

-CAMP-
SUNNYSTONES



Information Booklet





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Welcome to Sunnystones

Sunnystones is a unique solid rock homestead located on the edge of the Long Forest Conservation Reserve, providing a peaceful rural setting with magnificent views. Set on 50 acres surrounded by superb State Parklands rich with Australian bird and wildlife.

Great Location

We are less than 1 hour from Melbourne, Geelong and Ballarat, making us perfectly located to combine your camp visit with other attractions in the area.

True Country Experience

Sunnystones prides itself on offering small personalised camps where students can share and enjoy the day to day living of country life. Our programs are structured to focus on working together as a team, developing leadership skills and to impart knowledge of the surrounding environment to students.

Experienced staff run all activities

Qualified Sunnystones' staff run all activities, allowing teachers to work more closely with individual students.

All under the one Roof

Finally, an important feature is that all of the bunk rooms (and ensuites), the two lounge rooms, the sun room, recreation areas, and kitchen are all within the same building. This layout provides both a safe environment and ease of supervision of students.

“Good food, good fun and good fellowship!”



Activities available at Sunnystones

Trekking the Coimaidai Track to Sunnystones

Why not start your camp with a walk in to Sunnystones? Sunnystones staff will meet your group at a nominated time at the entrance to the Long Forest Conservation Park, just off Canopus Circuit.

The walk takes about 1.5 hours depending on which track is best suited for the group's individual needs.

There are three tracks available in the area which includes: Coimadai, Long Point and Steep track.

Morning tea or lunch can be taken along the way. The walk includes an introduction to the area and to

the different species of trees and shrubs along the way with a chance to view some of the native wildlife.

Bush Walking in the Long Forest Conservation Park

with Bruce Salau

This half-day bushwalk is conducted by our infamous Bruce Salau through the Long Forest Conservation Reserve. The walk includes a short historical briefing, story telling, rock collecting, geological descriptions, aboriginal legends and fauna and flora appreciation.



Circuit Walk in Long Forest

This circuit walk takes about 2.5 hours; it begins from Sunnystones and follows the entire circuit up to Long Point look out. It then loops back down along the river through the blue box flats for an entirely different look at the surrounding environment.

Flat Ropes Course

The ropes course consists of 9 linked individual elements. A group of 15 - 20 can get around in about 1 hour. This course is suitable for grade 2 (with a lot of help) and above. Sunnystones staff structure the activity to focus on team building and to build confidence in apprehensive students.

Initiative Ropes Course

The initiative course is suitable for up to three groups of 8 - 14 people rotating on the various activities. It takes at least 1 hour to get through all of the activities. This activity again is based upon team work as well as individual growth.

Instincts for Survival Game

Instincts for Survival Game is an enormously popular game that is played on a 5 acre square of privately owned bushland on the edge of the camp grounds. This game is suitable for all ages and for numbers of 20 to 50 participants. The game is designed to help the participants understand life in the bush from an animal's point of view, each playing the part of different animals in a selected hierarchy. It takes approximately 2.5hrs to play the game, including explanation, distribution of equipment and walking to site. A detailed description of the game can be found at the end of this section.



Canoeing

Six double person canoes (can hold up to three persons) and three single canoes, life-jackets etc are provided. Canoeing is done on a large dam. Suitable for groups between 8 and 20 - elementary skills, races, and games can be played. Water based activities depend upon the availability of water.

Bush Hut Building & Damper Making

A 2.5 hour program where students work in teams to explore and find suitable materials to build a hut for survival in the bush. After building their huts students enjoy sitting around a campfire with a morning or afternoon tea of damper and billy tea. Suitable for years 1- 7.

Campouts

Tents for groups can be provided and campouts can be conducted on the property. Campouts include supervision. An additional fee applies.

Additional Team Building Activities

We at Sunnystones believe that it is important for children to learn to work together. It is also important that they learn to value each other's strengths and weaknesses. We have a variety of team building activities, which help to develop good cooperation and teamwork. These include walking skis, a spider web, and tyre throw. We also offer a number of additional challenges that can either be completed in teams, pairs or individually.

The Great Sunnystones Team Hunt

The objective of the activity is work together in a team to find hidden letters painted on objects all around the Sunnystones property. Each team is given a printed instruction sheet with clues for each marked letter. By following the clues correctly, different letters are acquired, if all letters are found and collected in the right order the missing word will be revealed.



Detailed Descriptions

Instincts for Survival Game Description

This game, with modifications, can be played from grade 3 onward. It is adapted from a game played at Camp Tawingo in Canada. The game is run by Sunnystones staff and all equipment is supplied.

