

FARROW CUP 2023

17 - 19
MARCH

INFORMATION BOOKLET

FARROW CUP
Childhood Classics



Lady Stradbroke Cup style camp for adults

FOR MORE INFORMATION & TO REGISTER, VISIT GUIDESVIC.ORG.AU

Key Event Information

Information for interested participants... everything you need to know before you register!

Date: Friday 17 March to Sunday 19 March

Location: Britannia Park Guide Campsite

Arrival time: from 6.30 pm on Friday 17 March

(if you are arriving later than 8.00 pm, please let the committee know)

Departure time: 2.00 pm on Sunday 19 March

Cost:

\$50 for participants (adult members aged 18+)

\$45 for Trefoil Guild Assessors

(please note: this does not include your food, which you will organise with your Patrol)

What is the “Farrow Cup”?

Similar to the Lady Stradbroke Cup for youth members, the Farrow Cup is Girl Guides Victoria’s competition camp for adult members! It is an opportunity to Leaders to go Patrol camping and work as a team to develop or improve upon these skills in a safe and supportive environment. In 2022, the theme is ‘Childhood Classics’.

The Farrow Cup is designed for any adult member of Girl Guides Victoria, competing in Patrols of between 4 and 6 adults. No prior experience is necessary. Our assessors will be experienced members of the Victorian Trefoil Guild, who are excited to pass on their camping knowledge!

Further Information

If you have any questions, please email the organising team at farrowcup@guidesvic.org.au or ring the Girl Guides Victoria office during business hours on 8606 3500.

How to Register for Farrow Cup:

All participants and assessors need to be capable of moving around the campsite, which includes uneven terrain. If you have any medical requirements that will need extra support please contact the organising committee on farrowcup@guidesvic.org.au.

All participants must register themselves individually online at the Girl Guides Victoria website by 11.59 pm on Monday 27th February

Register with your Patrol

If you already have a Patrol ready to go, you can tell us your Patrol name and members when you register yourself online. You will be asked if your Patrol is happy to be joined by extra members who haven't been able to organise a Patrol. Please discuss this with your Patrol prior to registering.

Register as an Individual

Don't have a Patrol? No problems! Email farrowcup@guidesvic.org.au and we will help you find a patrol.

Trefoil Guild Assessor Registration

We are in need of some Trefoil Guild members who would like to be assessors on the weekend. Assessors will use the Thank You Chalet as their base, and there is indoor sleeping option in Thank You Chalet (7 beds) or outdoor sleeping options. Assessment tasks will involve:

- Assisting with campsite assessment on Saturday morning
- Assessing campsites and gadgets on Saturday Afternoon
- Joining a Patrol for Saturday Lunch (not assessed), Saturday Dinner (assessed), and Sunday Breakfast (assessed).

Please note that Assessors will need to self-cater for dinner on Friday (or eat before they arrive) and breakfast on Saturday. It is highly important that assessors notify of any dietary requirements at registration so patrols can be informed if required.

Forms and Application Documents

Make sure you've submitted all your forms on time because if you don't, you will lose valuable points! **Each Patrol member needs to have registered for the event as a participant by the closing date of Monday 27 February**. Your Patrol will then have just over a week to submit a Patrol Registration and equipment request form by Friday 3rd March. Although registrations for the event go through the Girl Guides Victoria website, you will need to organise and pay for food with your Patrol.

Attendance at the Event

Farrow Cup is a team challenge event. In order to work most effectively as a team and show respect to team mates, all participants need to attend for the full duration of the event. Any questions or requests regarding this should be emailed to the event organisers (farrowcup@guidesvic.org.au) by Monday 6 March.

Program

Friday

6:30 pm onwards Arrive at camp, sign in, and set up camp

When you arrive, go straight to the Sign In table at Patanga (see [map of Britannia Park](#)) before going to your campsite. Adult Health Forms will be available. If you are going to arrive later than 8.00 pm please email farrowcup@guidesvic.org.au

9.30 pm Whole camp meeting at Patanga Shelter.
Bring a plate of food to share.

Saturday

Morning Expectations: Breakfast (not assessed), continue setting up camp, first aid kit assessment, gas quiz, peer learning of skills & prepare lunch.

12.00 pm Lunch (assessor eating with you - practise)

1.30 pm Afternoon activity

4.30pm Prepare For dinner

6.30 pm Dinner (assessor eating with you - assessed)

9.00 pm Campfire

Meet at the big log near Patanga Shelter, BYO snacks to share.

Sunday

9.30 am Breakfast (assessor eating with you - assessed)

Morning Expectations: Pack up camp

All borrowed equipment needs to be cleaned and returned no later than 11.30 am.

