



# PGL Kindilan, Queensland

## A Guide for Party Leaders







# PGL Kindilan

## Queensland

### Highlights

- Located just 45 minutes from Brisbane in South East Queensland
- Set amongst 220 acres of natural bushland in Redland Bay, a zoned Conservation Area
- A great base camp to visit stunning beaches and the many attractions along the Gold Coast

#### Location

Cnr Days & German Church Road, Redland Bay QLD 4165

**Capacity** 235

#### Arrival and departure times

Unless otherwise arranged, first activities are scheduled for 2pm. Please arrive in time to become familiar with the site prior to activities. You are welcome to bring a packed lunch to eat in our grounds. Subject to availability, we may be able to provide lunch on arrival. Please discuss this with your Sales Consultant when booking.

Departure times are normally between 1 and 3pm, following lunch served in our dining room. If you need to depart earlier, packed lunches can be arranged. Please advise us prior to arrival.

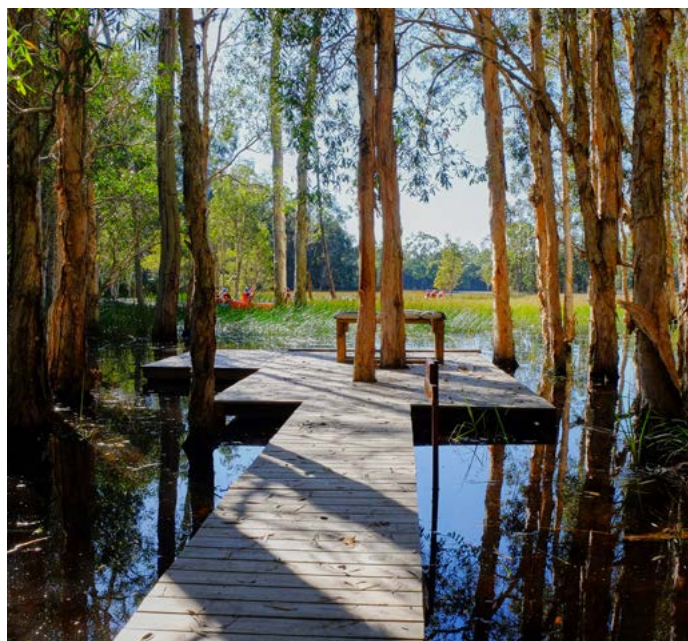
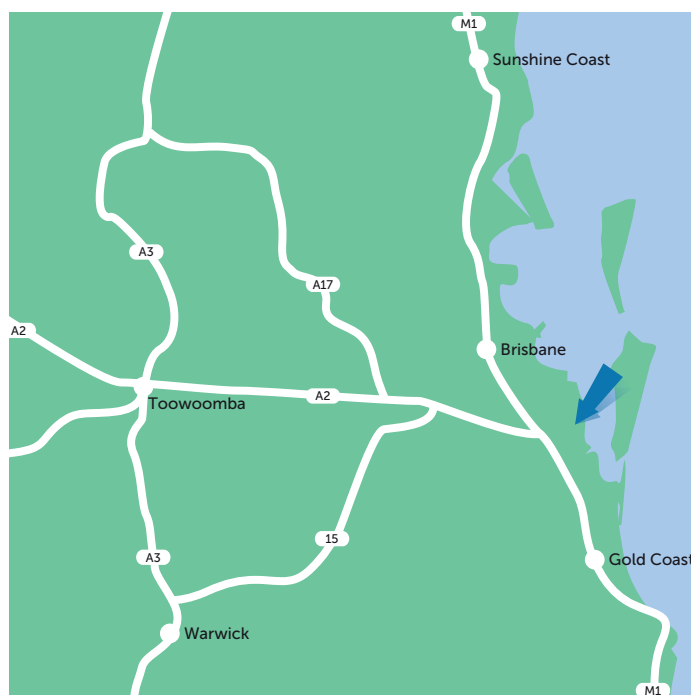
On day of departure, please have personal items packed and rooms vacated by 9am. Secure storage spaces will be allocated.

#### Preview visits

We strongly recommend the Party Leader attends a site preview visit prior to travel.

#### Accessibility

PGL is committed to providing equal opportunity to all. Accessible rooms and spaces are available. Please discuss specific requirements with us prior to travel.







