

# CHAMPIONS CHALLENGE

## CHAMPIONS CHALLENGE 2024



**28 JULY 2024**

**JOLLY'S LOOKOUT - MT. NEBO  
TO ENOGGERA RESERVOIR  
VIA GOLD CREEK RESERVOIR**

**28KM - 8 HOURS - LIFE CHANGING**



**Team Jacob Champions Challenge is the brainchild of a group of mates, in conjunction with AEIOU Foundation, who wanted to challenge themselves and make a real and life-changing difference to children with autism. They established "Team Jacob" and raise vital funds and awareness for the work that the AEIOU foundation do through a variety of events each year. They are all CHAMPIONS! As a registered team member, you are now a champion with a unique opportunity to face a mighty challenge, just like the many challenges that children with autism face on a daily basis. The Team Jacob Champions Challenge will offer you and your friends the opportunity to test your fitness and enjoy the spirit of camaraderie while completing a 28 km high endurance trek across south-east Queensland in teams of four.**

**DATE:** Sunday 28 July 2024

**LOCATION:** Jolly's Lookout - Mt Nebo to Enoggera Reservoir via Gold Creek Reservoir

**DISTANCE:** 28km via rugged escarpments and eucalyptus woodlands

#### Beneficiaries

By participating in this event, you will be helping Team Jacob to support the life-changing, early intervention program that AEIOU Foundation provides to pre-school aged children with autism.

#### The Trek

This event is not a race. It is a physically testing, life empowering journey. Just as the AEIOU Foundation supports children with autism and their families, you will be fully supported by a trek medic, support vehicle (with passenger seating) and a trek leader who is in constant communication with the event team via walkie talkie.

#### The Location

D'Aguilar National Park is not only physically challenging, but allows you to reconnect with nature. Scribbly gum forests are a striking contrast to the lush, rainforest-filled gullies. Forest locals such as bell miner birds and yellow-tailed black cockatoos watch on as you hike along the trek.

#### What To Bring

Start with 2 litres of water, enough personal snacks for 8 hours of trekking. Refer to stock take list in this document for other items.

#### The Team

Team Jacob Champions Challenge is an event that provides a dynamic and at times challenging experience, in which the importance of a strong functional team may be the difference between a journey well-travelled and a journey endured. Fortunately, the training and lead-up to this event provides plenty of time and opportunity to build a high performance team.

# CHAMPIONS CHALLENGE

# FUNDRAISING

## Do I need to fundraise? Yes.

Fundraising is part of your challenge. The minimum fundraising amount of \$250.00 per participant is a compulsory requirement and teams not meeting their minimum may not be permitted to start the event. You're encouraged to fundraise over this amount - the more funds raised, the more lives you can help change!

You will find ideas, tips and tools to assist you on our Fundraising page, and we will keep you up to date with regular email and social media suggestions.



*Since starting AEIOU in January, Ned's skills have grown at an incredible rate. He has come so far in his journey, but our sense is that it is just the beginning for him. The world is becoming his oyster and the possibilities of what he can achieve grow greater each and every day. We are so fortunate to have this opportunity for Ned, and our wish is that more families have the same access to vital early intervention therapy and care. It is impossible to express our gratitude knowing that Ned has a future filled with possibilities, and we now dare to dream of a life of acceptance, inclusion, and opportunities for our precious boy.*

# THE START

Team Jacob Champions Challenge and Queensland Parks and Wildlife Services welcome you to D'Aguiar National Park and wish you all the best with your trek!

