



**Expedition Handbook**

**DISCOVER**

**HIGH SEAS**

**Version 1**

**Event Management Centre: 08 6240 7777**

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# 2 Document management

Version	Date	Editor	Changes
1	12 December 2025	Event Director	Document creation



# OneCamp 2026 Code of Conduct

## Behaviour we would like to see:

- Being respectful, kind, helpful and caring
- Encouraging and supporting others
- Being prepared and organised
- Being inclusive of others

## Behaviour that needs permission:

- Touching anyone, including hugs
- Take or share photos or personal information
- Touching equipment that isn't yours
- Wearing another person's clothing or accessories

## Behaviour that is inappropriate:

- Not fulfilling your duties
- Swearing or yelling
- Excluding others
- Being impatient
- Name calling
- Being somewhere you shouldn't be

## Behaviour that is harmful or unsafe:

- Not asking permission before touching someone or something
- Persisting with inappropriate behaviour
- Bullying, harassment or discriminating behaviour
- Partaking in drugs, alcohol, cigarettes or vape
- Any sexual interactions
- Any violent or threatening behaviour
- Any illegal behaviour



## 4 Communication

### 4.1 Expedition Lead contact

Your Expedition Lead is Barbara de la Hunty.

They can be contacted at [barbara.delahunty@scoutswa.com.au](mailto:barbara.delahunty@scoutswa.com.au).

### 4.2 Expedition briefing

A compulsory Expedition briefing will be held to ensure all participants are aware of the key arrangements and can be well prepared for their experience. The briefing will be held online.

**Date:** Wednesday 1 April 2026

**Time:** 6:00pm Australian Western Standard Time

**Online meeting link:** <https://teams.microsoft.com/meet/41448724627295?p=pzMx0zYW3rE9JZDXx1>

### 4.3 Mobile device guidelines

The Event Team acknowledges that technology has become an important tool in our society. However, the event also recognises the wellbeing, child safety, security, and logistical risks around mobile technology. The Event Team has released these guidelines to assist Line Leaders, youth participants, and their parents/guardians in deciding whether to take mobile devices to OneCamp:

- The Event will accept no responsibility for lost, stolen or damaged mobile devices.
- There will be no facilities made available to youth participants at any time for direct charging of mobile devices. The onsite Shop is offering a swap 'n' go arrangement for rechargeable battery packs that have been pre-purchased from the Scout Shop.
- Large portable electronic devices such as laptops, iPads and portable electronic gaming devices should not be brought to OneCamp.
- Expeditions cannot decide to ban youth members in their Expedition from bringing their mobile device. However, Expedition Unit Councils are responsible for determining specific rules for use of mobile devices in their Unit. The Expedition Lead should provide advice to the Unit Council. For example, the Unit Council may decide that mobile devices can be accessed after dinner and before bedtime each day. At all other times, mobile devices should be securely stored in the Unit safe.
- Expedition Leads may request that youth members and their parents/guardians sign an informal contract regarding use of the mobile device at the Jamboree.

Youth participants are not to use their personal electronic device in a sleeping tent, inside toilet/shower facilities or in other changing areas. Youth participants who choose to break this rule will find their device confiscated for the duration of the event, and, depending on the circumstances, may be asked to leave the event. Confiscated devices will be stored with the Expedition Lead and handed back to parents at the end of the event.



## 4.4 Initial communication

Below is the initial communication that was sent to all applicants on allocation to this Expedition.

Hello

We're thrilled to write with an update on your OneCamp 2026 application. Your application has been approved and you have been allocated to an Expedition in line with the preferences listed in your online application.

Your allocated Expedition is: Discover High Seas.

Please carefully read the information below regarding your Expedition allocation.

*Expedition Lead*

The Expedition Lead is responsible for overseeing and supporting your Expedition on the ground during OneCamp 2026.

The Expedition Lead for Discover High Seas is Barb de la Hunty.

*Inherent requirements*

Scouts WA is an inclusive youth organisation that provides a wide range of activities for youth members. However, not every activity is suitable for everyone due to the inherent requirements of the activity.

The Discover High Seas Expedition will include the following activities, and participants should be capable of active engagement in each activity:

*Outline of activity 1 – Sailing a Tall Ship as a working member of the Crew.*

You will be assigned into 1 of 4 Watches – each Watch has 10 people working together to sail the ship for the duration of the voyage.

*Tasks will include:*

: hauling on the heaving lines with 10 or 20 other people to help raise the sails and change their direction - "setting" the sails. There are 16 different sails on board!

: Taking your turn on Nightwatch as we sail through the night. This will include doing engineering checks and taking navigation readings.

: Learn all aspects of how the ship is run, including taking your turn at the helm, on the big steering wheel.

