



Outdoor News

Journal of the Outdoor Educators' Association of South Australia
Volume 31 No 2, August 2013



Secondary award winners and teachers from Westminster School

L-R: Rob McLean (teacher), Mike Meredith (OEASA), Fraser Darcy (Merit), Courtney Allen (Merit), Nic Pohlenz, Gabbi Agnew, Doug Clarke, Bec Fong (Merit), Emily Shepherd (Merit), Aaron Keen, Julie Engelhardt (teacher), Gordon Begg (teacher), Luke Duncan (WOWEA). Absent Ruth MacKinnon (Mark Auricht Award) GAP year in Thailand.

18th National Outdoor Education Conference

'Outdoor Education. It's in our nature.'
April 14-16 2014



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OEASA sponsors

Gold



Silver



Bronze

Abundant Health
Fassina Liquor
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Loan Logic
Prince Alfred College
Snowy's Outdoors
Step Outside Footwear
Vertical Reality Climbing

From the Editor

Peter Carter

This edition is dominated by the report of the annual Presentation Dinner: you'll find a complete list of awardees and citations together with a few pics of notable individuals, some of them not well disguised. As always, a good night was had by all.

The next big local event is the 18th National Outdoor Education Conference 'Outdoor Education. It's in our nature' next April. Scott Polley gives us an outline of the planning process that's preparing for the event. Several other conferences and events are listed in the calendar on page 4.

Scott also has some ideas on the effects of people on the environment versus the effects of the environment on people. Consider this a must read. As for effects one on the other, Dave Rawson reports on the cleanup of a popular camping site, on page 12

Real versus perceived risk is something we are always dealing with in the outdoors, and the perception is often that outdoor activities carry the greater risk. Definitely not so according to some research from the University of New Hampshire, as we report on page 13.

Yet another good thing about spending time in the outdoors has emerged from research at the University of Colorado Boulder: the effects on sleep patterns. Time in the sunshine resets the body's internal clock so that you fall asleep earlier and wake earlier. Interesting.



I mentioned last time that a new booklet was coming from the DPTI Boating Safety Unit. The Safety reference guide is now available and there's a brief review on page 15. Also on that page is a description of a kayak reentry method that you may find useful.

An entitlement of being a Gold sponsor of OEASA is a half-page advertisement in *Outdoor News*. The first sponsor to take advantage of this is Macpac, whose piece is on page 14. Other organisations are able to advertise in these pages also and there has been some recent discussion on rates. When they're finalised they'll be listed here.

Canoe SA is planning a series of workshops for the Introduction to Sea Skills Award, intended for paddlers starting out in sea kayaking. The first is on Sunday 22 September, the second on Sunday 27 October and the third, as a weekend trip, 23–24 November. For details on this and other courses and events, see www.canoesa.asn.au.

Deadlines

Closing date for the next issue is the end of Term 3, Friday 27 September and the end of the school year in December for the February 2014 edition.



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 2012–2013

Chair: Mike Meredith

Assistant Chairperson: Chris Hodgson

Treasurer: Phil Noble

Assistant Treasurer: Andrew Stace

Secretary: Nick Glover

Assistant Secretary: Bel Emanuele

Editor and webmaster: Peter Carter

Committee: Scott Polley, Andrew Govan, Mick Dennis, Brad Newton, Bianca Newton, David Edwards, Jo Barton, Chris Hodgson, Andrew Stace, Micha Jensen, Nathan Doble, Dave Walker, Meriden Jensen

From the Chairman

Mike Meredith

Greetings all and welcome to the third edition of *Outdoor News* for 2013. Once again it was great during the last school holidays to get away to some far off places. This year the family ventured out on a road trip to Darwin, Litchfield and Kakadu. After last year's experience I was not expecting to find quiet places with low visitor numbers and I was right. The top end was well populated with a migrant population of nomads and overseas visitors seeking to soak up the vast natural wonders that the top end has to offer. Many a traveller was there to spend the cooler southern months in the warmer north (just like me?), their only advantage being they didn't have to race back to work, bugger! The humble family HiAce became a very unimpressive camper van compared to many a travelling super-vehicle but it did the job.

Despite the large numbers of tourists the NT has planned well for these bulging dry season numbers and facilities at popular locations enable the impact of these vast numbers to be minimal whilst allowing visitors access to key locations but still restricting access to more sensitive ecological places. This was a welcome observation as whilst the key tourist destinations were well visited there were many areas that you just could not get to and by sacrificing and hardening some areas against human impact it has left vast areas relatively untouched. Another very favourable aspect of land management in NT parks is the prominent role indigenous people are given in managing the landscape. Given that aboriginal people have looked after the land in such a sustainable way for thousands of years it is most apparent that in parks which still have a traditional presence government agencies are working with the traditional landowners to continue these management practices. It was very refreshing in Kakadu to see these views publically acknowledged by rangers and at least some of the locals!

It was also great to catch up with over 100 people at the annual Presentation Dinner on Friday 21 June. This was another very successful night and I would like to congratulate the winners of awards for their marvellous efforts in the outdoors that have gained them the acknowledgment of their peers or mentors. It is great that we can come together as an outdoor community to publicly recognise the efforts of these people who have demonstrated excellence in the way they adventure in the outdoors. Awards were presented numerous categories and these are detailed later in this edition. Year 12 Outdoor Education students, University of SA and TAFE Outdoor students were awarded as well as Outdoors SA who were able to present awards for the first time to organisations and individuals demonstrating a commitment to adventure in the outdoors. Community leadership organisations SAREA, Canoe SA and BLSA announced candidates who had gained awards in the past year. OEASA made a presentation for Service to Outdoor Education.

The evening was made especially exciting by the great support from many organisations who donated prizes

or items for the auction. OEASA and all those present would like to extend a huge thankyou to Paddy Pallin for taking the bookings and the following organisations for their valued donations for the evening. Gold Sponsors: Macpac, Paddy Pallin's, Venture Corporate Recharge and Wilderness Escape. Silver Sponsor: The Scout Outdoor Centre and Bronze Sponsors Abundant Health, Griffin Wines, Loan Logic, Snowy's Ourdoors and Vertical Reality Climbing Gym. Without their magnificent and ongoing support the evening would not be such a success. Again we must acknowledge the magnificent efforts of caterer Franchesco and his marvellous collection of cooks, waiters and bar staff: they did such an excellent job to provide food and service that was fantastic and helped ensure our evening was a truly special event.