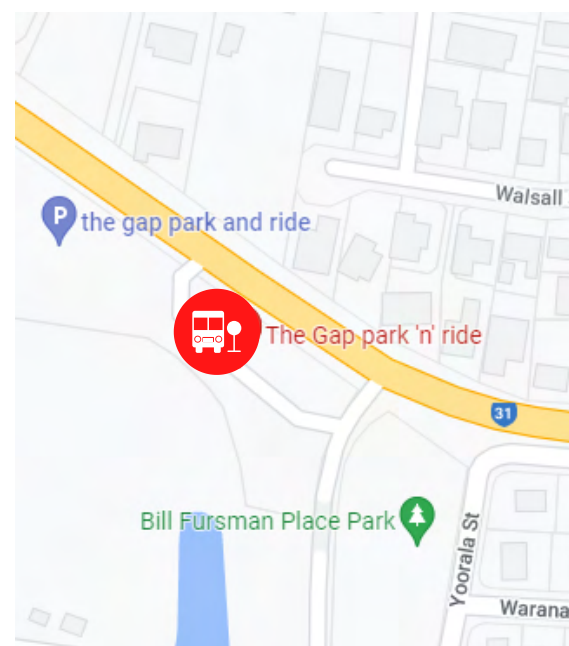
Rugged escarpments covered in covered in eucalypt woodlands and scribbly gum forests are a striking contrast to the lush, rainforest- filled gullies. Forest locals such as bell miner birds and yellow-tailed black-cockatoos watch on as you hike along the trek. D'Aguiar National Park is not only physically challenging, but allows you to reconnect with nature.

**STARTING POINT:** Meet at the Enoggera Reservoir Bus Station, off Waterworks Road, The Gap

From Brisbane - 12 km from Brisbane's CBD, continue on Waterworks Road and a small road on your left will lead you up to the BCC Enoggera Reservoir bus station car park.

- Keep an eye out for AMA crew
- Parking is available in the BCC Park and Ride car park
- Carpooling is advisable

The bus departs for Jolly's Lookout at 6:00am sharp. There's a lot of distance to travel, so we can't wait for any late arrivals.



Starting point: Enoggera Reservoir Bus Station

#champschallenge  
#teamjacob

# THE TREK



*"The journey of a thousand miles begins with a single step"*

## **1 BOARD BUS AT BCC ENOGGERA RESERVOIR BUS STATION - DISEMBARK AT JOLLY'S LOOKOUT. THE TREK TO THE ENOGGERA RESERVOIR VIA GOLD CREEK BEGINS!**

**Time of Departure: 6:00am**

Set off by bus from BCC Enoggera Reservoir Bus Station to Jolly's Lookout.

After arriving you will be given your team entry bibs and welcome from Team Jacob.



## **2 MT. NEBO TO CHECKPOINT 1 (GOLD CREEK RESERVOIR): APPROX – 17.6KM ~5 HOURS DEPENDING ON WEATHER.**

The trek starts with a 3.0km rainforest walk, then gentle ascending and descending climbs along a ridge line with impressive Blue Gum forest heading towards our first rest stop 16.3km 4.5 ~ 5.0 hours. Enjoy time to refuel with a fresh sandwich lunch on hand and your snacks, energy food before we embark on your final section towards the village.

# THE TREK CONTINUED...

## 3 FORMATION OF TREKKERS AND SUPPORT TEAM

FORMATION OF WALKERS & SUPPORT TEAM  
By Group of 100 Participants



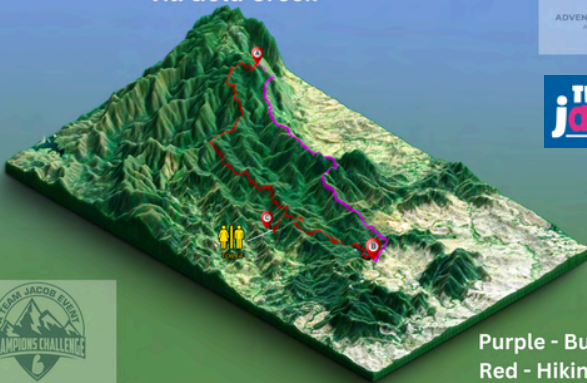
## 4 CHECKPOINT 1 (GOLD CREEK RESERVOIR ) TO FINISH (ENOGGERA RESERVOIR) APPROX: 11.7KM - 3.5 HOURS DEPENDING ON WEATHER

At GOLD CREEK RESERVOIR enjoy the fresh lunch and refreshments and a well-earned rest before the second leg of the journey. After enjoying the serene environment and break, we will start section 2.