*Outline of activity 2 - Although this is a sailing experience like no other, it is also a high ropes experience like no other!*

If you are physically capable of supporting your own weight for 15 seconds by hanging from your hands, then you will be permitted to (in climbing harness) climb up the rigging to the masts to learn how to help set and adjust the sails. Note that you will not be forced to climb if you discover that scaling those heights is beyond you, but it does mean that you would need to be assigned to different tasks on deck.

*Outline of activity 3 – Everyone on board will pitch in to keep the ship moving, but also to keep our surroundings clean and healthy.*

*Tasks will include:*

: Cleaning a different part of the ship each day during "Happy Hour"

: Taking a turn on Galley Duty

: Work together with the other members of your Watch to complete assigned tasks, but also to have fun, make new friends, and contribute to skits/singing/performing. There is a guitar on board. If you know how to play the guitar your services will be in demand.

: Note 1 - getting "seasick" happens to some people, but generally people get over it after a day or so when they



have adjusted to the movements of the ship. People will look after you if you get seasick, but you may need to put up with some discomfort for a day or so. You won't be expected to work if you are not well, but you would generally find that having a task to do takes your mind off your discomfort somewhat.

: Note 2 - sleeping accommodation is in bunk beds in group cabins, usually of 6 persons - no-one gets a room to themselves - so be prepared for that.

In addition to the advertised OneCamp 2026 eligibility criteria, we recommend that participants meet the following requirements for this Expedition:

- Able to walk/hike 2-3 kilometres over medium terrain each day – you will do a lot of walking up and down the ship, and the timber deck is sometimes on quite a lean when we are sailing in stiff breezes, and can sometimes be wet with spray or rain.

Please consider whether this Expedition is suitable for your personal circumstances based on the inherent requirements outline above. If you wish to move to another Expedition, please email [onecamp@scoutswa.com.au](mailto:onecamp@scoutswa.com.au) to discuss available options.

#### Packing list

Be aware of the following special equipment that may be required for this Expedition:

- Own sleeping bag.
- Sturdy lace-up shoes with good grip – eg hiking shoes or boots with good grip, but which are comfortable enough to wear for 5 days.
- Sun-protective clothing, especially a hat with a string. If you're up in the rigging and your hat blows off your head and overboard, we will not be turning around to go back for it.

A detailed personal packing list will be distributed closer to our departure.

#### Payments

The Expedition fee is \$2,090. The payment schedule for this Expedition is as follows:

- Deposit (\$300) – due upon application
- Instalment (\$750) – due upon allocation to the Expedition (due now)
- Final payment (\$1,040) – due 1 February 2026.

Please log in to your online application to make your instalment payment of \$750 that is due on allocation to the Expedition. Failure to make payments in line with the above payment schedule may lead to withdrawal from the Expedition so your place can be allocated to another Venturer Scout or Rover Scout.

#### Inclusions

The Expedition fee includes the following items:

- Catering and accommodation for the duration of the Expedition
- Expedition activity program
- Expedition badges.

Please be aware that OneCamp merchandise is part of the Core Camp fee. If you have selected the Expedition Only option for OneCamp 2026, you will not receive a OneCamp shirt or a OneCamp badge. You will receive Expedition Badges. If you would like to purchase a OneCamp 2026 shirt, you can do so on the Merch tab of your online application.

#### Questions

Should you have any further questions, please get in touch with the OneCamp Team by emailing [onecamp@scoutswa.com.au](mailto:onecamp@scoutswa.com.au)



## 5 Travel

Expedition participants in metropolitan Perth (Joondalup to Mandurah) will need to make their own way to the Expedition meeting point.

Expedition participants in regional Western Australia (Newman, Karratha, Geraldton, Mount Barker, Bunbury, Kalgoorlie) who are participating in an Expedition and the Core Camp will have transport organised to the Expedition meeting point by the OneCamp Event Team. Please note, no transport is provided for regional participants who are doing the Expedition Only option.

Interstate Expedition participants will be collected from Perth Airport and transferred to their Expedition meeting point. Interstate participants for this Expedition are encouraged to arrive on 9 April 2026 so that they can be transferred to the meeting point on the following day in time for their Expedition departure. The OneCamp Event Team will organise overnight accommodation and catering for these interstate participants.

There may be some specific travel arrangements that have been planned for you – if you are unsure, please contact the Event Team by emailing [onecamp@scoutswa.com.au](mailto:onecamp@scoutswa.com.au).

### 5.1 Meeting point

The meeting point is: Swan Valley Adventure Centre, 58 Yule Avenue Middle Swan.

Please ensure you are at the meeting point by this time: 5:00am on Friday 10 April 2026. The bus will depart at 5:30am.

There is an option to stay overnight at the Swan Valley Adventure Centre on the evening of Thursday 9 April 2026 so you are at the bus departure point ready for the early bus departure. Participants are strongly encouraged to take up this opportunity. Breakfast will be provided, and participants are welcome to arrive at the Swan Valley Adventure Centre from 7:00pm on Thursday 9 April 2026. Please note that no dinner will be provided on Thursday 9 April 2026 – please eat dinner before you arrive (except for interstate participants – dinner will be provided for interstate attendees on 9 April 2026).

