



St Kevin's Boat Club Camp Manual 2011-12

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Introduction

This manual is a guide on various camp practices that have enabled rowing camp to run as smoothly as practicable in previous years. As time passes, and needs change so will practices that assist in the running of camp. Take what you need from this manual, add, subtract as required depending on location, number of people attending, dietary requirements and weather conditions. But most of all enjoy camp, embrace the chance to be with your son and his peers (even though he will probably ignore you) and appreciate the opportunity to become acquainted with other SKC parents. You maybe amazed at what you learn.



Preparing roast lamb at camp.

Welcome to St Kevin's Rowing Camp

St Kevin's summer rowing camps are run twice a year for senior rowers. The first camp is held in December and the second in the following January just before the boys return to school. Dates vary slightly each year, but the first camp is usually 4 days and 3 nights held in the week after Presentation night. The second camp usually runs from the Friday before Australia Day for 5 days and 4 nights.

Although there are a few designated jobs to ensure the safety of the camp, everyone just pitches in and has a great time. About 10 parent helpers attend each camp and a couple of dads are a must.

The parent camp co-ordinator will oversee the general organization of the camp, food and equipment purchasing, the allocation of rooms and specific tasks. This ensures that camp runs as smoothly as possible.

Accommodation is provided at the trusty two star motel across the road from the caravan park (where the boys will be staying). A couple of dads will sleep on site, in a cabin close to the camp kitchen. Prior to camp the camp co-ordinator will inform you of where you will be staying.

A typical day starts about 6.30-7.00am depending on what time the boys will return for breakfast. Once breakfast is cleared then the preparation for lunch and dinner begins. The day usually concludes around 9.30-10.00pm with a night cap. There is often the chance to take an afternoon off to explore Bairnsdale and surrounding area.

One of the highlights is the opportunity to go out in the speedie with your son's coach for one of the training sessions. This should be to be arranged with your son's coach, but cannot always be guaranteed.

Melanie Coates, (wife of Jim, the Boatman), is the camp meal supervisor. The wonderful menus for lunch and dinner are designed by Mel. Mel supervises the food preparation for lunch and dinner, with breakfast being organised by the parents.



Melanie Coates and young helpers.

Parents

What to bring

If you are sleeping in the cabin on site you will need to bring a sleeping bag, pillow, towel, and personal toiletries.

If you are sleeping at the motel, bedding and linen is provided.

Comfortable clothes, including a rain jacket and sun protection.

Comfortable, protective footwear for working around the camp site.

You can bring your favourite apron and outdoor chair if you wish.

And don't forget your sense of humour - cooking lamb roasts in the rain...

First day

Bairnsdale is approximately 3.5-4hrs from SKC. The trip down could be broken at Yarragon (where the boys usually have a break) or at the Rosedale Bakery. It is best to arrive between 10.30-11.00am. The boys will have arrived by this time and will be down at the river, having dropped their bags near the site of the camp kitchen.

Lunch is not provided for the boys, as they have been asked to provide lunch for themselves.

Cool Room will be on site, may need to be moved to a more accessible position.

The camp site needs to be set up. The layout of the camp kitchen can vary depending on what works best for the people who are on camp. As a priority, set up a table with the drink containers. Make up at least one of Powerade/Gatroade. The boys use this to refill their bottles.

Then set up cooking equipment so the evening meal preparation can begin by 3pm.

Ensure that there is enough bread and full cream milk available (this is usually delivered, but further supplies may need to be purchased during camp).The boys take a loaf of bread and a 3 litre milk container back to their cabin. They use this for breakfast prior to their first row of the day.

Below are some examples of previous camp kitchens.



Mat placed over electrical cords, so no tripping occurs.



General work area. .



Barrier tape is erected to mark off the cooking area, this is so the area is not used as a thoroughfare.



Wash up area

Buckets for dirty/wet tea towels

Place a large baking tray and stainless steel bowl at the end of the wash up area.

Baking tray - for boys cutlery

Stainless steel bowl - for food scraps.



Wash up area in action!



Dining shelters



Large burners



Serving the Boys



Bain-Marie

Occupational Health and Safety

It is advisable to wear closed in shoes while working in the camp kitchen.

Gloves should be worn when handling food.