On the way home to the finish line there are several steep and long ascending and descending tracks before you drop into the boundary of Enoggera dam tracks. You then follow the dam tracks around before the last section delivers 3 very steep short hills to test you. This section covers 11.70km and will take approximately 3.5 hours depending on weather.

Take in the finish line village atmosphere, relish arriving at the finish line at the Dam Wall, Enoggera Reservoir where we will meet up with family and friends and enjoy a light BBQ and refreshments

Team Jacob Champions Challenge  
29.3 km Jolly's Lookout to Enoggera Reservoir via Gold Creek



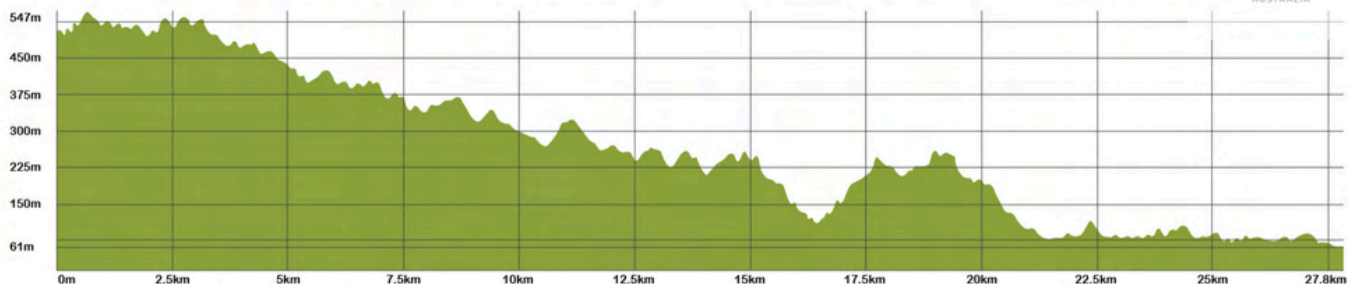
Purple - Bus Route  
Red - Hiking Route



Team Jacob Champions Challenge  
Jolly's Lookout to Enoggera Reservoir



**TRIAL PROFILE 27.8KM**



Carry only what you need on the course, remember to bring enough personal snacks for the trek distance, hydration and first aid will be provided on course and at rest checkpoints. Finally: Train hard, train well, break in your shoes! The more training you do, the more enjoyable the event will be. Remember ~28 km is a half marathon distance plus more and this course is over steep mountains - so prepare for it! If you do not prepare, you maybe letting yourself, and your teammates, down.

# THE RULES

## TO PARTICIPATE, THESE RULES MUST BE FOLLOWED

1. All team members must be aged 18 or above unless approved by the event manager in advance, in writing. This circumstance will only be approved, if a parent or guardian has signed the appropriate form(s). The minimum age for participation in the event is 16 years of age and these participants must be accompanied by an adult for the entirety of the course or where multiple adults are involved, for each leg. Where necessary adults accompanying minors must be Blue Card certified.
2. At the start of the event all team(s) must have a minimum of four members.
3. Teams must register and check in during their allocated check in period. Check in times will be on Sunday morning at the following time slot: 0530 -0600. The Team Jacob Champions Challenge bus departs at 0600, we cannot wait for anyone.
4. There is one major checkpoint throughout the course as well as the start and finish points. All trek participants must remain together between check points. All participants must check in and check out as a group at each checkpoint. Staff will not check in or check out a team until all members are accounted for.
5. Do not drop litter on the ground. Please respect the environment and carry out all your rubbish or discard at any bins provided. (This includes cigarette butts. Do not leave butts in tall grass or other flammable materials) Anyone observed littering will be removed immediately from the event.
6. Under no circumstances are any participants to be left unattended. If a participant is seriously injured and cannot be moved, one person must remain with them while another participant alerts the accompanying medical personnel, AMA event Medics should be no further than 10 minutes away.
7. If you want to withdraw during the event, you must first report to the Trek Group Leader or Trek Group Medic who will sign you out at the next checkpoint and assign you to a transport vehicle until that checkpoint is reached, at which time you will have your entry bib code recorded as having left the event. You will not be permitted to leave the Checkpoint until your support crew has also signed you out.
8. If you do not notify event organizers of your intention to leave a checkpoint prior to doing so, this will result in an emergency services response. This can waste valuable resources, which may be required elsewhere and for which you may be held financially accountable for.
9. Identification (eg. Bibs) must be worn always during the event.
10. A team must notify the Team Jacob organisers of any change of team members via email. No substitutions will be allowed once the event starts. Any team found to be substituting without prior notification or during the event will be withdrawn.
11. If in the opinion of medical personnel, a team member is unable to continue for medical reasons, then the organisers reserve the right to remove that member from the event.
12. Each team captain must attend one information night prior to the event. All team members are welcome to attend as well.
13. All participants must read the Trekkers Handbook and be fully prepared on the morning of the event to commence the trek with all equipment and provisions.



