the Great Aussie Camp Out so stay tuned.

Log on and check it out at www.greataussiecampout.org.au.



AGM Minutes 19 March 2010

The AGM was preceded by drinks and nibbles, and an introduction and demonstration of a new potential electronic format for Outdoor News by Peter Carter. This will be discussed further at the next committee meeting.

AGM commenced 7.05 pm

Apologies: Nerilee Flint, Cath Jenner, Kylie Pointon, Peter Thornton, Mick Dennis, Nicole Adam, Peter Vowles, Bob West

Present: Nick Glover, Mike Meredith, Peter Kellett, Phil Noble, Joc Schmiechen, Scott Polley, Meg Polley, Jim Townsend, Rob Hogan, Liz Liebing, Danni Meuring, Bianca Barbon, Brad Newton, Belinda Beisiegel, Peter Carter, Ian Heard, Belinda Buscumb

1. Minutes of the 2009 AGM were read by NG.
Moved: PK, Seconded: PN

2. The Chairman's report (appended) was read by Mike Meredith

3. The Secretary's report (appended) was not read by Nick Glover as it contained information already outlined by the Chairman

4. The Treasurer's report (appended) was read by Phil Noble
Moved: RH, Seconded: LL

5. Election of officers:

- Chair: Mike Meredith. Declared by NG
- Vice chair: vacant
- Treasurer: Phil Noble: declared by MM
- Assistant Treasurer: vacant
- Secretary: Nick Glover. Declared by MM
- Assistant Secretary: Belinda Buscumb. Declared by MM
- Newsletter Editor: Peter Carter. Declared by MM
- Webmaster: Peter Carter. Declared by MM
- Sub editor: vacant
- Committee members: Andrew Govan, Brad Newton, Bianca Barbon, Clay Hunter, Scott Polley, Peter Kellett, Mick Dennis, Bethany Stewart, Danielle Meuring
- Rec SA rep: MM, SP
- CEASA rep: NG
- OEA rep: SP, MM, PK

Upcoming major events

- Presentation dinner 18 June at the Unley town hall
- State Conference at EDC 1 November (Monday)

AOB

MM motioned that member fees increase by \$10 to support the OEA network. Seconded: PK

AGM closed 7:50 pm

A fascinating presentation by Joc Schmiechen followed the AGM and detailed his trips into the Kimberley region, and included many photographs of ancient Aboriginal cave art. The event concluded at 9:30 pm.

Chairman's report 2010

Mike Meredith

Welcome to the 2010 OEASA AGM. OEASA has had another busy year in 2009 culminating with a national conference in Perth (Jan 2010) and ongoing national discussions focussing in particular on the Nation Curriculum and Outdoor Educations role in it. The association has continued to represent its members and provide a valued service to Outdoor professionals in South Australia. National outdoor representation has moved forward with ongoing developments with the national Outdoor Education Association and a heightened awareness of outdoor educations role in the Outdoor Council of Australia.

I would like to thank the committee members for their significant service and help throughout the year. Without their efforts little would be achieved and we as an organization would provide limited service to you our members. Everyone has supported the organization as best they can. I would particularly like to thank Peter Kellett who took the reigns during my absence early in 2009, Nick Glover as secretary and Phil Noble who has continued his great work as treasurer. Andrew Govan and Daniel Polkinghorne for their efforts for the presentation dinner, Peter Carter for his efforts as editor and looking after the website. Without the help of such a wonderful committee we would achieve very little. Thanks and well done.

What has the OEASA committee been up to since the 2009 AGM?

- Last year's AGM was a well attended at EDCH (except me) and a great presentation by Dave Williamson on Sea kayaking New Caledonia to Australia.
- Continued discussions and cooperation with BLSA.
- Organised a very successful presentation dinner attended by 82 people with the presentation by numerous bodies of their leadership and achievement certificates. New venue at the Unley City Council rooms was very pleasant.
- Three newsletters distributed.
- Two editions of National Journal of OED distributed.
- Website development has continued under Peter Carters guidance always after material to include.
- The committee has continued discussions with the other state Outdoor Education Associations for the incorporation of Outdoor Education Australia: A Network of OED associations.
- Discussions were also held regarding the running of the national conference in Freemantle WA January 2010. Attended by 13 SA members.
- Discussion regarding the national Secondary Curriculum and Outdoor Educations place in it.
- We have met regularly with Rec SA and they continue to sponsor two awards for the presentation dinner namely for an outstanding Outdoor Organization and for Individual / group promoting participation in OED.
- Participated in preparation for GACO on 17 April 2010 with REC SA and ACA.
- We have maintained membership of CEASA