If you have a cut please cover it with a band-aid prior to gloving.

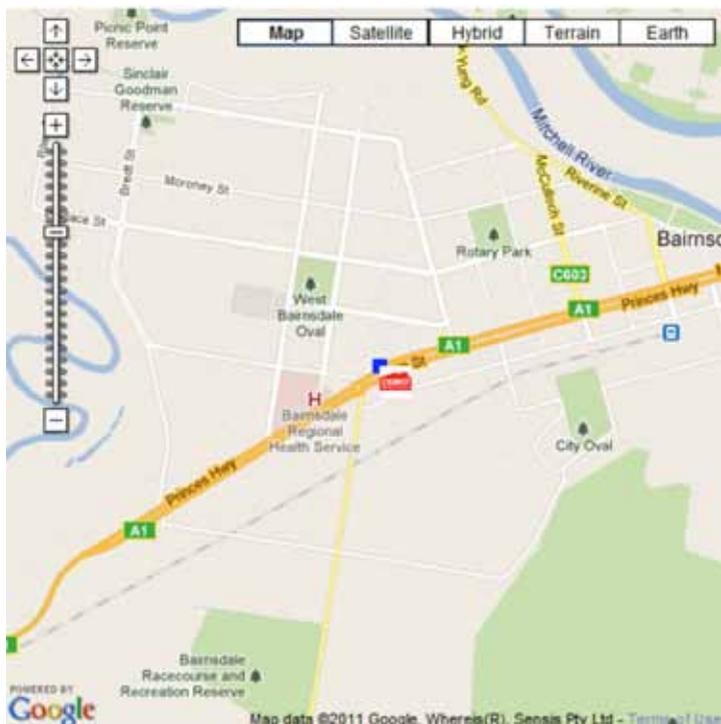
On each camp there is usually one parent who has medical training to provide immediate first aid when necessary. Bairnsdale has a hospital and a number of medical clinics where further medical care is available.

Bairnsdale Hospital

122 Day Street Bairnsdale (03) 5150 3333 (H on the map)

Chemist Warehouse

Part 458 Main St Bairnsdale - for sunscreen, blister tape



Hand sanitiser/ key plate/sunscreen

1. Place hand sanitiser, in an accessible area for the boys, (usually at the end of a trestle table near where you will serve food).
2. Place one of the white plates that are used for meals near the sanitizer. The boys use this to put their keys in when they are on the river. Keys to the bathroom block are also placed. (Obtained by camp co-ordinator from camp office).
3. A large communal bottle of sunscreen is also placed here.

Meal time

Boys – Meal expectations

A plate of bread with jam/honey or fresh fruit is provided for the boys when they return from a training session. They will often take a piece of bread/fruit when they pick up their cabin key.

Do not serve any boy who still has tape on their hands or still in a zoot suit.

Removing tape allows the skin to breathe and dry and hands are washed.

If a boy is in a zoot suit ask them to change, a T-shirt over a zoot suit is not acceptable.

Boys queue for meals and are served by parents. Ensure that there is sufficient food for the coaches and parents prior to serving second helpings to the boys. Drinks are self-serve.

Boys are expected to take their plates to the wash up area, scrape them clean and place their cutlery in the tray provided.

If food is not ready when boys are ready to eat, a plate of bread with jam/honey or fresh fruit should be made available. This has been recommended by the nutritionist.

Washing up after meals

Parents wash up after each meal.

Plates are easier to wash if they are rinsed first. Plates are usually hosed off onto the grass beside the wash up area. (usually the weather is warm enough that the area dries in between meals!).

The large pots should be filled with water to heat for washing up as soon as the meal preparation is complete.

One blue tub is used for washing and the other for rinsing prior to drying. Transfer water from the pot, to the wash up tubs with a large jug. While this is not ideal, it has been the easiest method on recent camps given the quantity of water required for wash up.

NB The boys are not involved in the washing up, to ensure that they are able to keep their hands as dry as possible (to assist recovery from blisters).

Duties to be allocated to parent helpers

The following is a list of duties that need to be done on a regular basis during camp. To ensure that they are not forgotten a parent is given the responsibility for a particular duty. The tasks are not onerous and take up a minimal amount of time, but are important to ensure the camp runs as safely and efficiently as possible.