As with all events someone has to organise them and I would like to thank the following people for their efforts: Nick Glover for doing all the preparatory work, Phil Noble for looking after the door and finances, Luke Duncan and Marc for a sterling performance auctioneering and Jo Barton for leading us so smoothly through the evening as MC. Andrew Govan, Luke Duncan, Marc Breschi and the team who did such a great job collecting and organising sponsors for the evening must also be thanked, and Belinda Emanuele for those great pictures we saw between presentations. Many others helped out on the night looking after guests and helping with awards which was great. Can I please encourage all of you to support the organisations that have given us their support by giving them your patronage where possible?

For those who have been keeping an eye on the ACARA website and the Australian Curriculum you would have seen the *Revised Australian Curriculum: Health and Physical Education: Foundation to Year 10* for public viewing. This document represents a significant boost for the presence of Outdoor Education/ Recreation in the curriculum. We need to thank OEA and the many individuals who worked tirelessly to propose and implement the feedback to ACARA and get these very significant inclusions into the HPE curriculum. If you have not had a look visit www.acara.edu.au/hpe.html : you will be pleasantly surprised!

The details for remaining calendar activities for this year are listed throughout this edition and are available on the OEASA website. I would ask you to please mark them on your calendar now so you are able to attend and participate and help make them valuable and successful events.

Outdoor Education Week (1 – 7 September) is another fixture on the calendar. This event has grown and helps raise public awareness of Outdoor Education and by continuing will help in our ultimate goal of getting Outdoor



From the Chairman

...continued

Education recognised for the great work it does. Any positive promotion of what we are doing with young people in the outdoors helps get the message out there:

www.outdooreducationweek.com.au.

The GACO (Great Aussie camp Out) is planned for Saturday 12 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 helps promote healthy and respectful use of outdoor places. Get involved and let your students, parents and teachers know about it as well: www.greataussiecampout.org.au.

Outdoors SA Presentations

At some stage later this year OSA will host presentations on group facilitation, risk management and advanced/wilderness first aid. These will be advertised through email and on the website so stay tuned.

18th National Outdoor Education Conference

Adelaide is host to the 18th National Outdoor Conference being held at Prince Alfred College 14–16 April 2014:

“Outdoor Education. It’s in our nature”. Save the dates:

we need as many people to support the conference as possible. Calls for presenters, sponsors, trade displays and details for registration are on the ACHPER website: www.achpersa.com.au/wb/pages/professional-learning/18th-national-outdoor-education-conference-2014.php. Check it out and save it as a favourite.

Remember if you have any comments or ideas for upcoming events or activities please do not hesitate to contact either myself or one of your committee members.

It is as always a pleasure to be of service. Yours in the great outdoors



Calendar

What’s coming up soon...



Outdoor Education Week: 1–7 September

Log on to www.outdooreducationweek.com.au for details and register for this year’s event.



Great Aussie Camp Out: 12 October

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



Oceania Camping Congress: 19–22 October

Combining the annual conferences of ORIC and ACA with the bi-annual conference of the Asia Oceania Camping Fellowship ... attracting over 400 delegates to Sydney.

Details at www.aocc2013.org.au



Sixth Outdoor Education Research Conference: 26–29 November

This four day conference is being held at St Margaret’s College and the University of Otago, Dunedin, New Zealand. This conference will continue to promote and develop an international community of researchers whose work critically examines outdoor education theory and practice.

See www.otago.ac.nz/ioerc2013 for details.



Bronze sponsors



Abundant Health

Outdoor Education. It's in our nature.

Scott Polley

Progress for the 18th National Outdoor Education Conference 'Outdoor Education. It's in our nature.' April 14–16 2014 at Prince Alfred College is progressing well, with an active and energetic conference committee. It is scheduled in the first week of school holidays next year, so hopefully most folks can work their fieldwork schedule around it.

The venue of PAC was chosen because of the aesthetics, the quality of the venue, access to public transport, range of accommodation from tents to five star hotels, amenities and facilities. The school has been very supportive of OEASA, and the committee are grateful for this.

The program will now start to build, with a number of keynotes tentatively accepting our invitation to speak. Once final confirmation and arrangements are in place, we will advise the outcome.

The program will have a specific focus on curriculum in schools to support recent Australian Curriculum initiatives in Health and PE, Geography, Science and others. It will also include presenters from all forms of OE and special interest groups. Time will be made for networking and development. There will again be a sustainability in practice focus, along with a continued focus on Outdoor Education access for all.

The budget is based on break even at 100 people. The last Adelaide conference in 2003 had 180 odd, so we are hopeful of reaching this target amount. All profits and losses are equally shared by Outdoor Education Australia and OEASA.

We have started looking for sponsors, and have a trade display area next to the main auditorium and eating area,



so they should enjoy good exposure. We have priced the sponsorship to keep it accessible and to encourage organisations and companies to get involved.

More information can be found at the ACHPER website: www.achpersa.com.au, specifically the professional learning tab: www.achpersa.com.au/wb/pages/professional-learning/18th-national-outdoor-education-conference-2014.php.

The NOEC committee so far is: Scott Polley, Mike Meredith, Bianca Newton, Brad Newton, Jo Barton, Micha Jensen, Meridee Jensen, Andrew Stace, Phil Noble, Bel Emanuele, David Edwards, Chris Hodgson, Dave Walker, Nick Glover, Simon Wilson. You are more than welcome to contribute to our committee meetings, with the next one 6 September at PAC at 5:00 pm. Please contact Scott on 8302 1415 if you would like to be part of this group.

Ideally, every Outdoor Educator in SA would make the time to put this on their professional development calendar as a priority in 2014. We get a national conference like this here once every 10 years or so, and it is a great way to learn more about what is happening in the rest of the country, as well as develop cross-border communities in your field of interest.



Above: A general view of the dinner

Right: Would you buy climbing rope from these people? Luke Duncan takes bids at the auction



Outdoor Presentation Dinner 2013

Mike Meredith

The outdoor community came together to celebrate the achievements of those doing a great job in the outdoors. The following people were presented with awards or recognised for their leadership achievements at the annual outdoor presentation dinner held on Friday June at the Unley Council Chambers. Congratulations to all on the splendid examples you set for others and well done to the 100 plus people who attended to make this a very special night indeed.

Secondary Awards, presented by Mike Meredith

Aaron Keen: OEASA Certificate of Merit
(Westminster)

Aaron achieved an A grade for OED. He demonstrated exceptional outdoor skills particularly in rock-climbing where he excelled. Currently completing his Gold Duke of Edinburgh and freelancing in the outdoor field.

Nick Pohlenz: OEASA Certificate of merit
(Westminster)

Nick achieved an A grade for OED. He has completed his Gold Duke of Edinburgh. He demonstrated great skills in expeditioning, completing many major trips over the last four years. A keen kayaker who instigated a school Canoe Polo team, he is currently studying paramedics at University and seeking leadership qualifications in outdoor activities.