AGM Minutes 19 March 2010

- OEASA representatives attended the REC SA aquatic conference and awards
- Conducted a well-attended evening seminar on 30 Oct showcasing Outdoor Education in Chile by Andrew Pope, outdoor opportunities in the Solomon Islands by Mike Meredith and indigenous perspectives by Scott Polley and Peter Kellett.
- OEASA has maintained a healthy financial state and is in a position to maintain services.

I would like to thank our many sponsors for their valuable support including Paddy Pallins for their help taking bookings for the presentation dinner, which is a much-appreciated, and also for their donation of items for the Raffle. The Scout Outdoor Centre, Wilderness Escape, Corporate Venture Recharge, Adventure Outdoors, Adelaide Canoe Works and Vertical Reality must also be thanked for their generous donations and support for the presentation dinner. Griffin wines deserve special praise for their continued donations for OEASA events. Please show your support to all these organisations with your patronage and help to repay some of their support. I would also like to acknowledge the support given by Prince Alfred College and Uni SA.

In summary I would like to once again thank the committee on behalf of the members for their efforts throughout the year and our many sponsors and people who have helped out.

I look forward to another exciting year in 2010 with another presentation dinner on the way, a State Outdoor Conference in November and the OEA: Network of working toward a truly national body and providing input into the national curriculum if Outdoor Education is recognised as a subject in its own right. I also hope 2010 is a good year for professional development opportunities for OEASA members.



Joc Schmiechen, AGM 2010 speaker

Secretary's Report

Nick Glover

OEASA Summary of Events 2009

AGM 2009:

- 20 March: 20 members attended
- Guest speaker: Dave Williamson

Committee meetings:

- 6 February: 5 members attended
- 22 May: 4 members attended
- 31 July: 9 members attended
- 4 December: 4 members attended

Presentation Dinner:

- Held at the Unley Council Chambers
- 21 August
- Over 80 members attended
- 14 awards presented

Seminar Evening

- Held at the EDC
- 30 October
- 25 members attended
- Talks heard from Andrew Pope; Scott Polley & Peter Kellett; and Mike Meredith

Treasurer's Report 2009

Phil Noble

The 2009 year was once again a successful one for the Outdoor Education Association of South Australia (OEASA). Our membership database has 133 members with 94 being paid financial members. The breakdown is:

- Life Members: 6
- Individual Members: 20
- Student Members: 2
- Family Members: 2
- School Members: 33
- Corporate Members: 2
- Organisation Members: 7
- Award Winners: 7
- Complimentary Members: 15
- Unpaid Members: 39

The major event for OEASA for the year was the Award Dinner held at the Unley Council with 82 people attending this fantastic night. Throughout the night, raffles and the auction, with prizes kindly donated by several of our members raised \$1580.00.

OEASA started the year with \$27,815.32 in the bank. Throughout the year we had an Income of \$8,470.89 and Expenses of \$7,359.80. This saw us with a profit of \$1,111.09 and a closing bank balance of \$28,951.41.

2010 State Outdoor Conference

Last year's state conference was held at the Education Development Centre Hindmarsh on Monday 1 November. As always it brought together a wide cross section of the outdoor community to both present and listen to speakers whose passion and enthusiasm enthralled all in attendance. Following are brief summaries of the presentations given.

Get out and stay out: This public launch was opened by The Hon Michael Wright MP and Ian Dewey. Visit the website for details of the launch and how it operates: www.getoutandstayout.org.au.

The evening concluded with drinks, supper and some good chats with old and newly acquainted friends.

A special thankyou to the following organisations that sponsored and supported the conference: Paddy Pallin, Rock About, Griffin Wines, RoofRack City, Mountain Designs, Human Kinetics, Carto Graphics and Adventure Kayaking SA.