List of duties

1. Camp co-ordinator –
 - a. Liases with Julie Slattery prior to camp to organise parent helpers, trailers, equipment etc.
 - b. Liases with Melanie re purchasing food,
 - c. Liases with coaches re meal times,
 - d. Allocates parent helpers to specific duties listed below
 - e. Go to person if there are any queries.
2. Book-keeper (can be done by camp co-ordinator)
3. Refilling of drink containers (need to be checked on a regular basis especially after each meal)
4. Medical/nursing person (this person needs to be known to all parent helpers so anyone requiring medical attention can be directed to them to receive help and guidance)
5. Daily washing of tea towels
6. Washing/wiping of tables after each meal
7. Safety Officer –
 - a. set up of camp with electrical equipment,
 - b. refilling of gas cylinders,
 - c. check gas cylinder connections
 - d. checking of water level in Bain-Marie

Washing Machine Dryer Instructions

Laundry is in the toilet block near the caravan park office. Laundry closes @ 8 pm.

Washing Machine.

\$3.00 per load.
28-minute cycle.
Takes \$1.00 & 20c coins in any combination.

See book-keeper for money

Drier.

\$2.40 per load.
Requires 2x \$1.00 + 2x 20c coins

Recipe for Drink Containers

Largest drink Container

4 bags of ice
2 bottle concentrated cordial
Water to fill
Makes about 40 litres

Smaller Drink Container

2 bags of ice
Water to fill
1 bag of Gatorade mix

Ice can be purchased from the camp ground office, see book-keeper for money or put on account.

Daily Routine

6.00-6.30	Boys arise, have a quick breakfast in cabins. Cereal (they provide this themselves), or bread.
6.30	Usually camp co-ordinator or a parent in the cabin is up about this time. Turn on Bain-Marie to heat up
7.00	General camp tidy-up. Heat water in big pots (washing up).
7.30	Parent helpers arrive – have a morning cuppa and something to eat if hungry Cut fresh fruit Place yoghurt in bowls Place baked beans/spaghetti (tinned) in Bain-Marie, they will heat through in the Bain-Marie, need to be stirred regularly Open at least 2 tins of fruit Put out – jam, honey, vegemite Start cooking toast – store in Bain-Marie need at least 6-7 loaves
8.00	Start cooking pancakes – store in Bain-Marie
Approx 30 mins prior to arrival of boys	Start cooking scrambled eggs (see recipe on pg 18) Aim for 3 batches of 3 dozen eggs for the boys
9.00-9.30	Boys return from the river – wash and change Parents serve food from Bain-Marie Parents may serve fruit etc, to avoid mess Continue cooking toast Continue cooking pancakes until mixture is finished (keep some aside for parents)
9.30-10.00	Boys are usually finished, parents eat, cook more eggs/toast as required Clean up, turn off Bain-Marie
10.00 onwards	Melanie will direct parent helpers as required to assist with the preparation of lunch and dinner Wash tea towels daily and aprons when necessary
Lunch time	Parents to serve as needed
After lunch	Clean up There maybe time to have a couple of hours break, this can be rotated amongst parents so there are some left at camp Continue to provide assistance to Melanie as required for the preparation of the evening meal.
Evening meal	Parents to serve as needed Clean up
Approx 22.00	Boys to bed, they will take a loaf of bread and milk, this is replenished during camp when necessary Prepare pancake mixture for the following morning, this is stored in the cool room overnight. (see recipe on pg 17) Nightcap

Breakfast quantities

Breakfast is co-ordinated by the parents. Melanie is not on duty for breakfast. (Melanie is often there by the time boys need to be fed, but doesn't organise breakfast).

The menu is usually the same every day, maybe a slight variance - check with Melanie the night before.

Breakfast on the last day is sometimes a little different, with the addition of leftovers.

Adjust quantities if there are more or less boys on camp.

For 50 boys + Coaches

3 batches of 3 dozen eggs, scrambled.

2 x XLarge tins baked beans

1 x XLarge tin spaghetti (not every morning)

3 packets of pancake mix.

