



## Sample 3 Day Programme

<b>Date:</b> <b>Host:</b> <b>Group Contact:</b>	<b>Numbers:</b> <b>Age:</b>	<b>Accommodation:</b> <b>Dining:</b> <b>Other Venues:</b>
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Time	Day 1	Day 2	Day 3
Earlier		Rise & Shine, duty group report to dining room	Rise & Shine, duty group report to dining room
8:00-8:30		Breakfast	Breakfast
8:30-9:00		Cabin Inspections & Ablution duties	Cabin Inspections & Ablution duties
9:00-10:00		Activity Rotation 3	Clean up
10:00-10:20	Arrive at Camp	Morning Tea	Morning Tea
10:20-11:20	Health & Safety Talk Adult Training	Activity Rotation 4	Activity Rotation 8
11:20-12:20	Student Orientation	Activity Rotation 5	Activity Rotation 9
12:20-12:30	Assemble for Lunch	Assemble for Lunch	Assemble for Lunch
12:30-1:20	BYO Lunch	Lunch	Lunch
1:20-2:00	Free time / School time Assemble for activities	Free time / School time Assemble for activities	Load buses
2:00-3:00	Activity Rotation 1	Activity Rotation 6	Depart
3:00-3:45	Afternoon Tea	Afternoon Tea	
3:45-4:45	Activity Rotation 2	Activity Rotation 7	
4:45-5:20	Free time / Prep for Dinner	Free time / Prep for Dinner	
5:20-5:30	Assemble for Dinner	Assemble for Dinner	
5:30-6:30	Dinner	Dinner	
6:30-7:00	Evening Programme	Evening Programme	
7:00-9:30			
9:30-10:00	Showers & Ready for bed	Showers & Ready for bed	
	Quiet Time & Pool Closed between 11pm and 7am		

Minimum Supervision Requirements	
A= Adults Actively Supervising TS= Totara Spring Staff	
Possible Activities:	
Flying Fox (1TS/1A)	Archery (1-2A)
Abseil Tower (1TS/1A)	Low Ropes (1A)
BMX (1A)	Raft Building (A/1:5 ratio - 1st aid trained)
Rockwall (1TS/1-2A)	Kayaking (A/1:5 ratio - 1st aid trained)
Go Karts (1TS/1A)	Crate Climb or Flying Kiwi (2TS/2A)
Slug Guns (2A)	Team Rescue (1TS/1A)
Initiatives (1A)	
Group Activities:	
Foam Slide	1 TS + 1A
Hot Pool	1:10 (1A supervising up to 10 swimmers)
Top Town	1TS + Adults to assist
Evening Activities:	
Facilitated by adults from the group; TSCC can provide equipment and instruction upon request	
Concert	Gym Games & Burma Trail
	Campfires & Damper Making
Notes:	
<b>Meal Times:</b>	8:00 Breakfast 12:30 Lunch 5:30 Dinner
<b>Duties:</b>	Yes: Dining room setting & clearing, meal serving, Cabin & ablution duties. Final clean up: Venues used.
<b>Other relevant info:</b>	

Free Time Activities:	
Human Foosball	Mini Golf      Sports gear for turf
Lullaby	Trampolines      Wall Ball
Aviary	Four Ball