### 5.2 Collection point

If you are attending the OneCamp Core Camp, you will be transferred directly from your Expedition to the OneCamp event site in the Swan Valley Adventure Centre.

If you are not attending the Core Camp, you will need to be collected as per the details below.

Collection point: B Shed Wharf, Fremantle Harbour

Collection time: 1:00pm on Tuesday 14 April 2026.



## 6 Itinerary

### 6.1 Day 1 – 10 April 2026

Timing	Activity	Location	Responsibility
0530	Bus departs for Busselton	SVAC	OneCamp 2026
	Arrive Busselton Jetty	Busselton	OneCamp 2026
	Embark onto STS Leeuwin II	Busselton Jetty	Barb de la Hunty
	Bump In: assigned bunks, stow gear, issued safety equipment, safety briefing, training commences.	Busselton Jetty	Leeuwin Ocean Adventure Foundation / Ship's Crew
	Ship departs	Geographe Bay	Ship's Crew
	Voyage to Fremantle, through day and night, as weather conditions dictate	Indian Ocean, somewhere of the coast of WA!	Ship's Crew
	Each day will teach new skills and provide new challenges for the bold!		Ship's Crew

### 6.2 Day 2 – 11 April 2026

Timing	Activity	Location	Responsibility
	Voyage continues, through day and night, as weather conditions dictate	Indian Ocean, somewhere of the coast of WA!	Ship's Crew
	Each day will teach new skills and provide new challenges for the bold!		Ship's Crew

### 6.3 Day 3 – 12 April 2026

Timing	Activity	Location	Responsibility
	Voyage to continues, through day and night, as weather conditions dictate	Indian Ocean, somewhere of the coast of WA!	Ship's Crew
	Each day will teach new skills and provide new challenges for the bold!		Ship's Crew

### 6.4 Day 4 – 13 April 2026

Timing	Activity	Location	Responsibility
	Voyage continues, through day and night, as weather conditions dictate	Indian Ocean, somewhere of the coast of WA!	Ship's Crew
	Each day will teach new skills and provide new challenges for the bold!		Ship's Crew



## 6.5 Day 5 – 14 April 2026

Timing	Activity	Location	Responsibility
	Voyage continues, through day and night, as weather conditions dictate	Indian Ocean, somewhere of the coast of WA!	Ship's Crew
	Ship arrives into Fremantle Harbour	Fremantle Harbour	Ship's Crew
	Ship berths at B Shed Wharf	B Shed Wharf	Ship's Crew
	Final gathering on board, time for farewells, thank yous, and photos	On board ship at B Shed Wharf	Ship's Crew / Barb de la Hunty
	OneCamp 2026 voyagers disembark	B Shed Wharf	Ship's Crew
	OneCamp 2026 continuing Participants onto bus to OneCamp	Bus area outside Gage Roads	OneCamp 2026
	Other Scout voyagers who are not continuing on to OneCamp site at SVC are to be collected by Parent / Guardian	Bus area outside Gage Roads	Barb de la Hunty



## 7 Personal gear list

All of your gear (other than sleeping bag) must be packed into a medium-sized soft bag eg medium-sized backpack or carry bag. Do not bring your things packed into a hard case. Oversize bags and cases will be placed into the hold for the duration of the voyage, and you will not be able to access them until the end of the voyage. Refer to the photos which will be shown during the online briefing to get an idea of how much space your things need to fit into during the voyage.

- Choose darker colours and older clothes to wear, rather than your best pastel-shade leggings.
- Only bring a small tube of your toiletries such as shampoo – the little tubes of soap, shampoo and conditioner you get from hotels are ideal. They don't take up as much space.
- Save a change of clean clothes in a separate bag to wear back to Camp after your voyage.
- You will be provided with warm, waterproof, high-vis pants and jacket to wear on deck during the night and in stormy weather, but bring a rainjacket to stay dry during your transfer from Bus to Ship and back to Camp, just in case it's raining when we travel.