Fresh Fruit

Tinned fruit

Yoghurt

Toast (up to 6-7 loaves of bread at least)

Mushrooms and spinach



Making toast for breakfast

Pancake recipe

(made up the night before and left in cool room)

In the largest silver mixing bowls mix

1 packet of pancake mix (each packet contains approx 10 cups)

Add approx 14 cups of full cream milk

Mix blueberries or apples into 1 batch of pancakes

Use 13 cups of milk if making apple pancakes

Make up 3 packets of pancake mixture.



Stirring pancake mix

Scrambled Egg recipe

In a large silver mixing bowl:

Add 3 dozen eggs, Crack eggs into a cup to find 'bad' eggs before adding to main batch in silver bowl.

Add 2 cups of full cream milk

One third of a bunch of chopped chives chopped.

Approx a third of a 125g packet of parmesan cheese.

Mix

Start cooking approx 30 mins before boys are due back.

Use the side burner on the large BBQ. It is much safer and you do not have to bend over. If there is not enough room or you prefer you can use one of the burners on a cooking stand.

It is initially slow for the first batch as the frying pan needs to heat through. Can take up to 10-15 mins keep stirring through to disperse the heat.

Cook till they are still a little runny, then place in Bain-Marie where they will finish cooking.



Set up bowls on a plastic garbage bag. Once finished preparing the scrambled eggs the bag and all egg residues can be discarded. Easier clean up!

Accommodation

The permutations and combinations of the motel rooms will be organized once all parents have arrived at camp. Please avoid booking in at the motel on your arrival. The parent camp co-ordinators will organise the keys and distribute them once rooms have been designated.

Parents can use the bathroom in the Cabin #73 during the day. Keys are also provided for the toilet block at the camp ground.

Travellers Rest Motel

49 Main Street, Bairnsdale

Rooms Available:

#2 Double bed & Single bed

#7 Double bed & Single bed

#9 Double bed & Single bed

#12 Double bed + 2 Single beds in second room

Parents often leave their cars at the camp ground once they have dropped off their luggage. The car park is tight at the motel and there is little shade. The distance between the two is a pleasant stroll, taking approx 10mins.

Mitchell Gardens Holiday Park

Cabin # 73 is available for Parents.

Has 1 double bed and 3 bunks.

Boys are accommodated at the camp ground, in cabins



Cabin #73

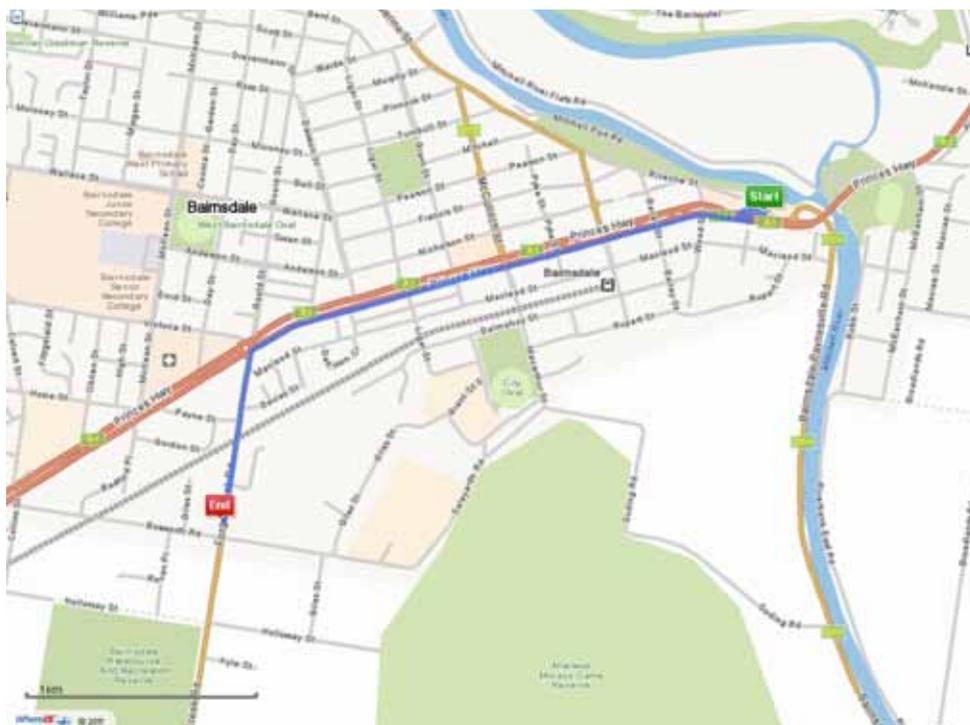
Final Day – December Camp

All items are stored in Storage Facility following December camp to save transporting to and from Melbourne..