Doug Clarke: OEASA Certificate of merit
(Westminster)

Doug achieved a 19/20 for OED. He is currently completing his Gold Duke of Edinburgh and was involved in Trees for Life and revegetation projects. He has shown great skills in expeditioning and leading groups. Doug has completed Cert II in OR and certificates in bushwalking, kayaking and climbing. Currently studying law at university.

Gabrielle Agnew: OEASA Certificate of merit
(Westminster)

Gabrielle achieved a 19/20 for OED. She is a fine expeditioner with a great appreciation for the environment. She has completed Cert II in OR and certificates in bushwalking and kayaking.

Emily Shephard: OEASA Certificate of Excellence
(Westminster)

Emily achieved a Merit in OED. She has completed her gold Duke of Edinburgh and Cert II in OR. She has demonstrated excellent skills in expeditioning and is a dedicated environmentalist involved in Trees for Life. Currently taking a gap year working in OED and completing leadership certifications.

Rebecca Fong: OEASA Certificate of Excellence
(Westminster)

Rebecca achieved a Merit in OED. She has demonstrated exceptional skills in expeditioning and enjoyed the chal-



Jo Barton opens proceedings

Jo Barton opens proceedings of the outdoors. She has completed Gold Duke of Edinburgh and was a passionate environmentalist, being involved with Trees for Life. Currently studying medicine in Qld.

Fraser Darcy: OEASA Certificate of Excellence
(Westminster)

Fraser achieved a Merit in OED. He has completed Gold Duke of Edinburgh and certificates in bushwalking, kayaking and climbing. He is currently completing his Cert III in OR. He has demonstrated exceptional expeditioning skills in a variety of outdoor pursuits and is a passionate environmentalist involved with Trees for Life.

Courtney Allen: OEASA Certificate of Excellence
(Westminster)

Courtney achieved a Merit in OED. She is currently completing her Gold Duke of Edinburgh and demonstrated exceptional skills expeditioning being a passionate environmentalist. She has completed Cert II in OR and certificates in bushwalking and kayaking.

Mark Auricht Award

Ruth MacKinnon: Top OEd student (Westminster)

Ruth achieved a Merit and by a raw score whisker was the top student in OED for 2012. She has completed her Gold Duke of Edinburgh. She has demonstrated exceptional skills in outdoor expeditioning being a passionate environmentalist and thoughtful researcher. Well done on a great result.

TAFE Top Student Award, presented by Tim Gill

Rosanna Hammat

Rosanna receives this award as the student with the best overall participation and results in completion of TAFE Outdoor Recreation courses in 2012.

Tertiary Outdoor Education Awards, presented by Scott Polley

OEASA Certificate of Excellence: Laura Mahlborg

Laura was awarded the OEASA Certificate of Excellence for Tertiary Outdoor Education for her outstanding Grade Point Average and applied knowledge achieved whilst completing a sub-major in Outdoor Education at University of South Australia.

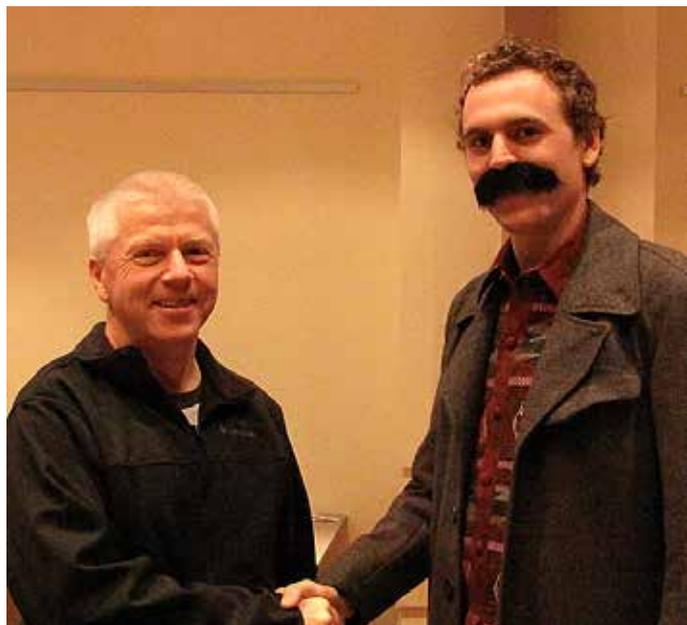
In addition to her impressive academic record in the Outdoor Education study stream, she also obtained an outstanding GPA in her home degree, Human Movement. She is highly respected by her peers and staff for her outstanding organisation, outdoor skills, professionalism and commitment. She has energy, skills, engagement, ability to take on responsibility, as well as her ability to delegate to others are hallmarks of Laura's practice. Her ability to think critically, creatively and problem solve are key aspects of Laura's theory skills. Laura completed Bushwalking Leadership, her Flatwater Kayaking Instructor award, is an Assistant Rock-climbing Instructor and Assistant High Ropes Instructor. She is currently employed by Mylor Baptist Camp and Adventure Kayaking SA.

OEASA Certificate of Merit

Jayden La Dru

Jay was awarded the OEASA Certificate of Merit for Tertiary Outdoor Education and also had an outstanding GPA and applied knowledge.

He is also highly respected by his peers and staff for this knowledge and skills. In addition to his outstanding academic record Jay has completed Bushwalking Leadership, SAREA Top Rope Guide and his High Ropes Instructor. Jay's passion for the outdoors is clearly evident in his practice with young people. He is currently travelling, but has recently been employed by Wilderness Escape Adventures.



A disguised Jayden La Dru with Scott Polley

Annika Hamdorf

Annika was also awarded the OEASA Certificate of Merit for Tertiary Outdoor Education and also had an outstanding GPA and applied knowledge.

Annika enjoys high levels of respect from staff and peers for her knowledge and skills. As well as her outstanding academic record Annika completed Bushwalking Leadership, Assistant High Ropes Instructor and Flatwater Kayaking. Annika's organisation, enthusiasm, disposition and attention to detail made her a valued student and peer and no doubt makes her a valued employee. She is currently employed by Mylor Baptist Camp.

Tyron George

Tyron was awarded the OEASA Certificate of Merit for Tertiary Outdoor Education. He also had an outstanding GPA and applied knowledge.

Tyron was well respected by staff and peers for his passion for the outdoors, and pursuit of knowledge of Indigenous perspectives of the land and contemporary issues. As well as an outstanding academic record, Tyron completed his Assistant Bushwalk Leader and his Flatwater Guide award. He has recently been employed by Adventure Kayaking SA and in mining industry.