Above: Ian Dewey

Top right: Greg Leaman gives the opening address

Right: Hon Michael Wright launches Get Out and Stay Out



GRIFFIN
ADELAIDE HILLS



Wilderness
Escape
Outdoor Adventures



HUMAN KINETICS



Session reports

Luke Adams: Climbing in Switzerland, Matterhorn and Piz-Badille

Brad Newton

Adelaide climber and Paddy Pallin guru, Luke Adams, was one of this year's keynote speakers. We were privileged to hear about one of his many intercontinental climbing adventures. The feature of Luke's presentation was one of his more recent trips to Switzerland where he and his climbing partners tackled some classic routes on the Piz-Badille and the Matterhorn. Along the way they encountered a few minor hurdles, however successfully completed an array of routes on rock and ice. Luke had some fantastic photos, movie clips and entertaining stories about both the climbing and culture in Switzerland. Many of us were inspired to seek that level of adventure in our own outdoor pursuits. We look forward another presentation from Luke in years to come.

Dave Edwards and Alex McGregor: GPS Use in Outdoor Activities

Nick Glover

Dave and Alex gave an excellent, informal presentation on the use of GPS in outdoor activities. Most in the audience were complete novices concerning GPS, but by the end of the session could program a device with coordinates and follow its direction to a location.

Ever been Geo-caching? This activity, a combination of (bush-) walking and GPS use, was used to demonstrate one of the main functions of a GPS. Geocaching is described on the Geocaching Australia website, geocaching.com.au, as 'the free high-tech treasure hunt where you use your GPS receiver to find caches hidden by other players'. Small groups were sent outside the conference building to track down a 'cache' which contained a coordinate to the next. A fun activity to get people outside and to new locations, with a reward at the end!

Hal Payne: Capricorn Sea Kayaking

Simon Buttenshaw

Capricorn Sea Kayaking, owned and operated by Hal Paine, offers people from all walks of life a sea kayaking eco-adventure that they won't forget. Hal and his team run a variety of paddling trips ranging from day tours of Penguin and Seal Island, to longer journeys of Shark Bay and Ningaloo Reef. Having strong working and personal relationships with the locals, Hal does not simply offer a sea kayaking trip, but a total immersion with the environment and culture of the area. By sharing his stories of past journeys and expeditions, coupled with an abundance of photos, Hal was able to convince us quite easily that we all need to go paddle and explore these virtually untouched areas of Australia.

Mike Meredith: Games and activities for camps

Mike ran an activity session out on the grassed area sequencing get to know you activities, warm ups through to group dynamics tasks focussing on leadership and problem solving. Plenty of laughs and fun seem to have been had by all. Casualty: one pair of sun glasses trampled in all the excitement.

Details of activities are on page xx.

David Edwards and Diane Mudie: Challenges and opportunities on bushwalks

Belinda Buscumb

Without being exposed to new ideas and inspiration Outdoor Education Teachers and Bushwalking Leaders tend to get a little stale in their practices and camps and expeditions can begin to become repetitive... even a little dull. For this reason it was fantastic to listen to David and Diane speak about some innovative new ideas that they have implemented into the Aberfoyle Park High School's Outdoor Education Program. Imagine students waking up one morning to find that the teachers had left them... their only trace being one solitary box placed in



Luke Adams



David Edwards



Hal Payne

2010 State Outdoor Conference

the middle of the campsite. What is in the box? The box is only the beginning of a series of clues and equipment left to assist students in their various 'tasks' for the day. David and Diane gave us the resources needed to apply activities such as these into the Outdoor Education programs that we already have established within our own school communities. Their approach was unique and inventive and inspired a creative approach to outdoor activities.

Kylie Pointon: Politics, Pigs and Potatoes

Nick Glover

Kylie spent some time recently in West Papua, an area dominated by Politics, Pigs and Potatoes! Following a meeting with some members of the Australia West Papua Association, Kylie became interested in their plight. Many in West Papua are seeking independence from Indonesia, after being 'handed' to them by the previous claimants, The Netherlands.

Her trip to the region included staying with locals in cities, as well as trekking through the mountainous village regions where she slept in huts, took part in tribal feasts, and subsisted on a diet of sweet potato for eight days. Kylie had a display of many tribal artefacts, intriguing photos, and plenty of humorous stories to tell. A fascinating presentation from a truly remote part of the world.