### CLOTHING

Scout Scarf	
Activity shirt or OneCamp Shirt	
Collared, long-sleeved shirts for 5 days	
Long Shorts / long, lightweight quick dry pants / leggings – no "short" shorts, and no skirts	
Pyjamas	
2 pairs of enclosed shoes with good grip soles suitable for getting wet, no sandals or thongs	
5 pairs of warm socks – if your feet get wet, you'll need a change of dry socks each day	
Bathers / rashie	
Jumper / warm sweater / hoodie	
Underwear for 5 days	
Thermals if you have them	
Hat – with chin strap or cord	
Beanie for warmth at night	

### PERSONAL ITEMS / TOILETRIES

Soap	
Toothbrush/toothpaste	
Brush/comb	
Shampoo/Conditioner	
Sunscreen	
Deodorant: <u>no spray cans!</u> Roll-on or Stick Deodorant only	
Insect repellent	
Sanitary products	
Small personal first aid kit	
Hand sanitizer	
Lip balm	

### OTHER

Water bottle	
Plastic bag / laundry bag for wet / dirty clothes	
Sunglasses with a strap	
Book to read, or, cards	
Spending money	
Pillowcase, and your own pillow if you prefer it	



Sleeping bag	
Single bed flat sheet	
Towel	
A small camera, but it must be able to be secured with a lanyard	
A note pad and pen	



## 8 Accommodation

The accommodation for this Expedition will be shared bunk cabins of 6 people

Expedition participants will require a sleeping bag, single flat sheet, pillowcase. Own pillow may be brought.

## 9 Catering

A general menu is outline below. Please contact the Expedition Lead if you have any concerns regarding the menu or would like to discuss modified dietary requirements.

### 9.1 Menu

Menu – each day will feature a different hot option at every meal, including for breakfast. Dietary issues and preferences are catered for if they have been provided prior to the voyage in the medical documentation lodged with Leeuwin.

Meal	Menu
Breakfast	Cereals including muesli always available, yoghurt, toast (make your own), fruit, plus a different hot breakfast option each day – eggs etc.
Morning tea	Selection of fruit, cookies, sometimes freshly-baked cake or scones
Lunch	Substantial meal, usually hot, including veges, salad, fruit. A different lunch each day.
Afternoon tea	Selection of fruit, cookies, sometimes freshly-baked cake or scones
Dinner	Substantial hot meal, including veges, salad, dessert, fruit. A different dinner each evening.
Supper	Cookies, fruit. Note that fruit, tea, coffee, chilled water, and cordial are always available.



## 10 Health & Wellbeing

It is imperative that participant’s personal, medical, and dietary information is recorded and updated as necessary in the online event application system. Should the applicant’s medical conditions change from the information provided on their initial application, it is the obligation of the applicant (or parent/guardian) to update the online event application system.

### 10.1 Medication

Medication without packaging and correct instructions cannot be given. If sending paracetamol, it must be in the box with the prescribed dose written on it. Paracetamol should be listed under the medications section in the online application system.

Asthma puffers and EpiPen’s should be carried by the youth member who requires it.

### 10.2 Medication dispensing chart

Venturer Scouts may self-administer medication depending on their personal circumstances – Expedition Leads should discuss this with the Venturer Scout and their family. Rover Scouts should self-administer medication.

A digital version of the medication chart is available by emailing [onecamp@scoutswa.com.au](mailto:onecamp@scoutswa.com.au).

## MEDICATION CHART



NAME		UNIT	
DOB		GROUP	

MEDICINE PRESCRIBED	DOSE	FREQUENCY

DATE	TIME	MEDICINE	DOSE	LEADER 1 SIGN	LEADER 2 SIGN	YOUTH SIGN	DATE	TIME	MEDICINE	DOSE	LEADER 1 SIGN	LEADER 2 SIGN	YOUTH SIGN

COMMENTS



## 10.3 First aid kits

Each Expedition will have a first aid kit readily available.

Kits should be thoroughly checked prior to OneCamp and replenished as needed. This will be a Unit responsibility, as the OneCamp organisers will not replace items from a first aid kit. Leaders should supervise the use of first aid kits and a Unit register should be kept listing the date, time, name, complaint, and treatment given. This will help medical staff to better administer care should the need arise.

Leaders must not administer any medications without the specific written permission and instructions from parents/guardians.

Recommended contents for OneCamp Unit first aid kits:

- Gloves
- Band-aids (good quality fabric band-aids in a range of sizes)
- Antibacterial cream
- Cold packs
- Stingose/Stop Itch
- Splinter probes
- Decent tweezers (slant point)
- Small magnifying glass
- Aloe vera/after sun gel
- Tissues
- Salbutamol/Ventolin (spare – available over the counter from chemist) and small spacer
- Oral rehydration solution (eg Hydralyte)
- Sterile eye irrigation solution (normal saline) and eye bath
- Fixamol
- Burn gel
- Bandages
- Micropore tape or similar
- Sanitary supplies (pads and tampons)

Note that this is not an exhaustive list.



## 10.4 Possible injuries and illnesses

Please find a list of illnesses and injuries which may be expected to occur during Jamboree. This is not an exhaustive list but is provided based on information available about illnesses and injuries experienced at similar camps. Some advice about how to manage these within your units is also provided, with a list of recommended first aid supplies.

Please use the ISOBAR format to record information. We have provided a form to help you gather useful information and facilitate completion of an incident report.