Perishable food items left over, will be distributed amongst parent helpers. It can be useful to bring a small Esky to transport food items back to Melbourne

Storage Locker

Totalstore.com.au
70 Forge Creek Road
Bairnsdale 3875
Ph: 51527584



Previously MLC have had their camp in the week prior to our January camp, and leave on the day before SKC moves in. They leave the camp site set up and use some of SKC equipment. Therefore when sending equipment to the Storage facility, it is wise to pack the non-loan equipment towards the back and the loan equipment at the front. If MLC are using the equipment in January it will save the MLC people having to scour the entire locker for what they need.

There should be a padlock and 2 keys to lock the storage locker. At the end of the December camp, check with the Camp Ground Staff to see if they can store the 2nd key in their safe, where the MLC campers could collect to obtain access to the locker.

Sometimes MLC may leave the day before SKC camp and a parent may need to go to Bairnsdale a day earlier to keep an eye on the equipment so the site does not look abandoned.

Final Day – January Camp

All equipment needs to be packed up to be returned to SKC. Usually 2 trailers will be available to bring the equipment back to Melbourne. Do not pack any food stuffs in the boxes apart from tinned food which has a long expiry.

All other food items left over, will be distributed amongst parent helpers. It can be useful to bring a small Esky to transport food items back to Melbourne.

If anything needs replacing prior to next rowing camp, please make a note of this with the parent camp co-ordinator.

Cabins

On the last day, it is a good idea to go around to all the cabins, after the boys have packed up, to check for SKC belongings. SKC Dishes and cutlery may have made their way into the cabins. Check that all food stuffs have been cleaned out of the fridges in the cabins.

Equipment list

1 x 8 Burner Flat BBQ + 2 gas bottles
1 x 4 Burner Flat BBQ + 1 gas bottle
1 x 6 Burner Hooded BBQ + 1 gas bottle
2 x cooking stands + 1 gas bottle each
1 x spare gas bottle
1 pair red heat proof gloves
1 pair black heatproof gloves
3 x 40 litre pots + lids
2 x 20 litre pots + lids
2 x Tefal frypans
1 x Electric 6 slice toaster
2 x large metal colanders

1 x stepladder for cool room access
4 x Extra Large metal mixing bowls
6 x large metal mixing bowls
1 x Bain-Marie with 4 metal serving inserts
10 x baking trays in various sizes, (stored in hooded BBQ)
1 x Extra Large Coleman Drink Container
1 x Large Coleman Drink Container
1 x 3m x 6m marquee
1 x 3m x 9m marquee
Camp chairs.
White tables. x 16

This is the list of equipment that could be borrowed by MLC, pack to the front of storage locker.

Stock Utensils

6 x large tongs
6 x small tongs
3 x can openers
2 x scissors
2 x metal scrappers
1 x small scraper plastic
1 x large scraper plastic
4 x large wooden paddles
2 x pastry brushes

8 x metal ladles
3 x plastic ladles
1 x scooper
2 x soup ladles
2 x large wire ladles
1 x whisk
1 x juicer
11 x small knives
5 x large knives
1 x food netting

Other Equipment

Oskar food processor
Sunbeam multi-processor
Cuisinart Stick Blender
Cordless Kettle
Toaster
6 x Floral trays
4 x large white platters
3 x medium mixing bowls
Tea towels

Aprons
1 x zyliss garlic press
4 x medium platters
4 x coloured chopping boards
3 x white chopping boards
Hood for large BBQ
Blue hose for water
White plates/bowls
Plastic glasses



Drink containers



Bowls that are used for all meals



Water hose, connects to supply on camp site



Pots



Hood for large BBQ



Wash up plastic tub



Step ladder

List of Suppliers

Bairnsdale Meat Supply
414 Main Street Bairnsdale
5152 2686

Bairnsdale Fruit Supply
19 Bailey Street Bairnsdale
5152 4258

In the main shopping centre there is a:

Woolworths
Coles
Aldi