It is suitable for groups of 20 to 60 and is an enormously fun filled game, with a passive but strong environmental message.

The objective of the game is for each player to play the role of a specific animal and to survive while competing against natural predators.

Players are designated and equipped as follows:

50% Herbivores Green head bands 10 Green life tags

30% Carnivores Red head bands 5 Red life tags

10% Humans White head bands 3 White life tags

10% Diseases Black head bands 0 Life tags

In addition, (optionally) Herbivores are given 5 breeding tags; Carnivores are given 3 breeding tags; Humans are given two breeding tags. Breeding tags have the name of the individual player on them.

All players are given a food and water score card with their name on it and a keeper ring.

The game is played in a 5 acre section of open bush in which are located 10 food and water stations which are orienteering markers hanging upon trees. Each marker has an individual pattern card punch attached.



Structure of the Game

At the start of the game, at the first bell, male and female Herbivores enter the playing field from opposite ends and try to find the food and water stations. Should they find a Herbivore of the opposite sex they can exchange breeding tags but only once with each partner.

Five mins later, at the second bell, Carnivores enter the field. Once again males and females start at the same time but from opposite ends of the field. Their task is the same as the Herbivores except that they can also chase and tag Herbivores and thus win 1 life tag. Each Carnivore can only tag/kill the same herbivore once.

Five mins later, at the third bell, Humans enter the game. Once again males and females from opposite ends. Their task is the same, to find as many food and water stations and to find their mates for breeding. Humans can kill carnivores and herbivores simply by calling out their name on sight. The prey must then stop and pass over a life tag. Each human can only tag the same person once.

Five minutes later, at the fourth bell, Diseases enter the game. Diseases do not have to seek out food and water stations but can chase and tag/kill herbivores, carnivores and humans. Each disease can only tag the same person once.

The game continues for about another 30 mins until, at the fifth and long bell, the end is signalled and all players return to the control point which is known as Heaven.

Control Point

The game is controlled by the gods (teachers) who operate from heaven. Heaven is a place in the middle of the playing field. Heaven can be used as a haven for exhausted players to rest at the discretion of the gods. If a player loses all life tags they must return to Heaven.



Rules

Life tag exchange. When two players are exchanging life tags any other predators must stay at least 20 metres away and humans can not catch (call out their name) prey at this time.

Scoring

Each life tag, exchanged breeding tag, or food and water punch marks are worth 1 point.

At the end of the game players add up their own points.

Game Appraisal

Quite a lot of follow up can be done in ascertaining feelings about hiding, hunting, seeking, and strategies.

Generally each class of animal has an equal scoring chance. The game can be quite exhausting.



Nearby Attractions & Activities

Many of these activities are best conducted either on the day of arrival or departure to minimise bus costs. Sunnystones however does not endorse or take any responsibility for participants who wish to undertake these off site activities.

Sovereign Hill

Located in Ballarat this well-known excursion takes almost a full day. A visit to the nearby Ballarat Wildlife Park, where children can handle native animals, can be squeezed in on the same day but is best done as a separate activity.

Werribee Open Range Zoo

Be immersed amongst 200 hectares of magnificent grasslands, enjoy a 50 min safari and close up views of rhinoceros, giraffe, zebra, antelopes, hippos and much more. Situated only 30 mins from Melbourne and just 45 mins from Sunnystones.

Werribee Gorge

Located only 8kms from Bacchus Marsh, Werribee Gorge is about a 10 minute drive from Sunnystones. Displaying 500 million years of geological history, Werribee Gorge retains a wild, rugged natural beauty. The 575 hectare park protects native flora and fauna, offers spectacular views and has great opportunities for bushwalking and rock climbing.

City Visits

Sunnystones is just 45 minutes from the City of Melbourne. Why not combine your stay here with a visit to the new Melbourne Museum, Aquarium, Scienceworks, Zoo or Art Gallery. Train or bus transport can be arranged from Sunnystones.



Lerderderg Gorge

The Lerderderg Gorge is located less than 10 minutes from Sunnystones and provides a great picnic ground and numerous walks.

The Lerderderg River, which rises on the Great Dividing Range, has cut a rugged 300 metre deep gorge through sandstone and slate in its course southwards to the plains near Bacchus Marsh. The Gorge is the dominant feature of the 20,180 hectare park which also protects a wide variety of vegetation from fern gullies to dry open forest, colourful displays of spring wildflowers and some interesting relics of early gold mining.

