

PARTICIPANT EXPECTATIONS

Outward Bound Group leaders are experts in group facilitation, teaching and fostering potential in young people. It is the aim of all Group Leaders to support participants and encourage their personal growth throughout program. However, Outward Bound programs are designed to provide positive personal development for ALL people present on the program. As such, Outward Bound programs adhere to minimum standards of behaviour to ensure the well-being and enjoyment of all participants and staff.

Standard of Fitness Required

Outward Bound programs are structured to be inclusive and supportive, offering opportunities for personal growth within a safe and manageable framework. A number of the adventure activities allow for 'challenge by choice', where participants can self-select participation and level of challenge. However, the program requires an average level of fitness in order to expedition from one location to another. The programs are designed to allow for a variety of physical abilities and fitness levels. Programs are adaptable to the group's needs but are not equipped for individual one-on-one therapeutic or special needs interventions. Those seeking specialised programs should contact an Outward Bound Client Manager.

All participants on an Outward Bound program must abide by the below principles:

- **Respect and Enjoyment:** Every participant has the right to enjoy the program without disruption.
- **Positive Engagement:** Participants must be willing to meet behaviour standards, cooperate with program requirements, and manage basic personal living skills in an outdoor environment.
- **Safety and Respect for Staff:** Outward Bound staff have the right to a safe and respectful workplace.

Expected Positive Interactions and Respect

Active and Cooperative Participation

- **Respectful Communication:** Communicate with others in a positive and respectful manner. Avoid swearing, yelling, or threatening behaviours.
- **Inclusive Behaviour:** Engage in behaviours that promote inclusivity and respect for all individuals, regardless of race, sexuality, faith, or personal attributes.
- **Engagement in Activities:** Participate actively and responsibly in all group activities. Follow the instructions of Group Leaders and contribute positively to group dynamics.
- **Safety Awareness:** Adhere to all safety guidelines to ensure the well-being of yourself and others.

Self-Management Skills

- **Personal Hygiene:** Maintain personal hygiene and manage personal health needs.
- **Appropriate Behaviour:** Demonstrate age-appropriate understanding and management of behaviours including sexual behaviours.



- **Equipment Management:** Take responsibility for personal clothing and equipment.
- **Motor Skills:** Have adequate fine and gross motor skills to participate in activities.
- **Mental Health Management:** Capacity to self-manage mental health issues such that they do not present a safety threat to themselves or others. Participants must be prepared to seek support from accompanying staff and adults when required.

Steps taken if displaying inappropriate behaviour

In instances where expectations are not met, the following steps will be taken:

First Instance:

The Group Leader will discuss the incident with the participant, explaining the breach and reinforcing the expectations. A verbal agreement will be established to comply with these expectations. The consequences of continued inappropriate behaviour will be made clear.

Second Instance:

The Program Coordinator and Group Leader will have a more detailed discussion with the participant to understand the circumstances and re-emphasize the requirements. The participant may be temporarily withdrawn from the program. Parents or guardians will be notified, and a written agreement will be established to outline the expectations and consequences of further incidents.

Third Instance:

If a third breach occurs and there is no conceivable way for the participant to finish program safely, the participant will be permanently removed from the program without a refund. Parents or guardians will be responsible for arranging transportation home. If parents or guardians do not respond within a reasonable timeframe (~12 hours), Outward Bound will contact the appropriate authorities (Police, Department of Human Services) to make alternate arrangements to safely transfer duty of care.

Note: In cases where the breach is related to an undeclared special need, the process may be expedited to ensure the safety and well-being of all participants. In cases where a participant poses a serious physical or emotional threat to themselves or other, they will be immediately removed from program without a refund.