

Advance @ Mordialloc College

The two-year *Advance Outdoor Education* program is comprehensive and includes camps, excursions, first aid training and adventure activities that enhance personal and social skills and develop teamwork, initiative and self-reliance.

The Advance program has a great emphasis on community service, within the College and outside the College, focusing on leadership and respect. Students gain awards that acknowledge their initiative, personal skills, life skills and leadership skills, which can be used now and into the future.

The Advance class has been running at Mordialloc College since the program began in the early 2000s.

The program usually includes 22 students who participate in Year 9 and progress to complete Year 10 Advance.

The prerequisite for the Advance Class is that each student must be able to complete a 200m swim of freestyle in 5 minutes.

Year 9 Program

Introduction to First Aid

The Year 9 program is focused around the ocean, and begins with students starting to learn DRSABCD and CPR.ⁱ They also complete leadership, respect and self-awareness modules.

They then venture to Pope's Eye, an historical army fort located in Port Phillip Bay (approx 2kms into the bay from the Heads). Here they undertake a snorkelling session and learn about sea life, and then go on to the Chinaman's Hat for a swim session with the seals.

Surf awareness

Students also participate in a three-day surf camp, staying at Lorne Foreshore Caravan Park. They go surfing, sea kayaking and complete an initiative course, along with surf awareness activities. They also complete a night walk and have night activities.

Surf rescue and fitness

In Term 2, the students participate in the 'Mordialloc Experience' (MEX Program). They return to Advance in Term 3, where they join Mordialloc Life Saving Club and start work on their Surf Rescue Certificate. They receive their work books and manuals and, through Terms 3 and 4, they complete all required tasks. Students continue with CPR and DRSABCD. They move onto waves, rips and currents, followed by a 200-metre pool swim in under 5 minutes, board and tube rescues, 100m run, 100m swim, 100m run in 5 minutes at the beach, signals, and finally typical rescue scenarios.

Students also participate in another Surf Camp in Term 4 staying at Lorne again. They surf, go sea kayaking and complete a three-hour mountain bike ride from Anglesea to Torquay. Participating in surf awareness activities again, the students then practise for their run-swim-run.

Examinations

Student will be assessed by a Life Saving Victoria Examiner for their Surf Rescue Certificate. Once they have passed their exam, they have to complete 2 days of patrol with members of the Mordialloc Life Saving Club. They also have the option (once they turn 15) to complete their Surf Bronze Medallion and other awards such as Advance Resuscitation Techniques, IRB Crew and Driver awards.

Working with special needs

Throughout the year, students also participate in tree planting and rubbish collection (usually once a week or once a fortnight) in conjunction with the City of Kingston and Yarrabah Special School. Mordialloc College students assist the Yarrabah students with these activities, and build a great relationship with them s. This continues into Year 10 Advance.

Year 10 Program

First Aid training

Advance continues into Year 10. The students in Year 10 start work on their Level 1 First Aid certificate and their theory for the Pool Bronze Medallion,

During Terms 2 and 3, the students attend pool sessions for their practical components to complete their Pool Bronze Medallion, while also still participating in lessons on their First Aid and bronze theory.

Outdoor skills training

In Term 1, students complete an overnight hike at the Cathedral Ranges, where they continue to learn how to set up tents and use Trangia stoves for cooking.

During Term 3, the students participate in a 4-day snow camp at Mt Buller, where they have the choice of either snowboarding or skiing. They also learn about snow safety and spend an afternoon tobogganing. Students have to suggest and create their night activities, and assist in cooking meals, cleaning and setting up before and after each meal.

Bringing practice and theory together

During Term 4, students complete the final stages of theory and practical components for their First Aid certificate and pool bronze.

Students undertake a three day hike at the Grampians. The hike starts at Beehive Falls. The first night is spent at Trooper's Creek, on top of the Grampians, and it finishes at Roses Gap, which is located at the northern end of the Grampians.

They also do a night tour of 'J Ward', one of the oldest gaols in Victoria, and learn about the history of the area.

Throughout the year, the tree planting and rubbish collection continues each fortnight with the Yarrabah students, and the program concludes with an end-of-year party lunch for the students.

ⁱ First Aid abbreviations D = Danger (check for danger); R = response etc); CPR = Cardio pulmonary resuscitation.