Adventure Playground

Many schools like to take a picnic lunch for their last day. We are able to recommend some excellent Adventure Playgrounds in the area that make a great spot to stop, one of these spots is Maddingley Park, ask Sunnystones staff for directions.

Country Schools

Got an event on in Melbourne? Why not break up your trip and come and stay the night at Sunnystones? Give your students an extra experience by staying at Sunnystones and travelling into Melbourne on public transport. V-line offer regular services from Bacchus Marsh into Southern Cross Station for only \$10 return.



Ecolinc located at Bacchus Marsh Secondary College

Ecolinc, the new Science and Technology Innovations Centre, Bacchus Marsh, provides innovative curriculum programs for P-12 students which focus on sustainable environmental development practices. The Ecolinc building, an ecologically sustainable design (ESD), incorporates state-of-the-art technology and is set within an indigenous landscape featuring a model wetland that is fed by, and filters, storm water.

- . provides sustainable environmental programs for students of all ages using the resources of the Bacchus Marsh area and the technology within the Centre
- . conducts sustainable environmental workshops for the community using the Ecolinc wetland and the ESD principles of the Centre as demonstration models
- . develops and disseminates educational literature relating relating to sustainable environments
- . offers educational tours of the Centre featuring the wetland and ESD principles, and provides professional development programs relating to sustainable environment for primary and secondary teachers.



Sample Program

DAY 1

10.30am

Meet at 75 Canopus Circuit, Merrimu in the Long Forest Conservation Reserve.

Students and staff are dropped off, the bus will then ferry luggage to camp. Staff and students walk into camp via the Coimadai Track, eating morning tea along the way.

(Students to supply their own morning tea and lunch, packed into a small backpack.)

12.30pm

Arrive at Camp Sunnystones, introduction to camp and allocation of rooms.

1.30pm

The Survival Game – students work together in teams, hunting and hiding from one another in an attempt to win the game.

4.30pm

Free time and showers before tea

6.00pm

Dinner

7.30pm

Evening night walk or alternate activity– run by teachers.

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DAY 2

9.30am

Students are divided into 4 groups of approximately 15 students for the following activities:

Group A Group B

Low Ropes Course Canoeing

Rock Climbing Wall Archery

*Students in each group will complete the first activity for just over an hour and then swap to complete the remaining activity before lunch.

Morning tea will be after the first activity.

12.30pm

Lunch

1.30pm

Students swap over in the afternoon to complete the remaining activities.

Group A Group B

Canoeing Low Ropes Course

Archery Rock Climbing Wall

4.30pm

Free time and showers before tea

6.00pm

Dinner

continued over page...



DAY 3

9.30am Geocaching

12.30pm BBQ Lunch at Camp Sunnystones

1.30pm Depart Camp Sunnystones for school



Sample Menu

Day 1

Afternoon Tea

Cheese Salada's & Fruit Bowl

Dinner

Homemade Spaghetti Bolognese & Garlic bread

Butterscotch Pudding & Ice-cream

DAY 2

Breakfast

Choice of 5 cereals

Fruit and Yoghurt

Toast and spreads

Juice

Morning Tea

Chocolate Cake & Fruit Bowl

Water &/or Cordial

Lunch

Bread rolls with a choice of meat and salad filling

Fruit Platter

Water &/or Cordial

Afternoon Tea

Apple Cakes or Lamingtons & Fruit Bowl

Water &/or Cordial

Dinner

Chicken Wraps with choice of fillings

Cheesecake

DAY 3

Breakfast See Day 2

Morning Tea

Damper

Lunch

BBQ & Icy Poles

Water &/or Cordial

*special diets catered for with advance notice.



What to Bring List

The following list is provided as a guide to the camper's requirements.
All items should be identified with a name:

- . Fitted Sheet, Pillowcase & Doona/Sleeping Bag
- . Towel
- . Underwear (1 pair for each day plus one spare)
- . Socks, ankle socks NOT recommended
- . Pyjamas/nightie
- . Jumpers/windcheaters (wool or fleece keeps warm when wet)
- . Jeans/shorts/ tracksuit
- . Indoor runners sneakers or slippers
- . Outdoor sneakers/ walking shoes/ boots.
- . Toiletries, including insect repellent, sun screen.
- . Plastic bag for dirty or wet clothes
- . Hat or cap for warmth and sun protection.
- . Torch (a small torch is sufficient)
- . Waterproof jacket or coat

****At least one complete change of clothes is needed.**



LOLLIES/ SWEETS

Sweets are not recommended, however sweets are not banned. One solution to this quandary is to have teachers / leaders distribute sweets from a central collection.