# ALL FOR ONE AND ONE FOR ALL!!

Champions Challenge is an event that provides a dynamic and at times challenging experience, in which the importance of a strong functional team may be the difference between a journey well-travelled and a journey endured. Fortunately, the training and lead up to the event provides plenty of time and opportunity to build a high performance team.

There are two critical factors in building a strong team:

- Recognition by all team members that the event is both a physically and a mentally challenging event which is best conquered by harnessing the team's different skills and personalities. Using team strengths in full can compensate for any individual weaknesses.
- Directing all team efforts towards the same clear goals. This relies heavily on good communication and harmony in your team and setting your goals collectively and early. Here are some team-building ideas, techniques, and tips you can try as you prepare for Team Jacob Champions Challenge.
- Make sure your team goals are clear. What is your team's motivation for doing the event? Make sure your goals are completely understood and accepted by each member of your team. For example, your goals could be finishing as a team, or committing to a training schedule.
- Identify the various skills and tasks required to get your team ready for the event and to the finish line, based on your collective goals. Then allocate tasks, many of which can and should be shared.
- Make sure there is clarity in who is responsible for each task, even though one or more of you might be contributing. Then make sure that you support and respect that person. You can always reallocate a task or responsibility if need be.
- Build trust within your team by spending as much time together as possible leading up to the event. Create an atmosphere of honesty and openness. It is important that you do what you say you will do, and, better still, are able to demonstrate it.
- For issues that rely heavily on team consensus and commitment, try to involve the whole team in the decision making process.
- Allocate a leader that everyone respects and agree that for difficult calls it will be the leader who makes the decision if consensus is split.
- You can still maintain effective team communication even when your team is spread over different locations. Just ensure that you keep all members informed and included, which can be easily done via email and phone.
- Celebrate your progress. It is important to recognise the small steps that you achieve on the way to the starting line.
- Keep a flexible team approach on the day. Be prepared to improvise, adapt and overcome. What you hope will happen is not always going to match reality. You might have to jettison some team goals for the sake of others, but nothing beats the experience of starting and finishing together.



# THE TEAM

# THE TRAINING



## TRAINING SESSIONS

4 Training Sessions will be held at Mt. Cootha in advance of the event on Saturday Mornings from 6:00 am to 9:00 am departing from the JC Slaughter Falls Car Park. Details will be sent via email once you have registered

## TRAINING PRINCIPLES (FITT)

There are two basic types of training principals often referred to: **overload** and **progression**. Overload training relates to the increased stress or load placed upon the body that is more than it is usually accustomed to. Overload training manipulates the training variables of frequency, intensity, time and type (FITT).

Progression training relates to what, when and how the load is increased through adjusting the components of frequency, intensity or time.

The **FITT Principle** describes how to safely apply the principles of overload and progression:

**Frequency:** how often we are going to train throughout the week. A safe frequency is three to five times a week dependent on the phase (what week) of training.

**Intensity:** how hard we are going to exercise during a session. Intensity can be measured in different ways. For example, monitoring heart rate is one way to gauge intensity during aerobic endurance activities. In our training, we will also use Rate of Perceived Exertion (RPE). This is explained in more detail later in the document.

**Time:** how long the session is going to be. As with the other aspects of the FITT principle, time varies depending on the phase of training.