Sandy Robson: 'I Just Want to Be a Sea Kayaker'

Sandy is an expedition paddler from WA who has paddled over 6000 km of the Australian coastline, much of it solo. During her presentation Sandy had us on the edge of our seats in awe as she told many fascinating tales of her adventures during various expeditions. These included stories of dangerously big surf, many broken rudders and some 'way-too-close' encounters with crocs! Sandy's presentation was inspiring and intriguing as she described for us the wonderfully peaceful, yet dangerously wild world of the ocean and how spending so much time on it has changed her life. Her stories were

also ones of new friendship and the moving selflessness and generosity of strangers. She is an inspiration to every aspiring outdoor enthusiast and we look forward to hearing more about her adventures in the future.

"Nature puts on the show: you just need to paddle your kayak to the front row..." (Robson 2010)

Fiona Shone: Australian Association for Bush Adventure Therapy

AABAT was incorporated in 2008. While the association itself is young, it has a long history of events, and collaboration which enables it to provide leadership, representation and support to those with a professional interest in Bush Adventure Therapy.

Bush Adventure Therapy is a diverse field of practice combining adventure and outdoor environments with the intention to achieve therapeutic outcomes for those involved.

The Australian Association for Bush Adventure Therapy Inc is the peak body for practitioners who have a professional interest in supporting, developing and promoting the field of Bush Adventure Therapy.

The title of 'Bush Adventure Therapy' emphasises relationships with the natural environment in our work and practice. 'Bush' is relevant in the South Pacific region as it encompasses the whole range of natural environments, rather than 'wilderness' (implying people free). 'Adventure' includes activities in mind, body and spirit for people of all ages and stages. 'Therapy' is inclusive of general therapeutic outcomes and the specific intent of therapy.

Features of Australian BAT: 20 programs were studied across Australia.¹

BAT programs are widely spread throughout Australia. Although the programs in this study utilise a variety of service models and practices they all share commonalities.



Sandy Robson



Emily Rozee



Not a speaker, but a sponsor promotion

2010 State Outdoor Conference

For example: depth of Intervention, stages of change, Intensity of experience, elements within BAT experiences and wellbeing impacts.

If you would like to be a part of this growing community and build on your support network or would like more information please email: sa@abat.org.au or check out the new website abat.org.au.

1. Pryor, A (2009d), *Wild adventures in wellbeing: Foundations, features and well being impacts of Australian outdoor adventure interventions (OIA)*. Unpublished doctoral thesis, School of Health and Social Development, Deakin University, Burwood, Victoria

Jonathon Robran: Operation Flinders

Belinda Buscumb

The Operation Flinders Foundation is an organisation which runs wilderness adventure programs for youth at risk. Jonathon took us on journey through the challenges of running a program such as this and the audience was genuinely moved by the stories of success which he shared. He showed us how programs such as these are an intricate part of the therapy needed to adequately support the youth at risk within our community. They use demanding outdoor challenges to arm these students with a sense of self confidence. They support them in developing positive personal attitudes, leadership, motivation, teamwork skills and responsibility. The Operation Flinders Foundation should be congratulated on their ongoing work to help youth fulfil their potential as highly valued members of the community.

Scott Polley: Indigenous perspectives, and First Aid in the Outdoors

Scott Polley gave two presentations. The first one was titled 'Indigenizing' tertiary Outdoor Education curriculum: first steps on a long journey. The main purpose of the presentation was to discuss an integrated approach to developing literacy about Aboriginal Australians in a tertiary Outdoor Education program. The presentation discussed the imperative to include education about and for the First Australians within schooling and tertiary

education broadly, and how tertiary education was no exception. It went on to discuss the various approaches to achieve this at tertiary level. It compared the methodologies of each student undertaking a separate course compared with an integrated approach, including good points and bad for both. Scott then went on to discuss the reasons for adopting an integrated approach at UniSA, and how this was achieved within the Outdoor Education suite of courses. He then described successes and failures and what has been learned from this approach. One particular success is the program initiated by Peter Kellett at UniSA where students spend some time with an Adnyamanthna guide prior to undertaking a bushwalking expedition in their country, the Gammon Ranges. Of particular significance was the attempt to map where the integration of Aboriginal Studies occurred, and the effect this had on strengthening the development of knowledge with students.

