

ROCKCLIMBING

Nowra, Point Perpendicular

14 – 15 Jan 2012

As part of the Conference, there will be a 2 day trip to the Nowra, NSW region.

Purpose of the trip

The trip is intended as an introduction to rock climbing, as a consolidation of basic lead climbing and seconding skills and as a guided rock climbing activity for experienced climbers or inexperienced participants where appropriate. The 2 locations offer a good selection of climbs for a variety of climbing styles and difficulty levels. Participants will be encouraged to participate at the level at which they feel comfortable based on their ability, experience, motivation and on advice by qualified guides. The objectives and content for this trip will include:

- Safe belaying - bottom and top
- Cliff safety procedures
- Climbing communication
- Use of equipment
- Top rope climbing and systems
- Seconding and removal of protection
- Anchor systems
- Climbing techniques
- Abseiling review and skills
- Placement of protection
- Lead climbing

Location

We will drive to Nowra on Saturday morning; we will climb at Thompsons Point in Nowra on Saturday and camp in Nowra Saturday night. We will drive to Point Perpendicular on Sunday morning returning to Nowra on Sunday afternoon and to Canberra Sunday evening.

Contingency and emergency arrangements

If rain and storms make rock climbing and abseiling unsafe then the trip will be postponed. If conditions become unsuitable for outdoor adventure activities the trip will be cancelled or shortened. The LGC mobile phone will be carried (0428232830).

Clothing and equipment

Weather can be changeable so participants should be prepared for a range of conditions. Participants are encouraged to bring any climbing and abseiling equipment they have. All necessary equipment will be supplied by the College. Participants are required to remove jewellery, including rings which should be left at home, for safety when abseiling and climbing.

Essential

- Footwear appropriate for walking outdoors.
- Comfortable clothing (loose and light) also spare warm clothing
- Sunhat, sunscreen
- Waterproof jacket with hood (UCSSC LG has a stock of these for loan)
- Food for the day

Water containers- at least 2 litre
Backpack large enough to carry personal and group gear (UCSSC LG has a stock of these for loan)
Climbing log
Personal first aid kit
Glasses strap if wearing spectacles or sunnies
Hair ties for securing long hair while abseiling
Camping gear
Food for 2 days (shops are passed each day)

Recommended
Camera
Enthusiasm and sense of adventure

Behavioural expectations

Participants are expected to understand and appreciate the adventurous nature of the activities planned and the semi remoteness of the landscape setting. In this context they are required to maintain safe practices at all times in caring for themselves and others in the party. Participants engaging in unacceptable behaviour will be excluded from activities while on the excursion and will also be excluded from future participation in the outdoor education program.

Staff accompanying participants on trips will take all reasonable care while participants are in their charge to protect them from injury and to control and supervise their behaviour and activities.

Please be aware that staff are not responsible for injuries or damage to property which may occur on a trip where, in all circumstances, staff have not been negligent.

Activities: Rockclimbing
Abseiling

Date: 14 – 15 January 2012

Meeting spot: Globo Café, at the UC Village, Cooina Street, University of Canberra

Meet Time: 6.00 am Sat

Return LGC: 10.00 pm Sun

Group size: Minimum 6, Maximum 12

Transport: UCSSC LG vehicle

Trip leader: Peter Blunt, Outdoor Education teacher at UCSSC LG, Climbing Instructor (ACIA)

Assistant staff: Piper Quick, Matthew Cools Single Pitch Guide (ACIA)

Cost: \$90pp Covers transport, camp fees, equipment usage, assistant staff costs and environment levy (additional \$20 if hiring camping equipment – tent, sleep mat & bag, stove) – please email noec@actoea.org.au to order.

Sincerely
Peter Blunt

Maximum challenge!
Maximum safety!

Maximum teamwork!
Maximum enjoyment of life!