**Type specificity:** refers to the specific physical activity (5 km walk vs marathon) chosen to improve our fitness. For example, an individual wishing to increase arm strength must exercise the triceps and biceps, while an individual wishing to walk an endurance event will need to increase their aerobic endurance and subsequently needs to hike, weight load walk, swim or other aerobically challenging activities.

Most importantly, through our understanding of the training principals we acknowledge that incremental and progressive **ENDURANCE** walking and hill work are the keys to successful endurance walking.

## STRETCHING

Stretching is a vital part of the AEIOU Champions Challenge Training and should be looked on as being as important as any other part of the program. Stretching can help to prevent an injury by promoting recovery and decreasing soreness. By ensuring muscles are loose and flexible, you'll reduce your chance of an injury dramatically.

Stretching ensures that your muscles and tendons are in good working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of the program and exercise intensity/ volume levels, subsequently the less likely that they'll become injured.

## RECOVERY

Recovery is an integral component of any training program. Usually we find that along with over-training, it is the least adhered to component of a training program –subsequently there is an increase in injury and failure rates.

It is a skill to find the balance between training intensity/volume and programmed recovery periods. It is important to understand that recovery does more than rest the muscles or the body. It must assist in improving our overall fitness and moving closer to the overall objective.

Most importantly, listen to your body. If you are feeling tired or are starting to feel run down then – rest even if it is not scheduled on the program. It is better to have one or two days off than one or two weeks when you become injured or sick. Work on the principles that if you are feeling below 70%, **DO NOT TRAIN**.



# THE DIET



## YOUR NUTRITION GUIDE

Prior to commencing any type of Physical Training it is essential that you consult with your local doctor to have a medical check-up.

Specifically, please explain that you are about to commence a Pre-Trek Physical Training in preparation to walk the Team Jacob Champions Challenge. Explain what is involved in walking the track from the information we have provided to you.

- Food is Fuel
- Physical fitness does NOT presuppose nutritional health
- Nutrition starts to bridge the gap between performance and ability

### Training Diet

Enjoy a wide variety of nutritional foods. You should eat food from the following food groups every day:

- Breads and cereals
- Fruit and Vegetables
- Meat and protein
- Milk and dairy foods

### Protein

Protein should be eaten several times a day. Protein is required for tissue growth, repair and maintenance. However, if not used for energy any extra protein in your diet will be converted to fat.

Good sources of lower fat protein include:

- Lean red meat
- Poultry
- Fish and all seafood
- Low fat dairy foods
- Beans
- Rice, bread and cereals (to a lesser extent)

### Fat

Limit Fat. Excess fats, including oils, butter, margarine, mayonnaise, fatty meat, chicken skin, take away, deep fried potatoes, etc. are not a primary energy source, and are therefore stored as excess body fat!

You should also avoid salt (which leads to dehydration), too much fibre, and drink alcohol in moderation. In training peaks, alcohol leads to dehydration, storage of excess fat impedes recovery and exacerbates injury – definitely do not drink to excess after a big training day.

### Carbohydrates

Aim for high levels of carbohydrates.

#### LOW GI

Pasta  
Multigrain bread  
Milk  
Apples, Peaches, Plums  
Dates, figs  
Yoghurt  
Legumes  
Jellybeans  
Raisins

#### HIGH GI

Glucose  
White & Wholemeal bread  
Rice  
Processed plain cereals (eg Weetbix)  
Watermelon  
Honey  
Lucozade/Sports drinks

### Carbohydrates:

Are the primary energy source for exercise  
Are easily digestible  
Rapidly replenish muscle and liver glycogen stores  
Improve endurance, recovery and concentration  
Are important for good nutrition and long term health (low in fat, cholesterol free, vitamin rich)

All carbohydrates break down into simple sugars. A little of this sugar is rapidly available as blood sugar; the rest is sent to the liver and converted to glycogen. We store glycogen in our liver and muscles and then use it during training. We must, therefore, eat enough carbohydrates each day to replace those used during training. 60% – 70% of the meal in front of you should consist of carbohydrate foods.