The second presentation was on the state of play with First Aid in the Outdoors. A new Code of Practice comes into effect on Dec 10 2010 and Scott discussed the implications of this for First Aid training and qualification in South Australia. Scott described how the new code has a number of strengths, including a simpler small workplace first aid kit than the previous draft, and additional items based on a risk assessment. A particular concern for Outdoor Leaders was the application of the guideline to have Remote Area First Aid (RAFA) if the worksite was more than 20 minutes from a full time staffed ambulance station or medical centre. A literal application of this guideline would mean that even urban locations would require RAFA, potentially further reducing the accessibility of safe outdoor journeys for education and recreation. Scott briefly described the different levels of First Aid qualification, as well as the implications of Andrew Brookes' series of papers in the Australian Journal of Outdoor Education discussing fatalities in Outdoor Education. Following a discussion of the salient lessons to be learned, Scott reported on his follow up with SafeWork SA, and a recent meeting chaired by Professor Hugh Grantham from SA Ambulance to develop guidelines that were much clearer for outdoor leaders as to

when and where they needed Remote Area First Aid. The draft guidelines will be circulated for comment to OEASA members in the near future.



Jonathon Robran



Scott Polley

Outdoor games and problem solving activities

Mike Meredith

Safety

Safety is of prime importance with all outdoor games and group problem solving activities.

In particular ensure the following guidelines are used:

- Challenge by choice—some people may be uncomfortable or unable to participate, so allow them to join in as best possible but don't force them into activities which may result in embarrassment or injury.
- Don't allow participants to jump or throw people as part of the activities.
- Where possible carefully pass people over obstacles, etc.
- All actions should be controlled and conducted under supervision.
- Keep people as low as possible, e.g. on rollers or equipment to minimise the fall distance if they slip or fall.
- Use spotters or helpers to assist people on obstacles or equipment if required.
- Use a soft or grassed surface if there is a likelihood of falling.
- Explain the risk and give harm minimisation strategies as part of activity briefs.
- Make sure the ground being used is free of obstacles or dangerous items.

Encourage maximum participation and fun whilst planning for and doing activities.

Setting the context (Protocols)

Supportive	Graduated difficulty
No put downs	Fun and enjoyment
Having a go	Learning
Success oriented	Encouraging
Risk largely perceived (physical and emotional)	Safety, safety, safety

Sequence of presenting

Activity brief
Conduct activity
Review or Debrief activity

Types of activities

Ice breakers, Acquaintance
Deinhibiters
Trust/Spotting
Team building/leadership

Debrief sequence

The What	Facts, relive the experience
The So What	Express feelings
The Uh Ha	Examine & think about
The Now What	Explore the future

Sample games

The origin of the following games and activities are many and varied. Most have been about for some time in one form or another. Sources include but are not exhausted by, Project Adventure, Outward Bound Schools and Arbury Park School to name a few.



Mike leads the conference session

Activity Sequence

Ice Breakers, Acquaintance

- Group selection (line up by height/age/name, number 1-2-3, etc)
- Name circle (pass ball around calling name, I'm X passing to Y, random names)
- Line ups (on bench or plank line up without falling off by: name, height, age, etc.)
- Tusker (start with pairs, play join on tag)
- Group Monster walk (group tied together get from A-B)

Deinhibiters

- Hog calls (pairs choose a paired call, split up, blindfolded find each other)
- Pull throughs (Right hand forward left hand back, join hands pull back to front)
- Hand tangles (put your right hand in put your left hand in, untangle the mess)
- Everyone ups (2-Group) (pairs sit facing, get up, increase group size and back to back)
- Hoop circle/relay (form a circle, pass hoops around without breaking circle)
- Moon ball (big soft ball, keep off ground volleyball style, group set targets)
- Group Balloon Carry (balloon per pair +1, group needs to get A-B, no drops/holding)
- Balloon buddy squeeze (pairs pop balloon by squeezing)

Trust/Spotting

- Blindfold walk (one blindfolded, one guide, one spotter, follow guides directions)
- Three person Trust Falls (piggy in middle with trust passes back and forward)
- Circle of friends (piggy in the middle trust pass around circle)
- Group carries (3-Group) (three—carry one, six—carry one, twelve—carry one)