## Facilities

- Playing fields
- Dining room
- Lake for watersports
- Conference and meeting rooms
- 220 acres of natural bushland
- BBQ areas
- Outdoor chapel

## Accommodation

**Students:** Rooms sleep 4-12 with bathrooms nearby.

**Party Leaders:** Rooms sleep 1-2 with private bathrooms.

### Platform Tents

**Groups:** Tents sleep up to 8 with bathrooms nearby

**Party Leaders:** Tents sleep up to 4 with bathrooms nearby

Accommodation will be allocated to groups during the weeks before travel on the basis of the party composition provided by you and any other groups on camp. A rooming plan will be provided once we know your final numbers and gender splits.

Adult rooms are located close to and amongst young people's accommodation to support effective supervision.

### Bedding

We provide a fitted sheet, but please bring your own bedding (doona/sleeping bag and pillow). Alternatively, bedding is available at a supplementary cost if you'd like to hire it from us, but we find that most groups prefer to bring their own. Towels are not provided.

Full bedding is provided for teachers and Party Leaders.

### Wi-Fi access

Wi-Fi is only available close to the main office for adults and Party Leaders.



*Platform Tents*



*Watersports Lake*



*Roundhouse Accommodation*





## Evening entertainment

Your PGL Group Leader (Groupie) will run evening entertainment activities for the whole group. Evening ents are fast-paced and designed to engage all participants. Some evening ents are listed below. Your Groupie will help you choose the right ent for your group during camp.

### Campfire

(Held outside of fire restriction periods only)

Enjoy a traditional campfire run by our Groupies. Younger guests can enjoy songs and games while older guests can relax, share stories and reflect on their shared experiences of the day.

### Disco

Disco offers participants of all ages and ability levels the chance to dress up and have fun with their friends. With loud, upbeat music and disco lights, guests will be able to dance and play a variety of disco games including limbo, musical chairs, clumps and much more!

### Quiz Show

In teams, guests are set Q&A-style challenges with lots of interaction and plenty of variety to keep them motivated and to maximise their participation. As well as general knowledge, rounds may include dressing up, dancing and miming.

### Splash

Each team completes a series of challenges or games in order to earn equipment. The teams then need to use this equipment to build a carrier to protect a water balloon. Great for problem solving, teamwork and communication.

### Wacky Races

PGL's own Olympics - a collection of fun relay-style team and individual games designed for active participation by all team members.

### Reflector Course

The group's aim is to shine their torches to find the reflectors around a set course to follow the route in the darkness. Reflectors could be high or low, on trees, fences or buildings. It takes teamwork and concentration to ensure they have found the correct reflector. Guests can do this as a whole group or in smaller groups with a safety brief and base area to get back to.

### Ambush

Like hide-and-seek but in the dark, and on a much larger scale! Groups split into teams; one team hides within the centre grounds, leaving a trail for the other team to follow. Bonus points are available for 'ambushing' the opposing team. Great for developing strategic and team building skills.

### Passport To The World

Guests are split into teams and given a list of national flags with a map. Each country on the map represents a plaque to find around centre. Each plaque features the country's flag and has a question relating to the country, which must be answered correctly before moving on to find the next flag and eventually returning to base.

### Snap Shot

Guests need to locate an area of the centre from a photographic clue. Once located, there will be questions to answer.



## Free time activities

- |                 |                         |
|-----------------|-------------------------|
| ■ Ball Sports   | ■ Night Hike            |
| ■ Campfire      | ■ Passport to the World |
| ■ Frisbee Golf  | ■ Photo Challenge       |
| ■ Gaga Pit      | ■ Scavenger Hunt        |
| ■ Mini Olympics | ■ Wide Games            |



## Guide to activities

We'll create a program for your group which reflects your requests and objectives. The number of sessions you receive will depend on the duration of your camp. Each session typically lasts for 90 minutes. For a 3 day, 2 night camp there will be a total of 8 activities – 2 on day 1, 4 on day 2 and 2 on day 3.

Our programs aim to provide the same activities for your whole group on a suitable rotation.

A selection of activities will be delivered by trained, skilled PGL activity instructors, with a proportion led by Party Leaders. Please talk to your PGL Reservations Consultant for full details of your program.