If we do not eat enough carbohydrate each day we eventually use up our entire store (similar to petrol in a car). Consequently, we are not able to train as well as usual and we feel constantly tired.

The body stores muscle glycogen which is generally only adequate for 90 minutes of hard exercise. After this time your levels of glycogen will fall rapidly and your performance will be affected. Therefore, you can either slow down or you need to top up your blood glucose levels as you exercise, with glucose polymer sports drinks and easily digestible carbohydrate snacks. Sports drinks provide instant energy as blood sugar, they can improve endurance when taken during exercise.

# YOUR NUTRITION GUIDE

Carbohydrates continued..

## Traditional Classification of Carbohydrates

- Simple (sugars and fruits etc)
- Complex (breads and cereals)

## Classification System – Glycaemic Index (G.I.)

The Glycaemic Index is the method of assessing and classifying the blood glucose response of foods containing carbohydrates. High G.I. foods cause blood sugar levels to rise quickly after eating, so are ideal for recovery and during exercise. Low G.I. foods are better for endurance and sustained energy. Low G.I. foods should be taken before long periods of exertion, and High G.I. foods during long workouts and for recovery.

## 50G SERVINGS OF CARBOHYDRATE

Bread	4 slices
Pasta (cooked)	11/4 cups
Weetbix	4 biscuits
Scones	3 average
Banana	2 medium
Orange/Apple/Pear	3 average
Fruit Roll-up bars	2 1/2
Muesli Bars	2 1/2
Mars Bars	2 1/2
Power Bars	2 1/2
Orange Juice	600ml
Gatorade	850ml

## Sports drinks

These are designed to replace lost fluids and carbohydrates. They can increase your time to exhaustion while exercising, however they are expensive. The best way to use them is as a fluid replacement after exercise. If you intend to use glucose polymer sports drinks such as Exceed, Endura, Gatorade, Isosports etc. do not take them as the manufacturer recommends – dilute with water instead. Sports drinks which are too concentrated, can cause gastrointestinal upsets and retard gastric emptying rate and carbohydrate absorption.

## Before training

The night before big training sessions is the crucial time for refilling your energy stores. A meal consisting mostly of carbohydrate is recommended, eg. a large serve of pasta, with smaller serves of meat.

Complement your meals with bread, juices and water, and if desired finish with a fruit-based dessert. Other good foods include rice, vegetables, chicken (no skin), lean red meat, broccoli, cauliflower and mushrooms.

Carbohydrate super snacks to remember are: strawberry Quick in skim milk, crumpets with honey and jam (no butter) and dry fruit (eg. banana chips).

## After training

Recovery = Replenishment of Glycogen Stores + Rehydration of Fluids. The first 30-60 minutes after a training session are the most important for recovery. It is believed that between 50g and 100g of carbohydrate consumed during this time will promote a more rapid uptake of glucose by the muscle. This leads to a more rapid recovery, as the muscle is able to restore glycogen at a faster rate. Delaying carbohydrate intake for more than 2 hours can delay full recovery for several days.

Choose foods that are high on the Glycaemic Index for recovery. A High G.I. snack straight after exercise will give you the kick-start you need to refuel your muscle energy demands. A commercial sports recovery drink containing added electrolytes might be beneficial if you cannot eat immediately after exercise. Remember: keep your energy levels up and you will train better!

Water also helps your body to replenish energy stores, so make sure you drink plenty.

## Event Day diet

Keep It Simple! Don't try anything new on the event day as it could cause some unknown stresses that you certainly don't need on a journey like this.

Find what works for you during your preparation and stay with it during the trek. Inform your support crew of any special dietary concerns and prepare early for what you'll be using for nutrition on the day.

Replenish your carbohydrate levels every three hours and stay hydrated.

# THE DIET



# YOUR HEALTH

## *YOUR BODY IS A TEMPLE... so look after it!*

Looking after your health, and the health of other Champions Challenge participants, is essential. If you observe that something is not quite right with yourself or another participant, please advise your trek leader or medic early – early intervention is paramount. Experience has shown that in some cases this type of activity may cause or aggravate certain injuries. In almost all cases, however, these injuries have arisen due to inadequate preparation by participants.

