5. PLANNING A TRIP IN THE OUTDOORS

5.1 ORGANISATION OF OUTDOOR SAFETY

When planning a visit to the outdoors, follow your school’s policy to make sure the correct procedures are being followed. You will need to do a risk analysis and management plan for your visit - a sample RAM sheet is included in the Teachers’ Resource section (p??). It is preferable that at least one person on the trip is a qualified first aider.

Points to Remember
Brief students on outdoor safety before the visit, and remind them again on arrival. The following are some safety points you might like to use when considering water investigations:-

- Ensure that the students have suitable swimwear, sun protection and dry clothing to change into.
- Signed medication form giving teacher’s permission to medicate a student if necessary.
- List of any health problems kept with the first aid kits – all teachers to carry a small portable kit – ensure any special medication is on every trip with that student aware of who has her/his medication.
- Known emergency signal where all students stop and stand still.
- No student beyond a nominated adult in the water and another adult on the beach overseeing the entire class, acting as “lifeguard”.
- All students should be well within their depth.
- If out in boats, lifejackets should be worn and fitted correctly. They should also have been tested for buoyancy.
- Number the students … for quick check ups.
- Buddy the students up.
- Adults responsible for small group each. Make sure these adults understand that they must keep their group with them and must expect sensible behaviour at all times.

For helpful resources, see the 3.? ‘Be Prepared Activity’, Teachers’ Resource Section, p?.

5.2 ENVIRONMENTAL CARE
Developing positive attitudes and values towards the environment is a major factor in any visit to the outdoors and most of the activities included have this aim. The following code includes aspects that need to be considered when in the outdoors. Students could write their own code of caring, make up slogans and create some activities based around them (see pre-visit activities).

**Protect Plants and Creatures**
Treat Aotearoa/New Zealand’s natural ecosystems and creatures with care and respect, they are unique and rare.

**Keep to the Track**
By keeping to the track, where one exists, you lessen the chance of damaging fragile plants and creatures.

**Remove Rubbish**
Ensure that you leave no rubbish and pick up any that you do see.

Take only photos, leave only footprints

**Camp Carefully**
Leave no trace of your visit

**Keep Streams and Lakes Clean**
Wash well away from the water source and drain soapy water into soil to ensure that harmful detergents are filtered before re-entering the water source.

**Take Care with Fires**
If you do light a fire ensure that you have a fire permit (many areas have fire bans on them), then keep it small and use only dead wood. Make sure that you have doused it with water and that all the ashes are dead before leaving it.

**Consider Others**
Be considerate of others in the area, they have a right to visit the area and enjoy it in their own way as well.

**Respect Your Cultural Heritage**
Learn about the history of the area, treat the area with respect, many places in Aotearoa/New Zealand have historical and spiritual significance.

**Enjoy Your Visit**
Enjoy the experience. Take a last look before leaving the area; will the next visitor know you have been there? Protect the environment for your own sake, for the sake of those who come after you, and for the environment itself.

Toitu te Whenua

*Leave the land undisturbed*

(Acknowledgement to Kiwi Outdoors, The Hilary Commission)