## Activities list

**abseiling**   **aeroball**   **archery**   bushcraft   **bush walk**   **canoeing**   **climbing**   **crate stack**  
**flying fox**   **giant swing**   **jacob's ladder**   **kayaking**   **leap of faith**   **lily pads**   **low ropes**   **course**  
**orienteering**   **pond studies**   possum glider   **quick jump**   raft building   **team challenge**   tree climb

### Abseiling\*

Determination and courage are rewarded with an overwhelming sense of achievement for the participant who manages to walk backwards over the edge of a climbing tower, under full supervision of a PGL instructor. In addition to learning a new skill, abseiling enables the group to understand risks and how to control them.

### Aeroball

A cross between trampolining, basketball and volleyball - it's an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball in the opposing player's net. As well as being lots of fun, the group will develop team tactics and improve communication skills along the way.

### Archery\*

Children need accuracy, control and a steady hand to hit the target. Our qualified archery instructors encourage the group to develop their technique and show awareness of all safety measures.

### Bushcraft

Learn how to build a shelter in an on-site 'wilderness' environment and operate as a team. Basic navigational and meteorological skills are developed by the group during the

design of their camp layout. Key responsibilities will be identified and shared by the team who work together to get the most from the 'wilderness' experience.

### Bush Walk

Taking a hike in the bush is often the best way to make the most of the surroundings. A bush walk is a great opportunity to understand the natural environment and interact with, and learn about, local flora and fauna. You might get the chance to practise bird calls and spot a wallaby.

### Canoeing\*

Experience one of our most popular activities and take to the water in a canoe. Challenging and fun, children learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

### Climbing\*

Qualified instructors teach children how to recognise and control risks, before learning the basic skills and techniques of climbing with a top-rope belay.

### Crate Stack\*

Working in teams, children use crates and teamwork to try and construct the highest crate stack whilst keeping their balance to stand on top of the stack.

\*PGL Instructor led. All other activities leader led.





### Flying Fox\*

Travelling at high speed suspended and harnessed from an overhead cable isn't something easily forgotten. Determination, courage and exceeding limitations are qualities often observed.

### Giant Swing\*

The ultimate test of nerve and decision-making! Members of the group haul the Giant Swing 10 metres high into the air with one person in the harness. When they are ready, the person in the swing pulls the ripcord and swings towards the ground at high speed. The question is...how high will you go?

### Jacob's Ladder\*

It's an exercise in teamwork and friendly cooperation. Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders - it's all about working together to achieve a joint purpose.

### Kayaking\*

Kayaking is a great way for groups to explore our beautiful lake. Our instructors will help everyone get started, teach them the basics and then help them to push the boundaries of what they can achieve. There are games and individual challenges to improve teamwork, communication and confidence on the water.

### Leap of Faith\*

This activity requires courage and determination. The challenge starts with a climb to the top of a 6 metre tree. Next, a climb onto the small platform will require balance as individuals stand to make that leap of faith for the suspended ball in front of them. It's a heart-pounding activity that will bring everyone together in their support for each other.

### Lily Pads\*

Four platforms are suspended 7 metres in the air. The goal is to get from one side to the other, simple right? Not quite. These 'Lily pads' are extremely unstable and just a little bit too far away from each other. Only with the help of other team members stabilising from the ground is this challenge achievable. A true test of balance, determination, communication and overall teamwork.

### Low Ropes Course\*

Less than a metre off the ground, this exercise lowers the degree of physical difficulty but promotes the role of teamwork and communication. Children must negotiate a series of obstacles and challenges which do not prove as easy or straightforward as they appear!

### Orienteering

A basic on-site course introduces children to practical map-reading. Working in small groups, the development in map-reading skills is gained by locating control points within the boundary of our centre. Decision-making, symbol recognition and judgement of distance travelled are all required.

### Pond Studies

A fantastic opportunity to discover the flora and fauna in and around our lake and learn more about their water-based habitats.

### Possum Glider\*

The team on the ground pull on a rope, raising the participant almost 10 metres off the ground and up into the tree canopy. This activity is designed to put the participant outside their comfort zone as they swing around freely. It encourages communication and teamwork amongst the rest of the team.

### Quick Jump\*

A great opportunity to overcome fears, build confidence and create a sense of achievement. Children jump from the top of the 18m tower (with their harness attached to the Quick Jump device) and free fall half way down, before slowing down just before the ground. For the more confident, why not try it again blindfolded?