### **COMMON HEALTH CONCERNS**

#### **Blisters**

Are the bane of any hiker's existence! They are the David to your Goliath. Whilst small and relative insignificant, they have the ability to immobilise a trekker. Causes of blister can be derived from a number of factors such as wet feet, improper foot wear, improper preparation. To ensure you and your team can keep taking left foot after right, ensure proper preparation such as the following:

- Changing wet footwear
- Strapping or covering vulnerable and exposed regions of the foot
- Wear in any new footwear
- Regular changes of socks

#### **Dehydration**

Water is the key component of our body; it makes up for approximately 83% of our blood, 76% of our muscles, 75% of our brain and even 25% of your bones. Put simply, if we were to avoid drinking for a few days we would not survive. Therefore, fluid intake is essential within this trek.

Water makes up approximately 50–60% of body weight, a variation of this by more than 6% due to dehydration can lead to heat exhaustion, leaving the participant with symptoms such as, nausea, dizziness, loss of muscle control and much more.

Dehydration can become a serious condition and that is why it is imperative to for participants and support to maintain regular fluid intake.

#### **Chafing**

Is another insignificant condition that can cause severe frustration. It is caused by friction produced from contact to the skin, and can be exacerbated by moisture. To reduce the risk of chafing, avoid using loose clothing and keep dry as much as possible. Using well ventilated clothing that removes sweat can also prevent the occurrence of chafing.

#### **Sore Lower Backs**

The occurrence of lower back pain during treks is often the case of not enough preparation. If participating in exercise for prolonged periods of time the weight of the entire upper body is forced back down to your lower limbs and predominately onto your lower back, causing pain.

To prevent this from occurring it is recommended that participants engage in core and gluteal exercises. This will help your back support and stabilise your upper body reducing the risk of lower back pain.

#### **Hypothermia**

Hypothermia is when heat loss exceeds heat production and generally occurs when the core body temperature falls below 35°C. Some specific factors that increase your risk of hypothermia include wet and improper clothing, rain and cold weather. Symptoms of hypothermia may include, shaking, dizziness, loss of concentration and drowsiness.

To prevent the risk of this condition ensure you pack appropriate clothing, particularly for the night trek. When you have the opportunity, keep yourself and change clothes where possible. Keep warm during rest periods and rug up, to keep the core temperature stable.

#### **Fatigue**

Fatigue can expose you to risks far greater than a grumpy attitude! When you're tired your muscle strength is reduced and so is your ability to handle the stresses you put on your body. When fatigued you can become susceptible to musculoskeletal injuries and less capable to maintain thermoregulation.

So keep hydrated, keep nourished and take rest when you need it, remember this is not a race! Most importantly, prepare! If your body knows what it is in for than you are more likely to power through this event and reduce recovery time.

# YOUR HEALTH

FOR US TO TAKE CARE OF YOU, WE REQUEST FULL DISCLOSURE OF ANY PRE-EXISTING MEDICAL CONDITIONS. REMEMBER WE ARE A TEAM, HERE FOR EACH OTHER! SO IF WE KNOW, THEN WE CAN HELP KEEP YOU AND THE TEAM MOVING FORWARD!

The following are the mandatory questions that each person must complete at the time of registration.

How did you find out about the AEIOU Foundation Champions Challenge?

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Please tick each box below.

- If over 50 years, I will consult with my Doctor to obtain approval that I have the suitable health and fitness to complete this challenge.
- I understand that this Challenge is a controlled group movement and will stay between front trek leader and rear trek medic.
- I understand that event staff can request my full or part withdrawal from the event due to fatigue or health safety issues without question.

Do you have any pre-existing health or medical issues that the Event Medical Crew needs to be made aware of? If Yes, please list below.

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- I agree to fully read the AEIOU Champions Challenge Participant Handbook and be fully prepared to trek on the morning of the event.

## PERSONAL MEDICATION

Doctor's Examination – this would be beneficial if all participants had a check-up before commencing their training, ensuring there are no serious medical problems with their heart and lungs (cardio vascular and respiratory systems).