12.00 pm Assistance preparing BBQ lunch required

12.30 pm Lunch (BBQ lunch provided)

1.30 pm Closing ceremony

2.00 pm Camp closes, depart campsite

Health & Wellbeing

First Aid: Each Patrol must have their own first aid kit, and all Patrol members should carry a personal first aid kit too (refer to assessment booklet for details). Please see committee if you require any major first aid. Please note all first aid performed is to be reported to camp LICs to ensure they are aware.

Health Forms: On arrival, committee members will have adult health forms for participants to fill in and place in a sealed envelop in case of an emergency. We ask for all participants to do this in case of worse case scenario and an ambulance is needing to be called.

Alcohol: As this is an adult only event alcohol is permitted, however participants are asked to drink responsibly in a safe and respectful manner, keeping in mind the requirements of the camp. Any participants found to be overly intoxicated or a risk to others will be sent home in a taxi at their expense. Please note that participants must not be under the influence of alcohol while participating in afternoon activities.

Code of Conduct: All participants at this event are expected to show their commitment to the Girl Guide Promise and Law and the Girl Guides Victoria Code of Conduct which is signed by all adult members. Failure to abide by Code of Conduct or participating in behaviour that is unsocial may result in you being asked to leave camp.

Rubbish: To help with waste management and keep Britannia Park looking wonderful, all Patrols will be asked to take rubbish home with them. Please be mindful in your planning and shopping so that you bring only what you need to reduce waste, and make sure you bring garbage bags and secure rubbish bins.

Activities

When registering online, you must choose an activity for Saturday afternoon. This is a great chance to explore some of the wonderful activities we provide for our Guides regularly.

Please note: There are minimum and maximum numbers required for the activities. We will contact you if for some reason we need to change your activity.

Low Ropes Course *	Test out your balance and communication skills by challenging yourself to the Low Ropes course.
Possum Flyer *	You've watched your Guides soar to new heights; now it's your turn. Take on the Possum Flyer and see why your Guides love it so much.
Orienteering and Challenge Valley	Can you find all the clues? Test out your map reading skills by having a go at Orienteering. Then challenge yourself to conquer the Hayman Challenge Valley with a fun and messy end.

* Additional cost of \$12 applies and must be paid on registration.

Assessment

Assessment at Farrow Cup is designed to help you learn more about camping, improve your skills, and encourage you to try your best! It allows Leaders to get a taste of what our Guides experience when they participate in Lady Stradbroke Cup. A copy of the 2023 Patrol assessment sheets will be distributed to Patrol Leaders in the lead up to the event.

Assessment happens at various times throughout the weekend and will include some fun surprise assessments. The majority of the assessment of your campsite is done while you are at your Saturday afternoon activity, so make sure you leave your campsite looking great!

Saturday dinner (to be cooked on an open fire) and Sunday breakfast (to be cooked on gas/butane stove) will be assessed by the Assessor eating with you. In case of wet weather, committee members will advise that we are cooking dinner on gas instead of fire.

First aid assessment will be done on Saturday morning. A gas safety quiz is also part of your first aid and safety assessment and will be provided to your Patrol on arrival. The first aid assessment will require you to hand in the gas quiz and show the assessors your Patrol and personal first aid kits, spare shoes, beanie, and sunhat. You will also be asked a few first aid questions and scenarios.

Your Patrol will be assessed on:

PATROL: Camp atmosphere, teamwork, and leadership

ORGANISATION: Forms in on time, first aid kit, personal gear, bedrolls, personal hygiene, Patrol flag, and notice board designs

COOKING : Menu and choice of ingredients, preparation, cooking, food storage and hygiene, presentation, taste, and clean up.

GADGETS: Simple and complex gadget, flagpole, dillybag line, grease-trap and notice-board. These can be partly constructed prior to camp.

CAMP LAYOUT: Tent set up, kitchen area, equipment storage, fire safety, and cleanliness.

Remember: *Farrow Cup is a competition, but this should not stop you enjoying yourself.*

FUN is the first priority and if at any time you need help, or are unsure about something, just ask someone else in your Patrol or the committee.

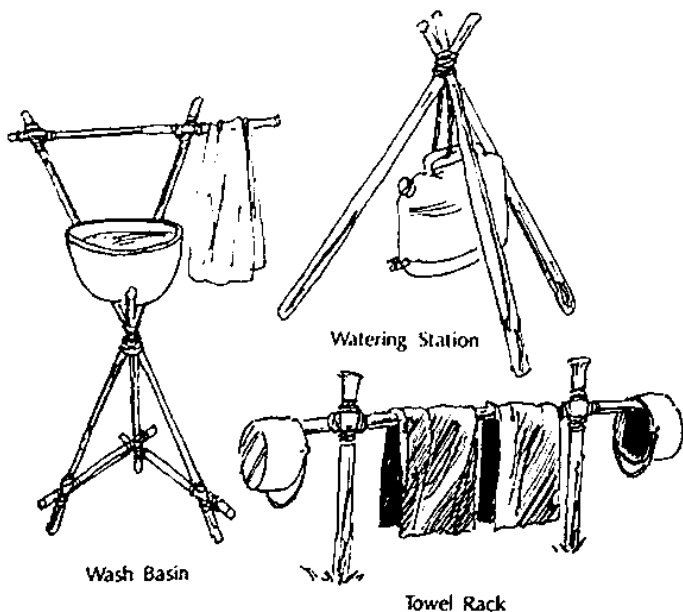
Gadgets

All Patrols will be assessed on:

- Flagpole
- Noticeboard
- Dillybag line
- Grease-trap
- A simple gadget (own choice) - contains at least two different types of correct knots or lashings
- A complex gadget (own choice) - contains at least four different types of correct knots or lashings

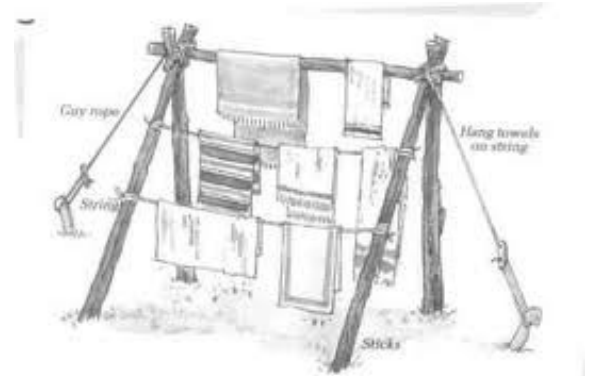
Check out the Guide Handbooks for ideas and instructions for knots. There are also more details about the above in the Farrow Cup Camping Tips booklet.

Simple Gadget ideas:



Tripod

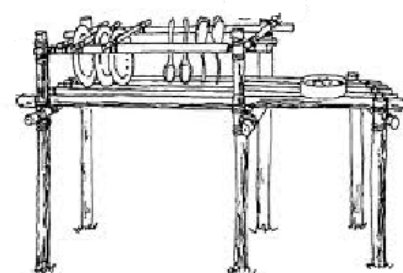
Complex Gadget ideas:



Tea-towel hanger



Gate or noticeboard



Kitchen gadget

Menu

Friday

Dinner

Eat before you arrive at camp

Saturday

Breakfast

Own choice

Lunch (assessor eating with you - practise)

Choice of bread (rolls, pita, bread, etc.)

Meat, fish, eggs, cheese, or other protein

Selection of four or more salad vegetables

Cake or fruit

Hot or cold drink

Dinner cooked on open fire (weather permitting)

(assessor eating with you - assessed)

Meat, fish, or vegetarian protein (e.g. legumes, egg, or tofu)

Potato, rice, pasta, or bread etc.

Three or more cooked vegetables OR one cooked vegetable and at least four salad vegetables

Hot cooked dessert (not tinned) with sauce, custard, or cream

Hot and cold drinks

Sunday

Breakfast cooked on gas/butane stove (assessor eating with you – assessed)

Cereal and toast OR toast and fruit

Hot breakfast of own choice

Hot and/or cold drink

Lunch (BBQ provided - assistance to prepare required)

Don't forget to bring something for morning and afternoon tea, and have some fruit to munch on if you are hungry!

Patrols will be notified two weeks prior to camp if they will be catering for any assessor's dietary requirements.

Patrol Equipment

Items marked with ** are available to borrow from Brit Park, if you are planning on borrowing equipment please email farrowcup@guidesvic.org.au before the event.

Suggested equipment for patrol camping:

- Sleeping tent
- Kitchen shelter or tent
- Mallets **
- Large tent pegs for gadget building
- Trestle tables - one for food preparation and one for dinner table (preferred) **
- Camp chairs
- 'Uprights' (big poles) to hold food boxes off ground **
- Non perishable food in animal-proof storage boxes
- Cold/perishable food in esky with large bottles of frozen water and/or ice
- Kitchen utensils (pots, pans, tongs, chopping boards, knives etc.)
- Two big bowls - hand washing and dishwashing
- Cleaning box - with detergent, sponges, soft soap, matches, bin bags etc.
- Pot holders and tea towels
- Welding gloves or fire gloves (in addition to pot holders)
- Fire drum and grill (there must be at least 25 cm between the ground and the bottom of the drum when it is set up) **
- Two fire buckets with hessian **
- Gas or butane stove and fuel
- Gadget wood and rope, cord, stocking etc. Gadgets may be partly constructed before camp.
- Patrol first aid kit
- Lighting for your site
- Tarps - to cover your woodpile and fire (prepared in morning for dinner) and your personal gear in case of rain while setting up. If you are not using table and chairs for meals, you'll need another large tarp to act as a table.
- Patrol flag and noticeboard
- Grease trap