DIETARY REQUIREMENTS

Children requiring special milk, butter or bread should bring these items with them. Vegetarian meals and other special diets are available and require prior notice.

ELECTRICAL

Ipods, MP3 players etc are not recommended for school camps.

CAMERAS

Cameras are permitted but no responsibility will be taken for damage or loss.



Camp Rules

CAMP PROPERTY

All breakages to camp property to be reported to the Camp Manager as they occur. Accidental breakages are acceptable, however damage caused by horseplay or vandalism will be charged on the final account.

Furniture NOT to be moved without permission.

DESIGNATED AREAS

Any area marked STAFF ONLY or PRIVATE is out of bounds to campers.

PARKING

All vehicles must be parked in the designated parking areas and are parked there at owner's risk.

CLEANLINESS

Campers are responsible for keeping the building clean. The washing and drying of dishes after meals is a communal activity. Teachers or leaders are expected to supervise and ensure that the kitchen is left clean and tidy. The dining area is to be swept after meals and the tables wiped down and cleaned

*Guests may not take food onto carpeted areas or into bunkrooms.

FIRE PRECAUTIONS

Fire fighting appliances located within the camp should not be interfered with. Leaders should familiarise themselves with their location. There are NO fires to be lit outside the building without the manager's permission; only camp staff will light fires in the designated fire pit.

TELEPHONE

Groups are expected to have their own mobile phone. The camp phone is for emergency use only.



PERSONAL POSSESSION: Campers are responsible for their own property and equipment. Sunnystones will not accept responsibility for any loss or damage.

CONCLUSION OF CAMPS: Campers are expected to sweep and clean the camp before leaving it. We ask that you also stand the dining room chairs on top of the tables before departure.

RECOMMENDED PROCEDURES: The uncontrolled consumption of lollies can lead to lolly papers littering the campsite, bunkrooms and surrounding bush. This can be avoided by lolly collection at the start of camp.

*Fair use of pool table and table tennis table can be achieved by writing a list of names up on the white board.

*Bunkroom inspection after breakfast, with points and prizes awarded, will help to maintain order.

*Allocation of groups to bunkrooms is recommended prior to arrival to avoid confusion.



Emergency Management Plan

This plan covers contingencies such as a domestic fire, bush fire and lost or runaway campers.

For full details please see the Full Emergency Response Plan at Camp Sunnystones

BACKGROUND AND RISK ASSESSMENT:

Essentially Camp Sunnystones is a safe location. It is located on 50 acres of land, which is relatively safe from bush fires. It is 8 km from the Bacchus Marsh township, which has a well-equipped hospital, an efficient well equipped fire brigade, an SES base and several doctor surgeries.

The building itself is built of rock with fire proof floors and ceilings and is extremely fire resistant. The fact that everything is in one campsite building minimises risk.

The owners and managers live in the same premises and are normally present at all times when the camp is occupied.

RESPONSIBILITY

The campsite managers, Kate & Matthew Hope, are responsible for the correct functioning of all

services such as gas, water supply, electrical services, appliances and fire fighting equipment.

In addition they are responsible for ensuring the general safety of the buildings and surrounding

pathways and equipment used by campers.



The camp director, being the person hiring the facilities, is responsible for; discipline, general health, safety, supervision and the well-being of the campers.

Duties of the camp director include:

- * Keeping a record of the personal particulars of each camper and supervisor, including name, address, emergency contact number, allergies and medical conditions.
- * Having a first aid kit and administering first aid.
- * Keeping a record of any first aid treatment administered.
- * Advising the camp manager of the details of any accident, personal injury and first aid administered to any camper.
- * Reading and becoming familiar with these emergency procedures and also the



COMMUNICATION

Within the building and the immediate surrounds, the camp manager can be contacted 24 hours a day by a contact bell system. All user groups and school groups are expected to have a mobile phone which can also be used to contact management.

The Camp possesses a large, loud school bell. Campers should be instructed to return to camp and sit in the conversation pit whenever this bell is sounded. Should a camper be missing a most difficult situation arises. Is the camper lost, simply hiding or has run away?

The Camp manager is the first line of COMMUNICATION to any outside services. In the event of being unable to contact the Camp Manager a mobile phone can be used to contact any of the emergency services, the numbers of which are listed in the User Group Information Booklet and in the Pantry.