1. Do your due diligence in relation to your individual medical plan i.e. use of medications + use of painkillers it is extremely advisable to discuss this with your medical practitioner.
2. Ensure you are physically and mentally prepared on the day.
3. If you are unfortunate to just be recovering from some form of setback i.e. flu, medical operation/illness/injury (regardless of severity) or no training due to life/work commitments please discuss with your medical practitioner or contact us.



# WHAT TO PACK...

FOOTWEAR	proven and trialled hiking shoe or boot.
SPARE LACES	
SOCKS	include one spare.
GATORS	lightweight keep foreign out of boots/shoes.
NICKS /SKINS/TIGHTS	prevent chafing, support recovery and performance.
CLOTHING	consider all weather conditions - ensure you have clothing suitable for windy raining, hot and cold conditions.
LIGHTWEIGHT GLOVES	Keep the hands warm.
HATS	baseball cap, lightweight beanie, broad-brimmed lightweight hat – personal preference.
BUFF	Multi use – sun protection, dust protection, neck protection, sweat, etc.
SUNGLASSES	
HEAD TORCH (Optional)	lightweight strong beam with spare batteries.
HIKING POLES	personal preference.
SMALL PACK TO CARRY GEAR	durable, tested and trialled.
HYDRATION	camel-pack or water bottle.
SNACKS	food packs specially designed, lightweight, individual food packs.
PERSONAL MED KIT	lightweight – covers personal medications, band aids, tape, chafing, Insect repellent, sunscreen, hand gel, painkillers, etc. – Please note trek medics and first aid are also available.
COMMUNICATIONS	mobile phone (fully charged).
PERSONAL ID	

# TIME FOR A STOCKTAKE



# ABOUT AEIOU



AEIOU Foundation provides early intervention to children with autism aged 2 – 6 years. Our evidence-based program helps children to develop essential life skills, independence, confidence and inclusion, preparing children for transition to their next education setting and giving the best opportunities to achieve optimal lifelong outcomes.

## MEETING THE NEEDS OF CHILDREN WITH AUTISM

AEIOU Foundation is committed to meeting the needs of children with moderate to severe autism who experience significant challenges with communication, behaviour, social interaction and self-help skills.

All therapy is delivered in a nurturing environment by a transdisciplinary team of behaviour therapists, occupational therapists, speech pathologists and skilled educators.

Our program is tailored to meet each child's specific needs and includes a minimum of 20 hours of early intervention therapy each week, as recommended in a report (Roberts, Williams, Smith & Campbell, 2015) released by the National Disability Insurance Agency (NDIA).

## ASSESSMENT PROCESS

On enrolment with AEIOU Foundation, children are assessed and an Individual Plan (IP) is developed in collaboration with parents and caregivers, who contribute by identifying goals and priorities. This plan is regularly reviewed to ensure they are working effectively to secure the best outcomes for each child.

Our professional team works closely with every child, identifying their strengths and needs and supporting them to reach their full potential.

## TRAINING AND SUPPORT FOR PARENTS AND CARERS OF CHILDREN WITH AUTISM

In addition to program-time, we also provide regular training and support to all parents and carers, equipping them with the necessary tools to achieve therapy goals in the home.

With the National Disability Insurance Scheme (NDIS) now accessible to an increasing number of their families, AEIOU is focused on educating parents and caregivers and providing them with information to access the supports they need.

## AEIOU CENTRES IN AUSTRALIA

AEIOU operates 48 weeks a year, with our centres open from 7am – 5pm Monday to Friday. This structure ensures all families are able to access both therapy and care in an environment suitable to their needs.

We currently operate from 11 centres across Queensland, South Australia and ACT, our new centre located in Townsville opened its doors in 2023 and an exciting national expansion program is underway.

## AUTISM RESEARCH

AEIOU is also committed to research and chairs the AEIOU Research and Innovation Committee (ARIC). AEIOU is also a partner of the first national Autism Cooperative Research Centre (CRC) and a founding partner of the Griffith University Autism Centre of Excellence.

