



## Guide for a Dads' & Kids' Camp Out

Draft as at 16/2/16– 1pm



### Introduction

The Fathering Project's purpose is to inspire positive engagement of fathers & father figures in a child's life.

Research shows that an effective father figure can have a significant impact upon the incidence of alcohol and drug abuse, mental & general health issues, child development, social engagement and learning. The project is a proactive approach to addressing the issues facing our children. Most programs are targeted at fixing the problems after they occur but our programs focus on "turning off the tap" or preventing the problems before we have to "mop up the mess" or trying to fix things up after they happen!

The Fathering Project's Schools Program aims to positively promote the important role of fathers & father figures to the entire school community through the formation of a "Champion Dads" group or Fathering Project School Group (FPSG). The FPSG's key role is to provide leadership and direction to the group of "Champion Dads", school fathers, father figures and support people, including Mums.

A Fathering Project Schools Group is a group of dads from a school that is created to be a fun group that builds interaction, knowledge and skills of fathers and father figures. This core group of dads, "Champion Dads" or Father figures, will run activities. They are not Champion Dads because they are perfect dads but because they are committed to championing the need for being better dads for the sake of their kids.

The activities undertaken by the Fathering Project School Group include;

- Father and father activities
- Father and child activities
- Father and The Fathering Project activities
- Father and School activities

The Fathering Project's Schools Manager will assist fathers from a school community to form the FPSG, plan and conduct exciting activities for the children and the dads. The FPSG should be formally approved and supported by the school community through the P & C or School Board. The ***Dads' & Kid's Camp Out*** is one of our great activities for a Fathering Project School Group to conduct. It's a fantastic and fun way for Dads to positively interact with their children in a safe, enjoyable and rewarding environment. **SO GET INTO IT!**

The first Fathering Project Dads' & Kids' Camp was run at Richmond Primary School in 2011 by the P&C. The event organiser was Phil Beeck, P& C treasurer who was also the associate pastor at East Fremantle Baptist Church.

Phil has generously enabled The Fathering Project to develop this exciting activity for dads and kids. The Fathering Project now owns the intellectual property for Dads & Kids Camp (***D&KC***) & provides this information for Fathering Project School Groups to run their own event. The Fathering Project can also provide a guest speaker and resource folder on the Saturday morning for the Fathers & Father-figures present. There is a small cost of \$10? per participant?

## **THE KEY TASKS AND INFORMATION**

### **1. School Principal**

The initial proposal needs to be discussed with the school principal to secure his or her endorsement. Without the Principal's approval the event cannot be conducted.

### **2. P& C - Preferred Organiser**

The Fathering Project's preferred organizing group is the Fathering Project School Group (FPSG), a school P&C sub-committee of Champion Dads. The initial proposal for a D&KC needs to be raised at an authorised P& C meeting. A motion to support a D&KC needs to be raised, seconded and approved at a P& C meeting.

**3. Event Organiser.** An event organiser needs to be clearly established from day one by the FPSG. The event organiser should have a blend of assertiveness and collaborative skills.

The Event Organiser should be identified in the promotional flyer and in the first communication with parents. It is recommended that the event organiser wears a vest which clearly denotes who they are for the duration of the D&KC. This person would also become the designated officer with regards to child protection (someone to report to if an incident did occur).

#### **4. Speaker: Tips for Dads**

The Fathering Project will endeavor to supply a speaker to meet with the Fathers & Father-figures around 7.30am Saturday morning. A D & KCO Booking Form (see section 22) should be completed and sent to the Fathering Project at least 4 weeks before the camp. It is essential all the children are taken away for an activity so that the dads can give their full attention to this speaker. The “5 Dad Tips Talk” goes for approximately 10 minutes, with questions at the end. Each participant can be given a Book of Tips (\$5) or Resource Folder \$10. This cost is normally included in the camp fee. **Publicity must clearly state that this Tips for Dads talk will occur immediately after breakfast or another suitable time.**

#### **5. PA System**

Experience has shown that a PA system is necessary for any major announcements and the Dad Tips talk as it is out in the open and the men and children are often spread out across the grounds. The event organiser needs to have this ready for the event & speakers.