Team Building/Leadership/Problem Solving

Jelly Roll

Need: 1 x 2.4m plank, 5 rollers, 2 broom handles and solid surface

Task: Get from A-B on plank and rollers without touching ground

Safety: No standing, watch fingers, two hands on broom handles

Piranha Creek

Need: 1 x 2.4m plank, two crates/drums, flat area

Task: Get group A-B without touching ground in between

Safety: No jumping between crates, shoes on, watch plank falling

Magic Floats

Need: 2 x 2.4m planks, 4 crates and flat area

Task: Get group A-B without touching ground in between

Safety: No jumping, shoes on, watch plank falling

Getting a better grip

Peter Carter

In his 1976 book *Sea Canoeing*, Derek Hutchinson suggested a loose coil of rope across the foredeck to act as a wavebreak. Its value as a wavebreak turned out to be questionable, but I did find it a convenient extra grab handle midway along the deck, so I've been fitting transverse deckline systems ever since.

With composite boats it's easy: holes in the right places and sealed channels inside. The only protrusion is the deckline itself. Rotomoulded craft are more difficult. Many people have in the past used standard dinghy saddles, but as hard, sometimes sharp, protruberances, they can be dangerous. Manufacturers now put recessed fittings into their boats, but they are not always where you want them.

My answer is a small dome, held to the deck with a single bolt. True, it is a lump, but by being round and smooth it's less likely to cause trouble. I first used the domes on the Nemo (see 'Point 65°N Nemo' in the April 2010 issue), but after a recent scratchy incident with one of Canoe SA's old Venturers decided to fit transverse decklines to

For sale

Advertisement

Rainbow Oasis 390 touring kayak

Aft bulkhead and hatch, extra bow buoyancy, 6mm decklines plus transverse deckline and paddle leash. Neoprene spraydeck.

\$950

Contact Peter Carter, 8443 4298, pcarter@acslink.net.au



Sheep and Shepherds

Task: Shepherd rounds up blindfolded sheep without talking

Need: Blindfolds, rope pen, flat cleared area

Safety: No obstacles in area, sheep use bumper position

Life Raft

Task: Get group into life raft without talking once planned

Need: Hoop or rope circle about 1 m diameter

Safety: Clear area

Spider Web

Task: Get group through web, hole used once, no touching web

Need: Spider web, clear area

Safety: No jumping or throwing through, pass through safely



Transverse deckline on a Corsica

them and the Corsicas and Spectrums in the fleet. I also added shock cords across the decks where they were not already present.

With the extra grip between bow and cockpit rescues are more comfortable, especially for people with shorter reach, and reaction so far has been positive. Now that I have the moulds set up I can make as many as I want



OEASA Awards

OEASA Awards are presented annually at the Certification Presentation Dinner.

The following awards may be approved by the OEASA committee, following submission of an application for selection of an appropriate award.

The application should state:

- 1 Candidate's full name, address, phone number and email if applicable
- 2 Nominator's full name, address, phone number, fax number, email and institution(s) they are associated with
- 3 The Award that the candidate is being nominated for.

Conditions:

- 1 One candidate nomination per application
- 2 Nominator may nominate multiple candidates
- 3 The nominator does not need to be an OEASA member
- 4 The decision to accept the nominator's recommendation lies with the OEASA committee
- 5 Successful awardees will be advised by OEASA, and invited to attend the certificate presentation dinner
- 6 Awards may not be awarded in all categories every year.

Awards:

- 1 A certificate will be issued by OEASA, signed by the chair, bearing the OEASA logo
- 2 The award will be posted out to candidates that are unable to attend the certificate presentation dinner
- 3 Awardees will be provided with state OEASA membership for 12 months
- 4 Mark Auricht Award, Tertiary Award and Krish Mosher Award students will be offered membership to the Australian Outdoor Education body, including receipt of the national journal
- 5 Mark Auricht Award, Tertiary Award and Kris Mosher Award will be provided with a small prize
- 6 All awardees and their friends and family are invited to attend the OEASA Certificate Presentation Dinner, at OEASA member rates
- 7 The committee may from time to time provide awardees with limited means with financial assistance to attend
- 8 The OEASA tertiary award will also be recognised by Uni SA Alumni in the graduation ceremony
- 9 All senior secondary, tertiary and professional awardees will be invited to join the OEASA committee.

Categories:

- 1 Student
 - a. Primary Education
Open nomination, including teachers, principals, volunteers and others.
 - i Significant application to outdoor or environmental education
 - ii Involvement in outdoor journeys and/or environmental action
 - iii Role model for other primary outdoor or environmental education students.