Outdoors SA Awards, presented by Luke Duncan

With the newly established involvement of Outdoors SA with OEASA, the OSA awards were introduced for the first time in 2013 and presented at the annual OEASA Presentation Dinner. So far, there have been three awards created with criteria required for nomination and once nominated, OSA board members voted to determine the winning candidates from those nominated.

The three awards for 2013 were Outdoor Business of the Year, Outdoor Professional of the Year and Inspirational Adventurer of the Year.

Outdoor Business of the Year was awarded to Adventure Kayaking SA for excellence in delivery. Operated by Phil Doddridge, Adventure Kayaking SA runs kayaking tours and skills lessons around South Australia's premier paddling locations including the Port



Phil Doddridge with Luke Duncan

Outdoor Presentation Dinner 2013

River Dolphin Sanctuary and Ships Graveyard, Rapid Bay and Second Valley.

Adventure Kayaking SA began as Blue Water Sea Kayaking Glenelg in 1998 and was a hobby business for owner Phillip Doddridge who was a full time secondary teacher. The business idea of offering Adelaide locals and visitors sea kayaking trips grew from Phil's 25 years of teaching experience in Outdoor Education at St Paul's College and through meeting similar business owners interstate when delivering training programs for Australian Canoeing.

In 2008 the business name became Adventure Kayaking SA and marked a distinct change in direction for Phil who now aimed to be full time in this business. They are now introducing on average 3500 new customers to the fun and adventure of kayaking annually. Adventure Kayaking SA is a nationally accredited tourism business with strong links into the tourism sector and has appeared on many high profile tourism and lifestyle television shows including Getaway, Discovery and Postcards with rave reviews.

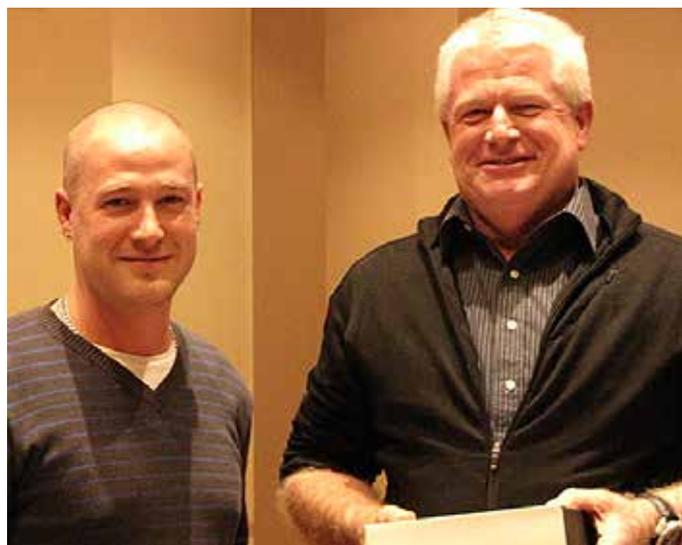
Outdoor Professional of the Year was awarded to Tom Shearer, an employee of a number of outdoor education and recreation organisations including Wilderness Escape, Venture Corporate Recharge and World Expeditions to name only a few. Tom has been in the industry for over half a decade guiding and managing quality programs and is dedicated to going above and beyond to ensure the programs he delivers are professional, safe and well received.

With accredited qualifications in bushwalking, kayaking, high ropes and low ropes, as well as a sound understanding in the detailed logistics of implementing programs, Tom is an asset to any of his many employers.



Tom Shearer with Luke Duncan

Inspirational Adventurer of the Year was awarded to Luke Adams for his dedication and love for adventure and in turn creating goals for other ambitious adventurers. Most people in the outdoor industry know Luke as the owner and operator of Paddy Pallin in Adelaide,



Luke Adams with the other Luke

but others know him for his dedication to climbing and travelling. Luke has travelled through Europe and New Zealand climbing and mountaineering in places such as the Swiss Alps and he continues to inspire other climbers and adventure enthusiasts with his love for chasing adventure.

Qualifications

SAREA

New Top Rope Instructors:

Chris St Jack, Mick Wells, Dan Flynn, Fred Dyer and Mike Barnes

New Top Rope Guides:

Stefan DePasquale, Tom Hardy, Nick Glover, Jess Meachin, Jayden La Dru and Rowan Jordan

New Assistants:

Dylan Hunt, Lachlan Barret, Geoffrey Goh, Nick McDonough, Zoe Cross, Cassie Wier, Gabbi Agnew, Jonathan Campbell, Kim Juvan, Courtney Allen, Aaron Keen, Rosanna Hammat, Douglas Clarke, Fraser Darcy, Rebecca Fong, Tobias Agar, Emily Shepherd, Cameron Wells, Angus Clarke and Dave Quimby

Canoe SA

Assessor Award

Michael Meredith and Libby Robertson

Sea Instructor

Christine Perry and David Quimby

Flat Water Lifeguard Canoe

John Barratt, Adam Yardley, Wendy Finlay, Louise Philcox, Amy Fletcher and Adam Yardley

Flat Water Lifeguard, Kayak

Brenton Carle, John Barratt, Adam Yardley, Nicholas Gloede, Helen Irvine, Wendy Finlay, Geoffrey Moore, Louise Philcox, Amy Fletcher and Dianne Hanlon-Swan

Outdoor Presentation Dinner 2013

Flat Water Guide, Canoe or Kayak

Toby Arney, Brenton Carle, Jacqueline Hockaday and Lee Bruland

Flat Water Instructor, Canoe

Fiona Fox, Michael Meredith, Phillip Burke, Matt Stringer, Daniel Wise and Brad Newton

Flat Water Instructor, Kayak

Toby Arney, Michael Meredith, Ben Williamson, Michael Wells, Joss Rankin, Alys Fergusson, Phillip Burke, Michael Duke, Rebecca Salvado, Shane Dowling, Matt Stringer, Fiona Fox, Kelly Thorpe, Adam Yardley, Dean Peters, John Castleton, Daniel Wise, Christine Perry, Justin Farrell, Russell Black and Lee Cockerill

Moving water endorsement, Canoe and Kayak

Libby Robertson

BLSA Awards

Day Walk Leader Certificate:

Robert Mikulandra

Bushwalk Leader Certificate:

Lisa Sasche, David Webb, Philippa Freeman, Kate Hayes, James Coventry and David Quimby