#### **6. Participation - Viable Numbers?**

Experience has shown that the minimum number of Fathers & Father-figures is around 20. The Fathering Project recommends that the initial D&KC event numbers of Fathers & Father-figures be restricted to 40 – 50 to ensure it is managed well.

#### **7. Meals**

The Friday evening meal is usually cooked by each Dad & child at their tent. Ideally, the children and father, or father-figure, shop together to purchase their food beforehand.

Saturday morning breakfast is a community activity. Ideally, volunteers from local organisations (churches, Rotary, Grandparents, etc.) bring in BBQs and cook the food. A simple menu has proved to be simplest here: one sausage, piece of bacon, fried egg and slice of bread.

#### **8. Food Donations**

Often one of the parents has a food business, or knows someone who would be happy to donate appropriate food. This can be acknowledged during the event.

#### **9. Coffee Van**

We have found that building the cost of a coffee into the camp fee is an excellent move for the Saturday morning breakfast. There are plenty of coffee vans happy to get involved.

#### **10. Insurance**

The Education Dept. doesn't carry any insurance on buildings etc. The Fathering Project maintains insurance though UWA. WACSSO has arranged insurance with affiliated P & C organisations via Central West Insurance Brokers. Individual P&Cs need to obtain a **Certificate of Insurance** for their Dads & Kids Camp-Out event.

## **11. Fathers & Father-figures are Responsible for their Children**

Fathers & Father-figures (Grandads, Stepdad, Uncles, etc.) must be responsible for their own children at all times. This responsibility begins when they first step onto the school site (Friday evening) and continues until they leave on the Saturday morning. This includes cooking, toilets, play activities.

## **12. No Alcohol**

***This is an alcohol free event.*** This must be established at the very beginning of the discussions with the Principal and P&C.

## **13. Teacher Participation.**

A staff member can be present so that the Education Department is represented. This raises issues about staff working in their free time, but that is something that a principal can adjust (provide relief). This issue obviously needs to be raised with each school principal early on in the organisation of a D&KO.

**14. Working with Children Check.** Any volunteer involved in the camp, who is not a parent or legal guardian of one of the participating children, is required to have a WWC card. The fathers who organize and manage the event, or lead an activity with a group of children, require a WWC card.

## **15. First Aid**

An appropriate person needs to be responsible for first aid & have access to a first aid kit.

## **16. Risk Assessment and Emergency Response Plan**

The organiser will need to work with the school principal to develop a risk assessment and emergency response plan.

## **17. Security.**

School Security can be contacted and they could visit hourly and within minutes should it be necessary. Once the date has been set you need to contact WAPPA. The president, Stephen Breen has generously offered to contact security for each school event.

## **18. Confidentiality. Separate form attached.**

A basic form should be sent out to all Dads so they can tick when signing up for a D&K CO. For ease of workload, ideally this might be done online. The form would be positive, noting that the event had negative and positive risk factors. The form would observe that all D&KCO have proven to be highly positive experiences for all people attending.

## 19. Brief Overview of the Suggested Program

### **Friday**

- 5:00pm Arrive at School
- 5.15 Set up own tents on oval - U shape.
- 6.00 Cook and eat tea on own cooker
- 7.15 'Treasure hunt'- find the hidden message in family groups
- 7.50 'Capture the flag'- glow stick stealth game in family groups back to tent
- 8.30 'How well do I know my dad quiz'- in tent, snacks and sleep

### **Saturday**

- 6.30am Wake up and start cooking BBQ breakfast (5-6 Volunteers to help- with WWC clearance)
- 7.00 Bacon and Egg Muffins Brekky (Coffee Van)
- 7.30 The Fathering Project Tips for dads & Father-figures talk. (kids play games with volunteers (5-6 with Working with Children Cards)
- 8.30 Pack up
- 9.00am End