BUSHFIRE EVACUATION PROCEDURES

It is most unlikely that “Sunnystones” would be in danger during a bush fire and evacuation would only be considered in the case of a massive fire in the area. In this case the fire would be under the control of the CFA and only under the instructions of the emergency services would the site be evacuated. The nearest disaster assembly area is Darley Park and a bus would, if needed be arranged by local authorities.



In the event of a domestic fire requiring evacuation of the building the primary assembly area would be the car park. If this was unsuitable due to smoke and proximity to the building the secondary assembly area would be the playground BBQ area.

The site has an independent water supply and a petrol driven fire pump.

Under potentially threatening bush fire conditions, bush walks should not be undertaken and all

Campers should remain in the vicinity of the buildings, prepared to take direct shelter in the buildings should a bush fire approach the site.

POWER FAILURE

Sunnystones has a limited emergency power supply which will illuminate the kitchen and hall area in the event of a power failure. This is an automatic system and will provide light in the campsite for about two hours.

ELECTROCUTION OR POWER MALFUNCTION

Sunnystones has a main switch board located outside on the west wall and a sub board located more accessibly in the Pantry. The main switch on the sub board in the pantry will turn off all light and power in the kitchen hall and generally the east side of the building.

The main board main switch will turn off the sub board and in addition the lighting and power on the west side of the building. The wiring was installed in 1992 and contains 11 individual circuits protected by circuit breakers.



GAS LEAK OR GAS FIRE

Each appliance has a turn off tap which should be used as a first resort. Should the tap be engulfed in flame the gas can be turned off at the valve located under a cover box near the conversation pit. Should it become necessary the gas can also be turned off at the bulk tank.

SPECIFIC EMERGENCIES on the following pages:

The following are listed.

Bush Fire

Power Failure

Electrocution/Power malfunction

Domestic Fire

Gas leak or fire

Lost or runaway camper

Evacuation Procedure

Medical emergency



DOMESTIC FIRE

Kitchen Store

The most likely site of a fire is the kitchen stove. A small dry powder extinguisher is located at either doorway to the kitchen. This extinguisher is suitable for cooking oil fires. A gas cut off tap is located at the bottom left of the stove. A fire blanket is located on the inside of the cupboard door below the single sink. Otherwise see gas leak or fire.

Hot water Service

The main HWS is located in the laundry and a second service in the bathroom of room 4. Both of these units have safety devices which cut off the gas supply should the pilot light extinguish. Both units have cut off taps in the service lines attached to the bottom of the appliance.

Glass Walled fire

This enclosed wood fire will generally be lit by the Camp Manager and instructions provided in its use. The nearest fire hose is located on the outside south wall of the conversation pit area.

Kitchen area wood heater

This enclosed wood heater will generally be lit by the Camp Manager and instruction provided in its use. The nearest source of water is the kitchen sink or otherwise the garden hose on the front lawn.

Laundry Dryer

The lint filter on the dryer should be cleaned before each use. The dryer should never be opened before completing its cycle, which includes a safety cooling cycle for the last 5 minutes.



LOST OR RUNAWAY CAMPER

Campers should be counted regularly, certainly before and after each outdoor activity and at all meal times.

The first procedure is to contact the camp Manager and call all of the staff and campers together to appraise the situation. The camp Manager will usually direct its search using the following procedures.

A small search party can be organised under the supervision of staff to cover the 50 acre Camp Site. A decision should be taken to restrict this activity to less than a quarter of an hour before seeking assistance from the local police and commencing a larger search.

When contacting police permission should be sought to contact local neighbours to be on the look-out. This will be done by the Camp Manager.

Several search parties of 2 or more should be organised to cover different areas and instructed

to return to Sunnystones at regular nominated times for ongoing instructions (say 20 minutes intervals).

Should a search be in progress of either the Sunnystones site or the surrounding state Park

(Long Forest) all other campers should be kept inside and engaged in a relatively quiet activity.

MEDICAL EMERGENCY

The Bacchus Marsh Hospital is marked on the accompanying map and is located in Grant St.

Bacchus Marsh. Phone: (03) 5367 2000



Emergency Numbers

GENERAL EMERGENCY NUMBER	000
B/M AMBULANCE	000
B/M HOSPITAL	5367 2000
ELECTRICITY POWERCOR	13 24 12
B/M FIRE BRIGADE	000
B/M POLICE	5366 4500
B/M DOCTORS	5367 3333 / 5367 6662 / 5367 4166

FOR FULL DETAILS SEE SUNNYSTONES EMERGENCY
RESPONSE PLAN