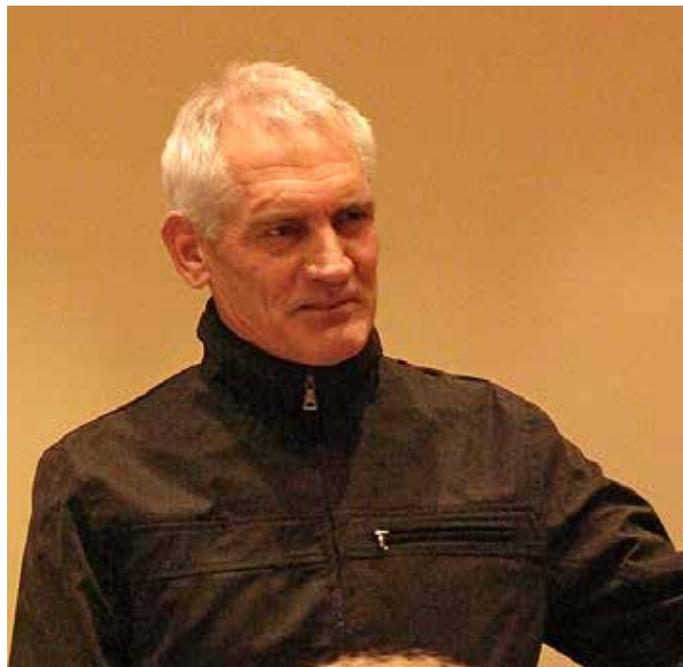
Bushwalk Assistant Leader Certificate:

Ronald Hustler, Callan Obst, Sharni Honor, Jason Schulz, Kimberley Wattchow, Harrison Atwell, Laura Mahlborg, Zara Collins, Annika Hamdorf, Greg Maxfield, Alicia Holland, Pamela Georgiou, Sophie McKendrick, Brooke Mawer, Tyron George, Kara Lucas, Josh Pope, Chris Koutsodimitropoulos, Alexander Walker-Symonds, Richard Jacka, Alex Fulwood, Paul Rogers, Stefano De Pasquale, Padraig Fyfe, Eulaly Allen, Sarah Huxley, Jessica Openshaw, Anastasia Govan and Haydn Kenny

Service to Outdoor Education, presented by Scott Polley, Peter Kellett and Mike Meredith

Grant Henwood was presented with the distinguished award of Service to Outdoor Education. Grant has been a passionate and dedicated teacher for many years and for all of his time in the Education Department Grant has worked tirelessly to build Outdoor Education programs at the schools he has taught. Grant has seen fit to retire from the Department but continues to enjoy the great outdoors and has been enjoying attending trips in a somewhat less stressful state. Thus is retirement. In the many years Grant worked for the Department he has worked with tenacity and determination to develop high quality Outdoor Education programs at all the schools he has taught. He has been the SSABSA (before SACE, for young people) Chief Moderator for Year 12 Outdoor Education a position he held for some time doing a superb job leading the teachers of this great subject.

Grant has been an active bushwalker, kayaker and skier and has introduced many students and people to the



Grant Henwood

wonders of these and other outdoor activities. Through his purposeful and insightful teaching he has inspired many to go on with a passion for protecting and cherishing our great outdoor spaces. His involvement in TREK over many years was another example of his passion for getting young people into adventurous and life changing learning experiences. His determination to see the relay walk of the Heysen Trail continue for school students after government funding dried up was inspirational. Grant has been a long standing OEASA member and has willingly shared his expertise with others and continues to do so now he has a little more time on his hands? Grant, we wish to acknowledge your long and significant involvement with Outdoor Education and on behalf of the many lives you have touched thank you for sharing your passion and enthusiasm with us. Thank you and keep up the great work you are an inspiration to all.

Award Night Sponsorship

OEASA and the outdoor community would like to gratefully acknowledge the following organisations for their donations and sponsorship of the award night:

Gold Sponsors

Macpac
Paddy Pallins
Venture Corporate Recharge
Wilderness Escape

Silver Sponsor

Scout Outdoor Centre

Bronze Sponsors

Abundant Health
Griffin Wines
Loan Logic
Snowy's Outdoors
Vertical Reality Climbing



Moving from Minimal Impact of People on the Environment to Maximal Impact of the Environment on People

Scott Polley

Australia's first National Park, Royal National Park in NSW, was gazetted in 1879, and since that time many other national parks, recreation parks, conservation parks and native title lands have been set aside for conservation, study and outdoor recreation.

The use of such spaces for outdoor recreation has grown in popularity, to the point where there was growing concern about the impact of camping, outdoor adventure and education activities on natural environments. We were 'loving nature to death', and we were now dealing with 'the tragedy of the commons'. The result of increased use with few guidelines and regulations included creeks getting polluted, campfires causing bushfires, wood collection denuding all ground timber near camp sites, rubbish causing problems with wildlife, tracks and campsites eroding, and other impact.

As a result of growing awareness of the impact of our recreation activities on areas of natural significance many organisations and groups such as walking clubs, Scouts, Sierra Society and land managers began to develop education strategies to address such issues. The first wave was the 'Burn, Bash, Bury' method of minimising harm to natural environments. This was replaced by 'minimal impact' and later 'leave no trace'. The adage was 'take nothing but photographs, leave nothing but footprints'.

Minimal impact camping reflected society concern about conserving local natural environments for future generations, and the conservation movement strengthened. There was a shift in the 1970s to begin to repair some of the damage caused by industrialisation, and tree planting and other activities became more common place.

In the 1970s and 1980s there was growing scientific evidence and awareness that industrial activities and the rapidly expanding population was placing pressure on our areas of natural significance, and our planet in general. The general public were more conscious of the impact of oil spills on aquatic environments, mining on rivers and lakes, CFCs on the earth's ozone layer, deforestation and land clearing on biological diversity, and carbon dioxide release on acid rain and global warming.

As a consequence we became more concerned with 'sustainability' on a more global scale. 'Think global. Act local' became the new mantra. We are now very aware of the long term consequences of industrialisation on global warming. However, the lure of technological advancement and the inability to conceive of a lifestyle without consumerism is making it problematic to put into place practices that will reduce the global impact. In addition, for many people, the problem is either too big or too depressing to grapple with. This situation is not helped by the seeds of doubt sown by those that stand to lose wealth should industrialisation be tackled in a meaningful way.

From a socio-critical perspective, 'leave no trace' camping that supports preservation of natural environments to allow people to experience undisturbed areas of land and water may be reinforcing an ostrich-like response to global environmental pressures from industrialisation. Exposure to environmental damage evokes much stronger responses in people's desire to take action than exposure to untouched wilderness. Ironically, in our desire to protect experience in the local environment may in fact be reinforcing destruction of the global environment.