- b. Secondary Education (Stage 2 Outdoor and Environmental Studies or Outdoor Education)
Nominated by teachers of Stage 2 Outdoor and Environmental Studies or Outdoor Education
 - i Achieves a result of 20 (pre-scaling) for Stage 2 Outdoor and Environmental Studies or Outdoor Education
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
 - c. Mark Auricht Award
Nominated by the SSABSA Chief Moderator, Outdoor and Environmental Studies.
 - i Achieves the highest mark for Stage 2 Outdoor and Environmental Studies
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
 - d. VET/TAFE Outdoor Recreation award
Nominated by the Program Director, Diploma of Outdoor Recreation.
 - i Achieves a high academic standing within the Diploma of Outdoor Recreation
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Recreation students.
 - e. Tertiary Outdoor Education Award
Nominated by the Outdoor Education study stream coordinator.
 - i Achieves a high academic standing within studies of Outdoor Education
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
 - f. Certificate of Merit in Outdoor Education (all students)
Open nomination, including teachers, principals, volunteers and others.
 - i Demonstrates a high level of application to Outdoor Education studies
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
- 2 Professionals and Volunteers
 - a. Service to Outdoor Education
 - i Demonstrates significant and sustained application to the provision and improvement of Outdoor Education and/or Outdoor Recreation
 - ii Demonstrates significant and sustained impact on the provision, quality or development of Outdoor Education in South Australia
 - iii Is a role model for other Outdoor Education/Outdoor Recreation/Environmental Education professionals or volunteers.

- b. Krish Mosher Environmental Education Award
 - i Demonstrates significant and sustained contributions to Environmental Education and/or Earth Education and/or Environmental Action
 - ii Demonstrates significant and sustained impact on the provision, quality or development of Environmental Education and/or Earth Education and/or Environmental Action
 - iii Is a role model for other Environmental Education and/or Earth Education and/or Environmental professionals or volunteers.
- 3 OEASA Life Member
 - i Demonstrates significant and sustained service to the Outdoor Educators' Association of South Australia
 - ii Is a role model for other Outdoor Education/ Outdoor Recreation/ Environmental Education volunteers or professionals.

Recreation SA Awards

As part of a commitment to build stronger relationships with other industry bodies, recognise best practice and or excellence in the outdoor community Rec SA make available two Awards to be presented at the OEASA Presentation Night.

The Award for Encouraging Participation in Outdoor Recreation

The recipient of this Award will have achieved significant success in encouraging participation through innovative program development and/or marketing.

Nominees for this Award may include organisations or individuals who have facilitated increased participation in outdoor recreation for either the general population or specific client groups through one or more of the following:

- a innovative program design to attract a broader client group
- b program modification to target a selective client group
- c the marketing of their programs
- d effective program delivery.

Sideways thoughts

Peter Carter

Details of the Draw stroke, particularly the position of the top hand, still elude some paddlers. This comes from the Aus Canoeing resources:

'Begin by twisting the way you want to move. Reach out at right angles with the blade, with the top hand high, and **over the side of the boat**: the more vertical the paddle the more effective the stroke. Draw the blade towards the boat, but before it reaches the hull lift the wrists to rotate the blade 90°. Slice the blade outwards again for the next stroke. The work is done with the lower arm, with the upper remaining steady.

'Control the direction with blade position: towards the bow will turn the boat one way, towards the stern the other. Just right and the boat will go straight...'

In developing the nomination, the following questions should be considered:

- 1 What are the specific achievements that would set the individual/organisation above all others in this category?
- 2 What are the positive outcomes resulting from the nominee's initiatives within this category and the significance of the increased participation?
- 3 How do the nominee's actions and achievements benefit the organisation and/or the greater outdoor community?
- 4 What can others learn from these innovative initiatives implemented by the nominee?

