

# LILYDALE HIGH SCHOOL

Melba Avenue, Lilydale 3140

Telephone: 9735-5644

Facsimile: 9735-3552

Email: [lilydale.hs@edumail.vic.gov.au](mailto:lilydale.hs@edumail.vic.gov.au)

Website: [www.lilydale.hs.vic.edu.au](http://www.lilydale.hs.vic.edu.au)



17<sup>th</sup> August, 2009

Dear Parents/Guardians

As part of the practical component of the Duke of Edinburgh Award program, an **introductory session of river sledding will be run on the Yarra River at Wonga Park/Warrandyte**. This session aims to develop introductory skills and required knowledge in preparation for the Wabonga Plateau/King River journey in November. The section to be used as our training ground is the Yarra River upstream of Warrandyte. This activity will take place on class 1- 2 moving white-water. Students will learn river safety skills, river signals, how to manoeuvre a river sled and other relevant white-water training.

**This itinerary may alter subject to weather or river conditions.**

**Session date:** Thursday 17<sup>th</sup> September, 2009 (last week of term 3)

**Starting / finishing point:** Lilydale High School – Outdoor Education Shed

## Timings

- **10:28-10:35am – (start of recess) -students to get changed at school**
- **Depart at 10:35am (from Outdoor Education Shed) – Recess**
- **Return to Lilydale High School approximately 2:54pm. There is a possibility that this trip may return back to school later.** Students can use the school mobile telephone to call Parents/Guardians if this is required.

**Transport:** Small bus and trailer

## Clothing / Equipment

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Wet shoes</b> with thick woollen socks ( <b>old runners</b> )<br><b>NO SANDALS</b> or wetsuit booties – as they need to protect the toe and there may be a long walk as part of this session | <input type="checkbox"/> Over Pants (supplied if cold weather)                      |
| <input type="checkbox"/> Complete change of dry clothes and footwear (left in bus at end) – students are to use school uniform for this  | <input type="checkbox"/> Waterproof jacket ((supplied if cold weather)              |
| <input type="checkbox"/> Wetsuit (only if you have one) – this is <b>OPTIONAL</b> and only bring it if you have access to one at home, generally not required for this activity  | <input type="checkbox"/> Snack foods & LUNCH  |
| <input type="checkbox"/> <b>1 x Thermal top &amp; long johns</b>   | <input type="checkbox"/> 1x 1 litre Water bottle (filled)                           |
| <input type="checkbox"/> <b>1 x Woollen / fleece jumper</b>  | <input type="checkbox"/> Sun Hat (cap to wear under helmet) & Woollen/fleece beanie |
| <input type="checkbox"/> Shorts / bathers  | <input type="checkbox"/> Sunscreen  |
|  | <input type="checkbox"/> Day pack or other bag (to put listed items in)             |
|  | <input type="checkbox"/> Sunglasses (optional and may need a strap to prevent loss) |
|  | <input type="checkbox"/> Garbage bag for wet clothes                                |

Please be prepared for any weather conditions. The session will still run even if the weather is inclement, so students will need to be prepared to be outside and get wet for the duration of the activity.

**Please fully complete the attached Indemnity Form and return to Mr Glenn Hobday by Thursday 27<sup>th</sup> August. Please inform me of any changes or updates to your son/daughter's medical conditions (as stated on the medical form you completed at the start of semester).**

Please note that school rules apply to these sessions and any inappropriate behaviour will not be tolerated and may affect your son/daughter's participation in future programs or activities. **The emergency contact during these sessions is the office on (03)9735-5644.**

If you have any further queries, please feel free to contact Mr Glenn Hobday on ☎(03)9735-5644 or email [hobday.glenn.p@edumail.vic.gov.au](mailto:hobday.glenn.p@edumail.vic.gov.au)

Sincerely,

**Glenn Hobday**

Coordinator of Advance and Outdoor Education