The increasing awareness of the need for nature has been accompanied in the western world by increasing engagement with technological devices, with an exponential rise in sedentary screen time use at work, to conduct daily activities, to communicate to others and for recreation. One impact of this has been a re-framing of the world for many people, feeling safer and more connected to the virtual world than in the harsher and more uncertain domain of reality and human relationships. In this context, nature is something that is experienced more comfortably via a screen and avoids all the nasty bugs, dirt, weather and risk of hurting oneself.

There has been a growing body of literature supporting the development of 'human-nature relationships' and 'place-based' education to promote greater emotional response to nature

The increased availability of information about global environmental issues has had some positive impacts in the cases where governments could afford to turn down the financial incentives to engage in deforestation, mining and other activities. However, without an accompanying reduction in the demand for non-renewable resources, the pressure to engage in such activities will continue.

Accompanying the increasing awareness of the need for more sustainable ways of living has been a growing realisation of the importance of developing attachments, relationships, connection and care with local areas of natural significance to support conservation efforts. In addition, we are increasingly aware of the health and wellbeing effects of our technological lifestyles, and that time in nature may well be an antidote to such impacts. There has been a growing body of literature supporting the development of 'human-nature relationships' and 'place-based' education to promote greater emotional response to nature. EO Wilson coined the term 'biophilia' to describe the theory that humans need nature for health and wellbeing, and that failure to do so could lead to what Richard Louv calls 'nature deficit disorder'.

Exercise in nature is likely to have health and wellbeing benefits. 'Leave no trace' and 'minimal impact camping' remain the best ways to minimise the impact of people engaging in human powered (and other) journeys in natural environments. However, if we are to maximise the opportunities afforded by educational and recreation-

Moving from Minimal Impact of People on the Environment to Maximal Impact of the Environment on People

al experiences in these places then we might focus on 'maximal impact on people'. No doubt there are different ideas about how we might achieve this, but the following represents some ideas generated from experience and reading of literature.

Let's consider a number of scenarios for a three-day bushwalk with dependants that might illustrate ways that the impact of nature might be maximised.

Trip Enrichment

In the first scenario the group plans to walk from the Mt Remarkable Car Park, to Hidden Camp, to the Battery and then return camping out for two nights. There is instruction in minimal standards of equipment, safe practice, emergency response and campcraft. During the trip the group plays lots of games, and at night there are lots of jokes and stories. They are careful to follow 'leave no trace' guidelines. The group returns home glad to get back to their phones and music, with some great memories of friends, hardships, getting up hills and relief to be heading home.

In another scenario, the leader asks each group member to conduct a Google search on different aspects of the environment to share with other group members. One of them tucks in a small plant identification and bird book in their pack to use in the field. During the journey different group members share their knowledge of the Aboriginal and early European history, geology, flora and fauna of the area. A visit to Scarfe's hut with its excellent interpretive sign reinforces the hardships experienced by the early settlers who grazed sheep in the area with the shepherds making very little impact compared with modern practices.

At night time they share their views on current environmental debates after comparing the stars to astronomy charts to see what is out that night. They play a few games and head to bed. They get up before first light to walk up to a viewing spot to catch the sunrise. After packing up camp they do a thorough search of the surrounding area and find additional rubbish. This stimulates a conversation about the place of 'leave no trace', and a discussion about ways to reduce packaging and non-biodegradables.

On the second night they hear a dreaming story from the Nukunu, and discuss some of the traditional ways of living prior to European settlement. They agree to have some quiet time sitting at the top of the hill before descending to get home. On the way home they share their high points in nature, and the emotional impact of the place upon them. The group can't wait to get out to the bush again, and they are asked to identify local environments that might be easily accessed to continue the positive feelings gained when in natural spaces. When they get back one of the group contacts the others with further information about the wallabies that they had seen but not identified. Another participant shares information

about a working bee at a local national park. Most of the group attended and all reflected on how good it felt to be making a contribution.

Although the local environment was looked after well in the first scenario, there was an opportunity to enrich the experience with prior research and knowledge about the environment. The second scenario demonstrates the potential for a journey to have greater depth by educating the attention of the group members. With dependent groups, this can obviously be enhanced by preparation on the part of the students and the leader, and further enhanced if the leader has a strong body of knowledge about such things as natural history, Indigenous perspectives and cultural history.

Ecological Footprint

The 'leave no trace' ethic does a good job of protecting local environments. However there is potential to minimise the global impact of the journey, and to engage participants in debate about such issues. Such things as using hire equipment, buying bulk, minimising packaging, maximising vegetarian and organic foods and minimising carbon production through shorter journeys or higher seat passenger carrying vehicles might be considered. The effect of engaging people in action, rather than telling stories of doom and gloom can promote discourse about global environmental issues, and avoid putting them in the 'too hard' basket.

Summary

Human powered journeys in nature have the potential to deliver health and wellbeing benefits, and these benefits can be enhanced by enrichment activities. 'Leave no trace' remains an excellent framework for conservation of wild places. Moving beyond 'minimal impact' and 'leave no trace' to 'trip enrichment' can enhance the impact of nature on people, possibly enhancing health and wellbeing effects. Enrichment can also have the potential to move the discussion from 'conservation' to 'sustainability', something we need to do for our long term future on the planet.



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King's Clean Up Cooinda

Dave Rawson

It was my pleasure to be a part of the Cooinda Camp Clean-up this July at Wilpena Pound. Like many other out-door leaders who visit Cooinda regularly I have always been, well downright, disgusted at the way "campers" abuse this particular site. Cooinda would have to be one of the filthiest and most abused overnight camp-sites I know of in the state.

There is no excuse for this kind of environmental disregard by hikers. It is a genuine overnight site, in an environmentally sensitive location. People have to purposely hike it with their trash and knowingly dispose of it.

Camp-fires are set right in front of the 'No Fires' sign, and from my experience without exception there is always an abundance of toilet paper to be found blowing through camp. This year we found trash buried in the creek, which was running due to excessive rain, which would have otherwise been a handy water source.

Like many others I usually get my group to do a little clean up, burn some toilet paper and scratch my head in bewilderment. Victorians perhaps? However better than I, Chris Hodgson and Kelly Thorpe got an idea together last year to make a difference, and planned a Cooinda Clean Up for 2013.

Armed with half a dozen garbage bags, gloves, tongs and trowels (opps – left the shovel in the bus!) the three groups pitched in.

As usual the camp was strewn with litter, fire-scars and some-one had decided to build a brush fence! Two campers were having a bon-fire in front of the 'No Fires' symbol and became very embarrassed when they found out our group's objective.

Our first two teams to arrive did the majority of the clean-up. So much trash was found it had to be sorted into separate piles: recyclables, tin cans, plastic and paper. The burnable paper and surrounding toilet paper was carefully dealt with and the remaining trash ended up filling four large garbage bags.