Also note:

- Ensure your own safety when providing care to others.
- Provide care within the limits of your own training, experience, and skills.
- St John First Responder App provides good basic first aid advice.
- Ask for help and/or refer on if you are unsure or overwhelmed.
- If your management of the health/wellbeing situation is not working, refer on.
- If you are at all concerned, call the Event Management Centre.

Type of illness	Expected management within Units	To be referred beyond the Unit
Dermatological	<ul style="list-style-type: none"> <li>• Mild localised reaction to bites/stings – ‘Stingose’/‘Soov’, ice pack, antihistamines if provided</li> <li>• Long term rashes/eczema – management provided</li> <li>• Blisters – keep intact, appropriate dressing/coverage</li> <li>• Splinter removal – clean, splinter probe to remove, appropriate dressing</li> <li>• Sunburn – aloe vera or after-sun lotion/gel</li> <li>• Chafing/friction – chafing cream</li> </ul>	<ul style="list-style-type: none"> <li>• New rashes, especially if any other features of illness (eg lethargy, fever)</li> <li>• Infected wounds/cellulitis</li> <li>• Abscess</li> <li>• Infected ingrown toenail</li> <li>• Tick removal – REFER EVERYONE FOR TICK REMOVAL</li> </ul>
Ear, Nose & Throat	<ul style="list-style-type: none"> <li>• Nosebleed – tip head forward, pinch soft part of nostril</li> </ul>	<ul style="list-style-type: none"> <li>• Nosebleed lasting more than 10 minutes</li> <li>• Unwell with fever</li> <li>• Ear infection/pain</li> <li>• Sore throat, runny nose (viral)</li> </ul>
Respiratory	<ul style="list-style-type: none"> <li>• Mild asthma in known asthmatic - reliever medication provided</li> <li>• Chronic cough – usual management</li> </ul>	<ul style="list-style-type: none"> <li>• New, ongoing shortness of breath</li> <li>• Severe shortness of breath</li> <li>• Asthma not responding to reliever medication</li> </ul>
Cardiovascular	<ul style="list-style-type: none"> <li>• Simple chest discomfort (a young person and with no associated symptoms or history of trauma) – rest, paracetamol/ibuprofen if provided</li> </ul>	<ul style="list-style-type: none"> <li>• Complex chest pain (with shortness of breath, racing heart, sweats, pallor)</li> <li>• Persistent palpitations/racing heart</li> <li>• Any allergic reaction with known anaphylaxis</li> <li>• Anaphylaxis</li> </ul>
Gastrointestinal	<ul style="list-style-type: none"> <li>• Mild abdominal pain without other symptoms – reassurance, distraction</li> <li>• Constipation without abdominal pain – plenty of water and high fibre foods</li> </ul>	<ul style="list-style-type: none"> <li>• Abdominal pain with nausea or vomiting</li> <li>• Severe abdominal pain</li> <li>• Vomiting and/or diarrhoea</li> <li>• Prolonged constipation with or without abdominal pain</li> </ul>
Genito-urinary	<ul style="list-style-type: none"> <li>• Bed-wetting – normalise, reassure, no-fuss, hygiene measures</li> </ul>	<ul style="list-style-type: none"> <li>• Any new urinary symptoms (pain, increased frequency)</li> <li>• Brand new bed-wetting</li> </ul>