### Raft Building\*

Build it well or you are likely to get wet! Promoting teamwork, planning and communication skills, the group works together to build a raft from different components that will float and that they can steer.

### Team Challenge

A range of challenges designed to promote team building and healthy competition - Spider's Web, Giant's Finger, Big Skis, Trust Falls, All Aboard, High Whistle, Port-hole, Nitro Crossing, Traverse Wires, Mohawk Walk, Cable Car, Bridge Build, High Over Beam, Uni-joint Octagon and Three Plank Plonk.

### Tree Climb\*

A great way to really experience the bushland environment and actually climb the tall trees that grow there. Our qualified instructors will help groups recognise and control the risks and then teach the basic skills and techniques needed for them to climb into the treetops!

\*PGL Instructor led. All other activities leader led.



## Catering

PGL Menus are designed to be delicious, nourishing and appetising for all. Breakfast, lunch and dinner are served buffet style, meaning no ones leaves hungry.

Salad bars are provided at lunch and dinner.

We do our best to cater for special diets but please let us know about these in advance so we can discuss requirements.

Fresh fruit is supplied at breakfast and lunch and we encourage students to take a piece for snacking during sessions. Morning and afternoon tea of slices and cake can also be provided at a supplement.

Self serve tea, coffee, hot chocolate and biscuits for supper are also available at a supplement.



## Sample menu (fully catered)

### Day 1

#### Afternoon

Arrive at camp. Bring packed lunch.

#### Dinner

Pasta with bolognaise, napoli or carbonara sauce  
Garlic bread  
Salad bar  
Seasonal fresh fruit  
Chocolate pudding

### Day 2

#### Breakfast

A choice of cereals  
White, wholemeal & multi-grain toast with preserves  
Baked beans  
Hash browns  
Seasonal fresh fruit

#### Lunch

Wraps & baguettes with a choice of fillings  
Salad bar  
Seasonal fresh fruit

#### Dinner

Chicken schnitzels with a choice of toppings  
Mashed potato  
Salad bar  
Seasonal fresh fruit  
Strawberry mousse

### Day 3

#### Breakfast

A choice of cereals  
White, wholemeal & multi-grain toast with preserves  
Baked beans  
Sausages  
Seasonal fresh fruit

#### Lunch

Wraps & baguettes with a choice of fillings  
Salad bar  
Seasonal fresh fruit

Depart camp after lunch





## What to expect while you are on site

### PGL Group Leaders ('Groupies')

Your PGL Groupie will be there to help from the moment you arrive. The Groupie will meet the bus on arrival, be there to help at meal times, run evening entertainment activities and help activity groups move around site.

### Welcome briefing

On arrival, your Groupie will provide an orientation induction to all Party Leaders. This covers such things as:

- Introduction to camp
- Rules and guidelines
- Meeting points and common rooms
- Fire evacuation procedures
- Daily routine
- Activities
- Meals
- Accommodation

## Individual needs

At PGL we are continually working to enable all guests to enjoy the many benefits of our courses. If a member of your group has additional requirements, we will be pleased to discuss them with you.

So we can make a fair assessment of service provision and identify appropriate resources in relation to access, programming, successful participation and health and safety, we need you to provide us with full details as soon as possible.

Ensuring we can cater for the additional needs of an individual requires advanced notification, assessment, agreement and planning. We are only able to take responsibility for arrangements that have been discussed and agreed with us in advance.

## Keeping you safe

### Managing risk

Safety is our highest priority at all our camps. All staff members are highly trained, and we regularly assess and improve our procedures and equipment.

Summary versions of risk assessments and our Code of Practice are available from our website: [www.pgladventurecamps.com.au](http://www.pgladventurecamps.com.au). Please contact us if you require more detail.

### Night security

There will always be access to a PGL member of staff during the night. You will be given a duty phone number in case of emergency overnight.







## Roles and responsibilities

The Party Leader is in loco parentis at all times and has ultimate sanction to withdraw children at any time from any program.

There should always be at least one adult from the visiting party available on camp outside sessions when young people are in residence.

Party Leaders are responsible for deciding educational objectives. PGL will advise how we can meet these. Party Leaders are responsible for the ongoing monitoring of guests' progress against these objectives.