The next day when my group arrived back to camp to help Kelly's group with the final clean-up there was just the brush fence and about 10 fire scars to dispose of. Students pitched in with great enthusiasm removing the ash with trowels and distributing it in the bush. Fresh dirt replaced the fire scars to look almost natural.

The outcome was quite amazing from a before and after perspective.

What blew us all away was the amount of work that was done by the three small groups in such little time. After about an hour's worth from all groups we had the place looking pristine. Hoping that the next people who visit would have to feel extremely guilty about leaving any trace. One can only hope!

From an Outdoor Education perspective the following positive outcomes were apparent:

All the students without exception were enthusiastic about the project and involved themselves with the not so pleasant tasks of dealing with other people's s... err trash.

The students gained a perspective of, what not to do, and a pride in the results of the clean-up. It was apparent that the students would follow a no-trace camping philosophy in the future and more than likely be prepared to clean-up other's rubbish.

After depositing our trash at Wilpena, we all shared a satisfaction of really making a difference after this trip.

Congratulations to Chris Hodgson, Kelly Thorpe and the Year 11 Outdoor Ed. Students at King's Baptist. Job Well Done!

If your school visits a camp site regularly, e.g. Mambray Creek, I would highly recommend a planned clean-up as part of the environmental studies. The experience is rewarding and potentially long-lasting educationally. 

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Wilderness Therapy Programs Less Risky Than Daily Life

University of New Hampshire

Adolescents participating in wilderness and adventure therapy programs are at significantly less risk of injury than those playing football and are three times less likely to visit the emergency room for an injury than if they were at home, a new study by University of New Hampshire researchers finds. These findings, based on an analysis of risk management data from 12 programs providing outdoor behavioral healthcare in 2011, were reported in the latest issue of the *Journal of Therapeutic Schools and Programs*.

“After ‘does this program work?’, the question most asked by people considering adventure therapy is ‘will my child be safe?’” says Michael Gass, professor of outdoor education in the kinesiology department at UNH, who wrote the article with lead author Stephen Javorski, a UNH doctoral student. “While no one can guarantee the unconditional safety of any child, we can now show the relative risk levels for adolescents. This study shows there is actually less risk to participants on wilderness therapy programs, when they are conducted correctly, than to adolescents in their normal everyday activities.”

Adventure therapy, described as the prescriptive use of wilderness adventure experiences to improve the mental health of clients, primarily serves adolescents and is often seen as a treatment of “last resort” for these youth, who typically present with three or more dysfunctional behaviors such as depression, substance abuse, and suicidal ideologies. Gass, a leading expert in the field, estimates that there are more than 200 such programs nationwide ranging from multimillion dollar programs to individual counselors who might informally take a group or class into the woods.

For this study, Gass and Javorski looked at incident and illness data collected by the 12 adventure therapy programs that comprise the Outdoor Behavioral Health Industry Council for 2011. Analyzing injuries that required a client be removed from regular programming for more than 24 hours—including injuries treated in the field as well as those that required evacuation to a medical facility—the adventure therapy programs had an injury rate of .11 injuries per 1,000 days in 2011, or one injury for every 9,091 client-days. The estimated national average rate of injuries for adolescents treated in US hospital emergency rooms was three times that rate (.38 per 1,000 days).

Adventure therapy programs boast even stronger safety records when compared to other common activities of adolescents. Injuries during high school football games are more than 140 times greater than those in adventure therapy programs, which boast lower injury rates than snowboarding, downhill skiing, mountain biking, backpacking, and football practice.

“I’m hoping that this research will counter the public perception that these programs are dangerous,” says Javorski. “Well-managed programs are not dangerous,



Michael Gass (left) Stephen Javorski
Pic: Lisa Nugent, UNH Photographic Services.

they’re not exposing kids to undue risk, and they’re not overusing physical restraints.”

The researchers offer several reasons for the dramatic relative safety of these programs. As the field has developed, says Gass, risk management standards have improved; he notes that the programs in the OBHIC are among the leaders in the field. And our perception of risk colors how we view the risk of “everyday” activities.

“Driving a car is more dangerous than hiking in the wilderness, particularly with trained staff,” Gass says. “These programs remove adolescents from other accepted yet higher-risk situations like driving.”

What’s more, the effectiveness of these programs makes them not just safe but saviors to parents of the very troubled adolescent clients. “Many parents say, ‘this is the one thing that can save my child,’” Gass says. He and his colleagues are researching how and why adventure therapy works, but he is confident that their potency is at the intersection of adventure programming and therapy.

“The pill that we’re offering is the positive use of stress coated by appropriate levels of care and support,” says Gass, co-author of the leading academic and training text in the field, *Adventure Therapy: Theory, Research and Practice* (Routledge, 2012).

In response to the growth in the wilderness therapy field, UNH launched the nation’s first dual social work-outdoor education degree in 2009; the two-and-a-half-year program awards both a master’s in social work and a master’s in kinesiology. Graduates of the program, administered by Gass and Anita Tucker, assistant professor of social work, are all working in the expanding field of adventure therapy.

Read more: www.unh.edu/news/releases/2013/mar/bp28wilderness.cfm#ixzz2ZirzpPsQ.



Camping resets internal clock

After a week in the wild, people went to bed and got up earlier

Meghan Rosen, Science News

After a week spent camping (and away from all electric lights) in Colorado, volunteers fell asleep earlier and woke up earlier. Their internal clocks shifted, syncing up with sun, researchers found.

After a week living in tents in Colorado's Rockies, volunteers' internal clocks shifted about two hours earlier, transforming night owls into early birds, researchers report August 1 in *Current Biology*.

"It's a clever study, and it makes a dramatic point," says Katherine Sharkey, a sleep researcher and physician at Brown University. People get much more light outside than they do indoors, and that can reset their internal clocks, she says.

A master clock in the brain controls the release of melatonin, a hormone that prepares the body for sleep. Melatonin levels rise in the early evening and then taper off in the morning before a person wakes up.

But because so many people spend their days indoors and their nights bathed in the glow of electric lights, the body's clock can get out of sync. Melatonin levels ramp up later in the evening and ebb later in the morning — often after a person has woken up. The lingering sleep hormone can make people groggy.

Kenneth Wright Jr, a sleep researcher at the University of Colorado Boulder, and colleagues whisked eight volun-

teers away from artificial lights for a summer camping trip. After nightfall, the campers used only campfires for illumination — no flashlights (or cellphones) allowed.

While camping, the volunteers soaked up four times as much light as they got indoors. And they went to sleep and naturally woke up more than an hour earlier than they had before the trip. After the trip, the volunteers' melatonin levels climbed around sunset and petered out at sunrise — two hours earlier than they had before camping.