Type of illness	Expected management within Units	To be referred beyond the Unit
Neurological	<ul style="list-style-type: none"> <li>· Mild headache – plenty of water, rest, paracetamol/ibuprofen if provided</li> <li>· Simple light headedness (a young person with no associated symptoms) – plenty of water, rest</li> </ul>	<ul style="list-style-type: none"> <li>· Headaches lasting beyond one hour despite rehydration, rest, analgesia (if prescribed)</li> <li>· Faints</li> <li>· Seizures</li> </ul>
Endocrine	<ul style="list-style-type: none"> <li>· Diabetes within provided management plan – as per management plan</li> </ul>	<ul style="list-style-type: none"> <li>· Unwell person with diabetes or other endocrine disorder</li> <li>· Low or high blood sugar not responding to treatment plan</li> </ul>
Musculoskeletal (no trauma)	<ul style="list-style-type: none"> <li>· Mild aches and pains – rest, paracetamol/ibuprofen if provided</li> </ul>	<ul style="list-style-type: none"> <li>· Persistent pain</li> <li>· Swollen and/or red joints</li> <li>· Painful joints with fever</li> </ul>
Psychological	<ul style="list-style-type: none"> <li>· Feeling anxious</li> <li>· Feeling down</li> <li>· Feeling lonely</li> <li>· Feeling overwhelmed</li> <li>· Homesickness</li> </ul> <p>Treatment: normalise feelings, distraction, calm activities, focus on the positive, food and drink, down-time</p>	<ul style="list-style-type: none"> <li>· Psychosis (hallucinations, delusions, paranoid ideas, bizarre/agitated behaviour)</li> <li>· Suicidal or self-harm ideation or action</li> </ul>
General	<ul style="list-style-type: none"> <li>· Mild dehydration (still passing urine) – plenty of fluid including oral rehydration solution/icy poles (eg. Hydralyte), rest</li> <li>· Physical or mental exhaustion or overwhelm – down-time, eat and drink, support of others</li> </ul>	<ul style="list-style-type: none"> <li>· Heat exhaustion</li> <li>· Anyone struggling to cope with what they are supposed to be doing</li> </ul>
Lacerations/cuts	<ul style="list-style-type: none"> <li>· Small, superficial lacerations/cuts – clean wounds, bandaids</li> </ul>	<ul style="list-style-type: none"> <li>· Lacerations on the face</li> <li>· Deep lacerations</li> <li>· Large lacerations</li> <li>· Ongoing bleeding</li> </ul>
Abrasions/scrapes	<ul style="list-style-type: none"> <li>· Most abrasions/scrapes – clean wounds, bandaids</li> </ul>	<ul style="list-style-type: none"> <li>· Ongoing bleeding</li> <li>· Signs infection</li> </ul>
Snake bite	<ul style="list-style-type: none"> <li>· Compression bandaging, remain in place and keep still, call for help</li> </ul>	<ul style="list-style-type: none"> <li>· Snake bite</li> </ul>
Sprain/strain	<ul style="list-style-type: none"> <li>· Simple sprain/strain – rest, ice, compression, elevation, paracetamol/ibuprofen if provided</li> </ul>	<ul style="list-style-type: none"> <li>· Any concerns regarding possible fracture</li> <li>· Significant bruising or swelling</li> </ul>
Fracture	<ul style="list-style-type: none"> <li>· Simple sprain/strain – rest, ice, compression, elevation</li> </ul>	<ul style="list-style-type: none"> <li>· Any obvious fracture (we will go to them)</li> </ul>
Dislocation /subluxation	<ul style="list-style-type: none"> <li>· Keep still, paracetamol/ibuprofen if provided</li> </ul>	<ul style="list-style-type: none"> <li>· Any dislocation/subluxation</li> </ul>
Head injury	<ul style="list-style-type: none"> <li>· Simple knock when moving eg. on tree branch, without any repercussions – rest, plenty of water, paracetamol/ibuprofen if provided</li> </ul>	<ul style="list-style-type: none"> <li>· Any loss of consciousness, nausea, vomiting, severe headache, confusion, weakness, seizure, severe mechanism (fall &gt; 1.5m, high speed, high impact)</li> </ul>
Eye foreign body / corneal abrasion	<ul style="list-style-type: none"> <li>· Dust in eye – wash out with normal saline/eye bath</li> </ul>	<ul style="list-style-type: none"> <li>· Any eye pain, especially with impaired vision</li> </ul>
Burns – heat and chemical	<ul style="list-style-type: none"> <li>· Simple, small superficial burns – burn gel</li> </ul>	<ul style="list-style-type: none"> <li>· Burns on face or hand</li> <li>· Burns elsewhere on body, larger than palm of hand of injured person</li> </ul>
Medication overdose		<ul style="list-style-type: none"> <li>· Refer all medication overdoses to Health and Wellbeing Team</li> </ul>



## 10.5 ISOBAR record sheet

Please use the ISOBAR format to record information. We have provided a form to help you gather useful information and facilitate completion of an incident report.

<b>I-Identify</b> yourself, the patient and the unit and location (home unit or activity) and best contact details	<b>S-Situation</b> – Why are you calling? Briefly state the problem	<b>O-Observations</b> (what you can see)	<b>B-Background</b> – any information relevant to the problem (e.g. injuries, medical conditions)	<b>A-Action</b> taken so far and agreed plan going forward	<b>R-Read-back</b> – ensure everyone understands the plan
Time            AM/PM Date    /    /					
Time            AM/PM Date    /    /					
Time            AM/PM Date    /    /					



# FIX YOUR FATIGUE

Fatigue is the physical and psychological condition that accumulates when an individual's physical and mental capabilities are exceeded. It exhibits as a decrease in both physical and mental performance.



## REGULAR SLEEP

Don't be tempted by the peace and quiet of a campsite to enjoy social time. You need sleep too.



## HYDRATE OFTEN

Don't sip a water bottle, that's just topping up. Drink a whole cup every time you have a meal or snack



## HEALTHY MEALS

Sit down and relax at each meal. Eat until you are full and get a balanced diet throughout the day. Proteins and veggies rule!



## FREQUENT BREAKS

Share the load, support each other, take a power nap, snooze on the bus, take a time out.