The Award for Outstanding Achievement (Organisation)

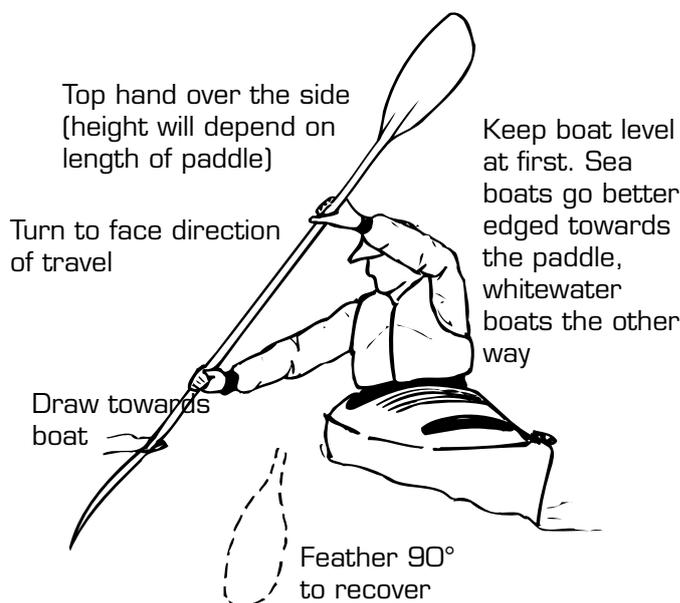
This category is open to clubs, organisations and enterprises who can be characterised as possessing professionalism and high standards of conduct, that have made a valuable contribution to the outdoor community at large. The Awardee will set themselves apart through their dedication to best practice and high standards in the delivery of outdoor recreation.

Nominees for this Award may have demonstrated excellence:

- a by providing a contribution which has achieved significant outcomes, or
- b by displaying dedication and commitment to the broader Outdoor Recreation community over and above what their role requires.

In developing the nomination, the following questions should be considered:

- 1 What is the significance of the nominee's professionalism and outstanding achievement to the broader outdoor recreation industry?
- 2 Why does this nominee stand out above all other candidates as the industry's top achiever?



Outdoor Educators Association of South Australia

Outdoor Education Award

For people who have demonstrated a high level of involvement and commitment to Outdoor Education.

Nominations to be received by 14 May. To be presented at the Certificate Presentation Dinner in June.

Candidate Name: _____

Address: _____

Contact Phone: _____ **Email:** _____

Category

- | | | | | | |
|----------------------------------|--------------------------|---|--------------------------|-------------------------------|--------------------------|
| Primary Education Award | <input type="checkbox"/> | Secondary Education Award | <input type="checkbox"/> | TAFE Outdoor Recreation Award | <input type="checkbox"/> |
| Tertiary Outdoor Education Award | <input type="checkbox"/> | Certificate of Merit in Outdoor Education | <input type="checkbox"/> | | |
| Service to Outdoor Education | <input type="checkbox"/> | Kris Mosher Award | <input type="checkbox"/> | Recreation SA Award | <input type="checkbox"/> |
| Life Membership | <input type="checkbox"/> | | | | |

Statement Addressing Criteria

Nominee: _____ **Organisation/Institution:** _____

Address to

OEASA Secretary: Nick Glover, <nicks_mailbox@yahoo.com>, PO Box 411 Oaklands Park SA 5046

OEASA Committee _____

Recommendation: Accept/Not Accept

Comments

Outdoor Educators' Association Of South Australia

ABN 26 588 063 701

Membership form

Membership subscription for period 28 Feb 2010 to 28 Feb 2011

Type of Membership:

- Renewal New member
- Individual \$70
- Student \$45 (with AJOE) \$20 (without AJOE)
- School/Organisation/Corporate/Family \$80
- Electronic Member ((Newsletter and emails) \$20

(Please tick appropriate boxes Note that we are not charging GST)

Members in the organisational category have been sent a Tax Invoice to use. If you are a new member in this category please return this form without payment and a Tax Invoice will be sent to you.

Please make cheques and money orders payable to 'Outdoor Educators' Association of South Australia'.

Members will receive:

- OEASA newsletters *Outdoor News* (four per year)
- AJOE (*Australian Journal of Outdoor Education*) (two per year)
- affiliation to other State Associations via the Outdoor Council of Australia and Outdoor Education Australia

Member details:

School/Organisation/Corporation (if applicable) _____

Last Name _____ First Name _____

Postal Address _____

_____ Postcode _____

Home Phone _____ Work Phone _____

Fax _____

E-mail _____

Individual/student/family members: what is the school or organisation you are connected with?

Forward to:

OEASA Treasurer
Phil Noble
21 Flinders Street
Kent Town SA 5067

0418 854 474
pnoble@staff.pac.edu.au