People might not even need to rough it to nudge their internal clocks back. Because typical office lighting is about 500 times dimmer than the light of a midsummer day, even brief stints outside could help.

"Start your day off with a morning walk, and open the shades to expose yourself to sunlight," Wright advises.

References

KP Wright Jr *et al*, 'Entrainment of the human circadian clock to the natural light-dark cycle', *Current Biology*. Published online August 1, 2013. doi: 10.1016/j.cub.2013.06.039

Science News: <www.sciencenews.org/view/generic/id/352068/description/Camping_resets_internal_clock>

Stone Hearth News: <www.stonehearthnewsletters.com/trouble-waking-up-camping-could-set-your-clock-straight/circadian-rhythms/#sthash.uQgFx8qN.dpuf>

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The heel hook reentry

Peter Carter

From the SASRS radio room I was watching a group of school kayakers in the marina at West Beach. A couple of students did an X rescue, one that I would have failed had I been assessing it: paddles allowed to drift away, not holding the swimmer's boat securely until he was ready... What really took my eye was the reentry—feet first between the boats—something I hadn't seen for quite some time. In the calm conditions of the marina it worked, but I don't recommend it, because the swimmer can spread the boats, making them unstable or can be struck by a boat in any waves.

These days we suggest reentry by swimming over the side of the swimmer's boat or over the rescuer's boat. More stable, and less likelihood of injury. The heel hook method is fairly new here, but with a bit of practice is easy and reliable. The disadvantage is that making it work with boats with pillar buoyancy (i.e. most of the whitewater play boats) is difficult. 

Be Smart. Paddle Safe

Peter Carter

Ready in time for the recent Adelaide Boat Show was a new *Be Smart. Paddle Safe. Safety Reference Guide* from the DPTI Boating Safety Unit. Pocket sized and printed on waterproof material, it is aimed at recreational canoe and kayak paddlers on sea and inland waters.

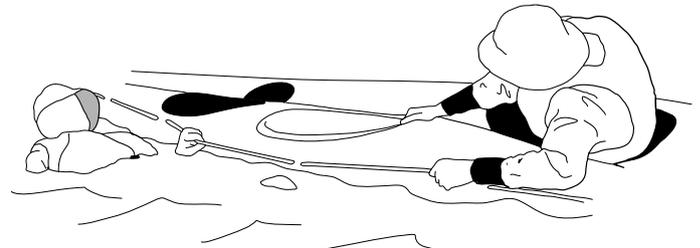
The guide was drafted by DPTI staff and in early May a meeting between Boating Safety Unit staff and several of us from Canoe SA was hosted by the Office for Recreation and Sport. We rewrote much of the draft and made a number of suggestions to ensure that the text met current kayaking practice. We also supplied a number of photographs.

The guide is divided into a number of sections, readily accessed by tabs along the right edge, and these are further divided into topics covering responsibility, trip preparation, weather, safety equipment, navigation rules and so on. Sea kayaking has its own pages, which emphasise the need for instruction and skill.

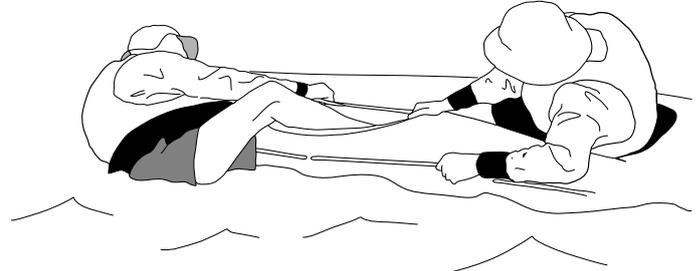
Much of the material on navigation rules, alcohol and rugs, hypothermia, incident reporting and the like would be familiar to anyone with a power boat licence but may be new to many people taking up recreational paddling who do not realise that regulations exist. (When was the last time you looked at Notices to Mariners?)

The guide is attractive and comprehensive, and DPTI is to be commended for its initiative. Importantly, there is now a good working relationship between DPTI personnel and Canoe SA.

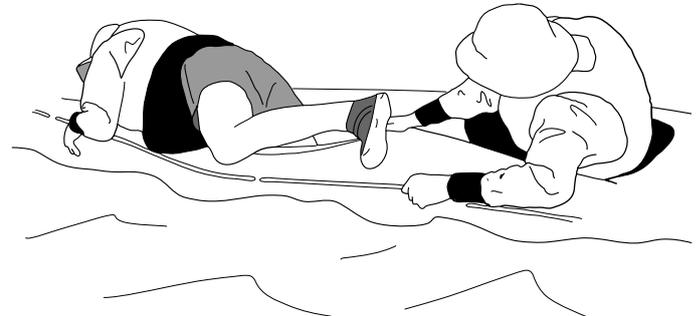
You should find the Guide at Service SA offices and canoeing retailers. A PDF version can be downloaded



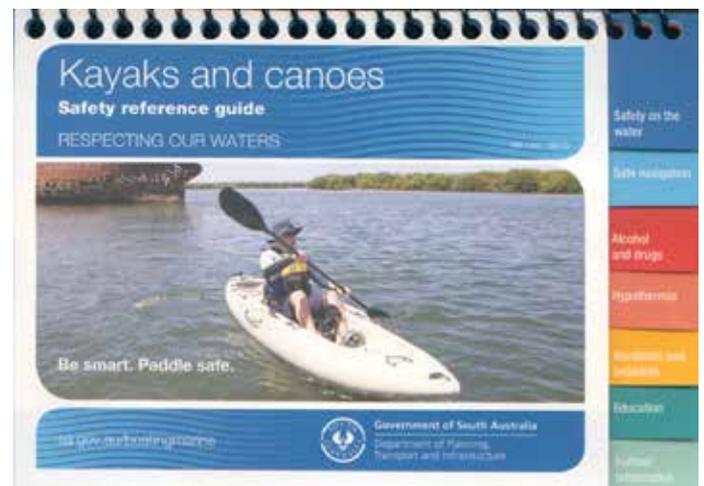
Start alongside the kayak, facing the bow



Put the outside leg, right in this instance, into the cockpit. Reach across with the outside hand to decline or cockpit rim



Lift up on to the deck, face down. Put the other leg into the cockpit. Roll face up, wriggle forward over the cockpit and sit up



by following the links from dpti.sa.gov.au/ondeck/murrays_river_matters3?515.

Also recently produced by DPTI is a range of stickers for canoe and kayak equipment, including those with motors, along with a DVD and other materials from the Australia New Zealand Safe Boating Education Group.

All good material that we've wanted for a long time. Colleagues interstate are envious. 

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