## BALANCE MOVE & REST

Sitting too long is as bad as working too long. Be mindful of your own needs both physically and mentally

FATIGUE WILL AFFECT YOUR ALERTNESS,  
YOUR ABILITY TO COPE AND LAST THE DISTANCE,  
YOUR PERFORMANCE,  
YOUR HEALTH, YOUR MOOD,  
AND MOST IMPORTANTLY

# YOUR SAFETY



### WARNING SIGNS OF FATIGUE

- ⇒ Always feeling sleepy
- ⇒ Slowed reaction times
- ⇒ Poor coordination
- ⇒ Unable to concentrate
- ⇒ Making lots of mistakes
- ⇒ Impaired decision making
- ⇒ Bad mood
- ⇒ Poor communication

## 11 Child safety

All adults attending OneCamp 2026 must have completed the SP-Child Safe on-demand training module prior to arriving at the event.

Everyone in Scouts, youth and adults alike, have the right to feel safe and be protected from harm. No-one is allowed to threaten you, hurt you or make you feel uncomfortable, unsafe, or afraid. A Scout is respectful, and this applies to all interactions between all participants, youth and adult, at OneCamp.

Youth Members have been advised that they can raise issues with Adults at OneCamp, and that any concerns will be taken seriously and treated appropriately. Youth Members are also invited to escalate their concerns if they feel it is needed and you should not discourage this.

If you have a concern, or a concern is raised with you, please raise it with the Event Management Centre by calling the number on your ID tag.

All concerns will be taken seriously and dealt with appropriately.

**Not more than 3 weeks before OneCamp 2026, Group Leaders must ensure that Youth are reminded of their right to feel safe and that they should report any unacceptable behaviour to an Adult, which will be received without recrimination.**

If a youth member or adult member discloses abuse to you or you become aware of abuse, YOU MUST report it immediately to the Event Management Centre by calling the number on your ID tag.

### 11.1 Types of abuse

Without fail, Adults must report immediately any disclosure, allegation, or suspicion of abuse of children. Abuse may include: physical abuse, emotional abuse, sexual abuse, grooming, neglect, exposure to domestic violence.

### 11.2 Two adults present policy

When Adults are supervising and conducting Scouting activities involving Youth Members, at least two Adults must be present, except in unexpected, unusual, and unforeseen (emergency) circumstances.

While the minimum ratio of Adults to Youth will vary from activity to activity, a minimum of two Adults is always required. This requirement is to protect Youth as well as Adults and is often referred to as "Two-Deep" leadership.

In the context of a major Scouting event, the following considerations are applied to the two deep policy:

- there will be many adults attending the OneCamp 2026 activity. Across the event site there will be many adults in attendance. It is not necessary for adults to walk in pairs around the event site, for example to and from the bathroom facilities.
- it is suggested that one adult member is always at your campsite to ensure the security of your site. You may work with your neighbouring campsite so that in the vicinity of your campsite there are two or more adult members present.



## 11.3 Feeling safe in scouting

All Units should display this poster in their campsite – consider posting it on your gateway, or in your dining area.

# Feeling safe in Scouting

All members have the right!



**Tell an adult if you experience **ANYTHING** that makes you feel unsafe or unsure**



**I know five adults that are my safe place and I can tell them anything**



**Secrets that make me feel bad or uncomfortable are not safe... I can tell my safe people straight away**



**How you feel is important and we will always listen**



**Everyone here will do their best to make you feel safe and cared for**



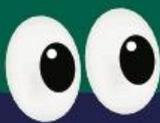
**My body is my body and it belongs to me... I can say **NO** to any type of touch – all of my body is my private business**



**If you are scared... if someone hurt your body... if someone makes you feel very sad – talk to your safe place people**