## 20. Example Budget

DETAILS	AMOUNT	NOTES
<b>INCOME</b>		
Sponsorship, donations or contra	\$ XX	Could be sought from local community businesses, etc
50 dads @ \$25 each	\$1250	Depending on number of dads
<b>TOTAL INCOME</b>	<b>\$1500</b>	
<b>EXPENSES</b>		
Coffee van hire 1 hour	\$220	optional
Breakfast – eggs, bacon, sausages, rolls, etc.	\$150	Could be donated
BBQ cookers	\$825	Could be brought by Dads
Activity /resource Costs	\$200	Depending on the activities.  Includes Fathering Project Books

## 21. ITEMS TO BE SUPPLIED BY DADS &/or CHILDREN (Optional)

- Dad
- Tent
- Clothes
- Closed in shoes
- Bedding
- Chairs or blanket
- Water Bottles
- Torch
- Snacks for in the tent
- Tea that you can cook on a gas cooker and all plates/utensils needed
- **No alcohol please**
- \$25 per family

## 22. D&KCO The Fathering Project Talk Booking Form



### Dads and Kids School Campout Booking Form

Well done on arranging this great event. *The Fathering Project* supports these camps as an effective way for dads to engage with their kids.

Fathering Project School Groups seeking a brief talk (max. 20 minutes) by *The Fathering Project* at their campout are requested to please complete the following form & email it to [admin@thefatheringproject.org](mailto:admin@thefatheringproject.org) at **least 4 weeks** before the event. Your Talk is **NOT CONFIRMED** until this form has been received and acknowledged by *The Fathering Project* contact person.

If you have any questions please call Colin West on 0412 133375. Thank you.

Item	Details
Group/School	
Date/s of Camp	
Requested Day/Time of TFP Talk	
Location of Camp (Include address and any relevant access instructions)	
Fees/Donation	<p>The Fathering Project is a not for profit organisation. Therefore we seek donations to cover our expenses. We recommend the following for our camp talks. No charge for speaker or talk. If the group would like the fathers to receive some resources we have 2 options.</p> <p><b>PLEASE CIRCLE THE NUMBER OF YOUR CHOICE.</b></p> <ol style="list-style-type: none"><li>\$5 for a Blue Book of Tips per father</li><li>\$10 for our Resource folder, includes the Blue Book.</li></ol> <p><i>*An additional donation amount of the groups choosing would also be much appreciated.</i></p>
Group/School contact	Name
	Email
	Phone                      Mob
Please indicate if group /school can provide PA equipment.	Yes / No
Anticipated attendance	
Other comments prior to presentation.	

*Well done and congratulations on organising this important event.  
We hope it is a great success.*

### **23. AN EXAMPLE EMAIL TO DADS - ON REGISTRATION FOR THE D& KCO.**

Well done dad! You've signed up for an event that will be great fun and create great memories for you and your kids. The idea of the Camp Over is to create stronger connections between you and your kids and to help us dads support each other in the hard job of being an effective father.

You'll need to do a few things with your kids to make this work. Mums who read this are banned from helping out.

1. Get your kids excited about the Camp Over, tell them how much you are looking forward to camping with them.
2. Pull out the tent, sleeping mats, sleeping bags, an old fry pan, some plastic cups, plates and cutlery, change the batteries in the torches, grab a camping chair
3. Talk to your kids about what you should make together for tea Friday night. Something you can cook on a single burner stove. Then go shopping with your kids to buy it and a few munchies while you are at it for in the tent.
4. Finally rock up to the school oval at 5pm Fri 15th April. Knock off early that day to make sure you can pack the car with the kids. They will be excited and will be disappointed if you are late. When you get to school put your tent up together as a family on the oval.
5. The program includes some after dark activities around the school before bed. No doubt an early morning for more activities, brekky and coffee. Someone from the Fathering Project will give us some tips on fathering and then pack up the tents and all done by 9am.