The Party Leader's authority is delegated to PGL instructors during activity sessions. The PGL instructors have the right to withdraw an activity for safety or operational reasons.

We recommend that a supervising adult is present with each group during activities.

Evening activities & entertainment - PGL will lead evening entertainment, but the Party Leader is responsible for ensuring that at least one adult is present during all the evening entertainment/activity sessions to assist with supervision of the children.

To avoid any confusion, we seek to ensure a clear handover of responsibility for party members from Party Leaders to our staff and vice versa at appropriate points during the day.

The Party Leader is responsible for deciding whether a party member should be referred to a doctor or hospital, with the assistance of our qualified First Aid staff. We may not always be able to provide a vehicle or to assist in transport arrangements. Payment for transport arrangements is the responsibility of the Party Leader.

The Party Leader is responsible for notifying parents of any visit to a doctor, dentist, hospital visit, or other incident affecting a member of their group, if appropriate. He/she must therefore hold a list of contact numbers for next of kin or have 24 hour access to this information.

The Party Leaders and accompanying adults are responsible for ensuring their group adheres to the Code of Conduct.

PGL Group Leaders provide support to the Party Leader outside of session times. The Party Leaders escorting the group retain

responsibility for their group's welfare and supervision. All medications required must be supplied and administered by the Party Leader.

Party Leaders and supervising adults are the primary First Aid contacts, and remain responsible for administration of First Aid for their group. PGL staff will assist with First Aid as and when required.

## Code of Conduct

As part of our booking conditions, Party Leaders agree to maintain the discipline and supervision of their party. The following points further amplify our requirements and we would be grateful if you could ensure that your party members comply.

- We ask that party members show consideration for other parties they meet, as well as PGL staff, coach drivers and neighbouring residents.
- It is also important that they show respect for property - coaches, centre fabric and equipment, and all other property. Costs for intentional damage will normally be passed on to the party responsible.
- Party members should be aware of the curfew and restrict noise to a minimum during curfew hours.
- No smoking is permitted in the public areas of PGL camps or on coaches. It is strictly prohibited in all accommodation units and tents. Smoking is only allowed in designated areas.
- Party Leaders should not allow any underage possession or consumption of alcohol at PGL camps.
- Party members must not behave in an anti-social fashion, e.g. use offensive or insulting language, threatening behaviour or bullying.
- Theft or illegal activities will be reported to the police.
- Young people must not leave the camp unless accompanied by a supervising adult.
- Party members must follow the camping code of leaving no trace, treading lightly and protecting the native plants and animals.
- PGL reserves the right to send any party member(s) home for illegal activities, or consistent or gross misconduct. In such cases, the cost will be totally borne by the individual or party.



# What to bring

Please ensure that all items are named.

## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- ☐ **Tops & jackets**
  - ☐ T-shirts
  - ☐ Long sleeved shirt/T-shirts
  - ☐ Waterproof jacket
  - ☐ Fleece/jumpers
- ☐ **Trousers or leggings**  
but not jeans as they get heavy and cold when wet
- ☐ **Underwear & socks**
- ☐ 1 or 2 sets of **clothes for the evening**
- ☐ Suitable **nightwear**



*Your arms will need to be covered to do some activities.*



*Your socks will need to cover your ankles to do some activities.*



## FOOTWEAR

- ☐ **2 pairs of trainers**
  - 1 for activities
  - 1 old pair for watersports
- ☐ **1 pair of dry shoes** for evening activities



## OTHER ITEMS

- ☐ **2 towels**
  - 1 for showering
  - 1 old one for activities
- ☐ Plastic **drinks bottle**
- ☐ Small **rucksack/bag**
- ☐ Labelled **bin bag** for wet and dirty clothing
- ☐ **Sleeping bag or doona** and pillow (unless otherwise advised)
- ☐ **Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring aerosols)
- ☐ **Torch**



## TRAVELLING IN THE...



### ...SUMMER?

- ☐ Shorts
- ☐ Baseball hat/sun hat
- ☐ Sunscreen



### ...WINTER?

- ☐ Warm jacket
- ☐ Hat and gloves

## Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your Party Leader who will contact PGL. Postage will be charged for returning lost items.

## PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your **mobile phone**, please note, it is not covered by our insurance.