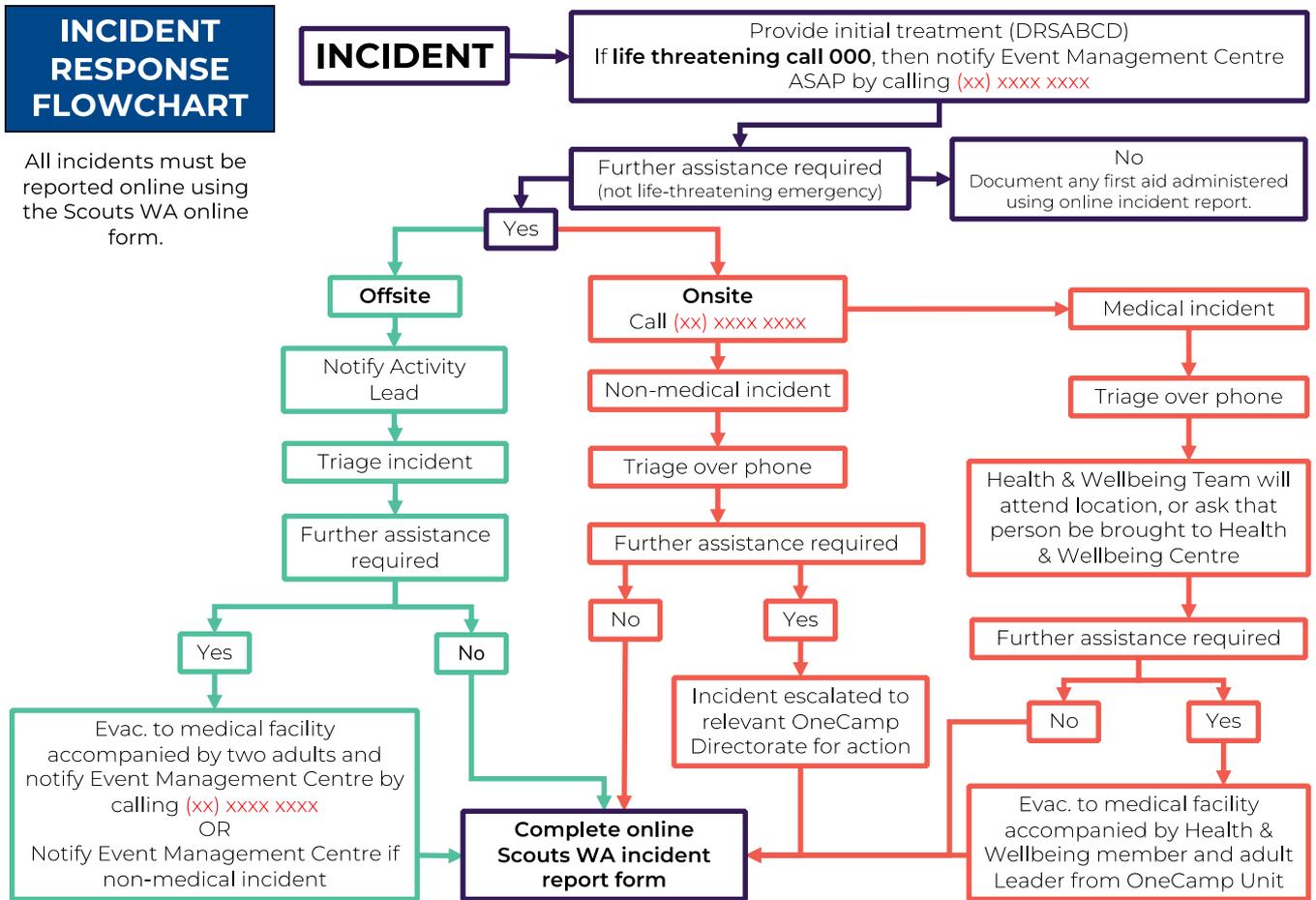


**If I see something that makes me or someone else feel unsafe, I can tell my safe place people**



## 12 Incident management and emergency response

### 12.1 Incident response flowchart



Note: Event Management Centre phone number to be provided.

### 12.2 Incident reporting

An online incident report must be completed for all matters as per Scouts WA policy and procedure. This includes minor first aid administered in Unit campsites or on activities.

The online incident report can be found [here](#).

Incidents should be made in a timely manner once the initial response has been actioned. Assistance with completing the incident report can be sought from the Event Management Centre.

## 12.3 Responding to suicidal ideation

The following prompts can be used to support members who disclose suicidal ideation to you.

The **Health & Wellbeing Team** is available to support you in responding to these matters. You can contact them on **08 xxxx xxxx [number TBC]**.

### **Option 1: Ask directly if they are having suicidal thoughts**

1. If yes, ask if they have made a plan?
2. If yes, ask if they have the means or materials to act out their plan? Have they decided when?
3. If yes, phone 000 and ask for suicide support from police & ambulance. Even if the individual refuses, act anyway.
4. DO NOT LEAVE THEM - stay calm and supportive. Remove harmful elements.
5. GO WITH THEM TO THE HOSPITAL and assist in contacting their family.

### **Option 2: Ask directly if they are having suicidal thoughts**

1. If yes, ask if they have made a plan?
2. If no, listen seriously, accept what they are saying.
3. Their perspectives are distorted, you need to be their anchor or link to reality. Remember, you don't have to fix them, just help them.
4. Don't interrupt, don't talk about yourself, and let them know you care and are concerned. Ask open questions and give them time to think and answer. Encourage focusing on positive things in their lives, any unfinished business that they need to get done, that these feelings will pass and encourage them to making a support plan.
5. Do not agree to keep it secret, instead keep it confidential and let them know that you will need to work together to make a safety plan including their nominated family member. Don't diagnose, argue or give advice, and you'd don't need to distract them. Be in the moment with them.
6. Ask them who you can call so they can talk to a trusted family member or friend now, and in the morning.
  - a. Make a safety plan together - how to support them until they get somewhere safe.
  - b. Endeavour to avoid them being alone and try to include/ keep them busy.
7. Get private support for everyone involved – this will be traumatic for all.