Remember on the camp.... ***Your kids are your responsibility and it is all our responsibilities to make sure it is a fun and positive time.*** It should be great fun. Make sure you contact me (insert Leader's name & Mobile ) if you have any questions.

### **24. EMAIL TO DADS - ONE WEEK BEFORE THE CAMP**

Hi Dads

Well we are officially full and the weather is looking fantastic so all that is left to do now is have a good time with our kids.

Just a few reminders;

- Below is the instructions that you should have received when you registered and the list of things you need to bring.
- Bring your \$25 with you Friday and hand it over when you arrive and are pointed to a tent spot.
- Try to arrive at around 5pm. The sun will set by approx. 6:20pm (enter time) so you'll have just over an hour of light to get the tent set up and cook tea with your kids.
- Try to make sure that Friday or Saturday night is more about you and your family and Saturday or Sunday morning can be more about them playing with mates.
- There are 50 single burner cookers- so you can sit in front of your tent and make your tea. You'll just need to bring any pots or pans required.
- Remember drink bottles and a bag for dirty dishes probably best to wash them at home on Saturday or Sunday.
- I'm hoping everyone (dads and all) will be quiet and pushing out zzzz's by 8.30 - 9.00pm Fri/Sat, I suspect wake up will be from 6am onwards???
- In terms of our risk assessment we really need kids to sleep and hang out in their own tents and not their mates.

Should be a heap of fun, no doubt your kids are bubbling with excitement. Please contact me with any final questions (insert name & number).



## 25. Dads and Kids Camp Incident Report Form

### **RISK ASSESSMENT**

<b>Risk</b>	<b>Preventative Action</b>	<b>Response</b>
<b>Missing child</b>	<ul style="list-style-type: none"> <li>• Children to be the responsibility of their parents</li> <li>• Always keep children with their family</li> <li>• Police and security to do regular pass bys during night</li> <li>• Dad to go with child to toilet</li> </ul>	<ul style="list-style-type: none"> <li>• Keep all other children together with some dads, continue with activities.</li> <li>• Other dads look for child.</li> <li>• If not found within 30 mins call police, parents.</li> <li>• Know what wearing, where seen last, where heading</li> </ul>
<b>Dehydration</b>	<ul style="list-style-type: none"> <li>• Provide water</li> <li>• Email parents to send water bottles</li> <li>• Give reminders about drinking</li> </ul>	<ul style="list-style-type: none"> <li>• See nurse – appropriate first aid</li> <li>• Call an ambulance if required, call parents</li> </ul>
<b>Abuse</b>	<ul style="list-style-type: none"> <li>• All volunteers to have WWC cards</li> <li>• Children to only go in their own families tent</li> </ul>	<ul style="list-style-type: none"> <li>• Call Police</li> </ul>
<b>Scrapes, Bruises</b>	<ul style="list-style-type: none"> <li>• Choose suitable area for activities</li> <li>• Choose appropriate activities</li> <li>• 1<sup>st</sup> aid person in same spot, wearing fluro top and glow sticks at night</li> </ul>	<ul style="list-style-type: none"> <li>• See nurse – appropriate first aid</li> <li>• Call an ambulance if required, call parents</li> </ul>
<b>Traffic Accident</b>	<ul style="list-style-type: none"> <li>• Children to travel with their families in approved child restraint for age</li> <li>• Make fence line the boundary and parents only to exit that to retrieve a ball</li> </ul>	<ul style="list-style-type: none"> <li>• Ambulance if needed</li> </ul>

## 26. EMERGENCY Phone Numbers

DET Security- 9264 4632

Police- 131 444



### THE FATHERING PROJECT

#### Contact Details

Colin West

Schools Manager

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0412 133 375



**Dads' & Kids' Camp Out – Richmond Primary School – March 2015**