

Outdoor & Adventurous Camp @ Colwick Park Adventure Centre

Date: September 2023



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BACKGROUND + AIMS

Set in the heart of Colwick Country Park's 250-acre site, Colwick Park Adventure Centre is an eco-friendly activity base, which has been providing outdoor, environmental and adventurous activities to the citizens of Nottingham and beyond since 2005.

This residential camp will offer up to 36 pupils the opportunity to take part in a wide variety of confidence building and challenging activities whilst enjoying a night away in a tent in the beautiful country park setting.

The key aims of the residential are to:

- Raise pupil confidence and self-esteem.
- Provide pupils with new skills.
- Challenge pupils to work co operatively with others.
- Provide pupils with new experiences and the opportunity to enjoy and achieve in a variety of tasks and settings.



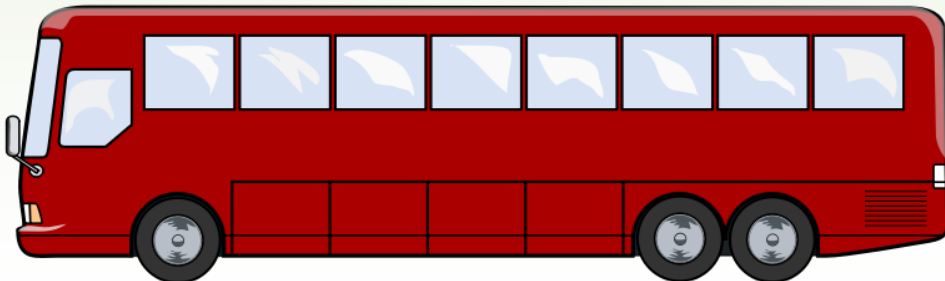
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TRANSPORT

The coaches have seatbelts and we will expect all pupils to wear them.

We shall be departing from school at **9.30**

We shall be arriving back at school at **10.30** the following day



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THE CAMP SITE

Tents

Tents will be allocated to pupils once the daytime programme has been completed.



Tents will be arranged together in a horseshoe shape that allows for staff to supervise.

2 to 3 pupils per tent is advised and same sex per tent.

Larger tents will be set up for school staff.

Pupils will NOT be allowed to go into each other's tents.

There is a large marquee & 'Cosy Tent' set up for relaxing and socialising.



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WHAT IS PROVIDED:

Tent Hire

Roll Mat Hire

Adventure Sessions & School Staff Led
Sessions

Evening Camp Fire Session

Hot Lunch

Cold Breakfast

Water & Squash



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COMMUNICATION

On arrival, a briefing will be given outlining the following:

- Introductions and lines of responsibility
- Camp Rules
- Emergency procedure and fire evacuation/meeting point
- Hazards
- Medicines
- Valuables
- Programme and routine - meal times, communal areas etc.
- Behaviour and expectations
- Respecting staff and each other



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SUPERVISION & DISCIPLINE

The school group leader will be responsible for the organisation, supervision and discipline of the school group.

The school group leader will be responsible for pupil's overall health, safety and well being at all times.

Where the adventure camp staff are leading an activity they are responsible for the safe operation of the session. School staff are expected to cooperate to achieve this and supervise pupils accordingly.

It is important that pupils realise the importance of responsible behaviour and co-operating with staff.



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MONEY AND VALUABLES

There will be no opportunity to spend money while on the camp.

Pupils will be responsible for their own personal possessions, but teachers may wish to hold on to watches during any activity.

Pupils **MUST NOT** bring expensive or portable electronic equipment etc. as we cannot take responsibility for loss, damage or theft of these items. These items also may represent a fire hazard in the tent.

As with other valuable items, pupils will not bring mobile phones.



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FIRST AID AND EMERGENCIES

FIRST AID

Many of the accompanying staff are First Aid qualified, as well as the staff at the adventure centre.



If your child has any special medication/requirements please ensure the teacher accompanying the school is fully aware of the circumstances.

EMERGENCIES

If an accident or incident occurs while on the visit, schools' will follow their own emergency procedures, which will involve informing the school immediately and informing parents or carers as soon as possible.

Please ensure you have given us the correct contact information on the 'consent form'.



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ADVENTUROUS ACTIVITIES

- Full and comprehensive risk assessments have been completed for all of the activities, sites, and robust risk management arrangements are in place.
- Risk cannot be eliminated entirely. However, we have undertaken the necessary steps to minimise the risk in the activities for which we are leading to the lowest level reasonably practicable.
- Competent staff will be assigned to lead our activities.
- The Adventure Team hold the Learning Outside the Classroom (LOtC) Quality Badge and have suitable insurance cover.
- Colwick Park Adventure Centre holds an AALA License (Adventure Activities Licensing) which ensures that activity providers follow good safety management practices.



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DIETARY REQUIREMENTS & FOOD

The majority of food is prepared and provided by Nottingham City Council's School Meals service.

All food listed on the Menu Tab is Vegetarian, Halal & prepared in a Nut Free Kitchen.

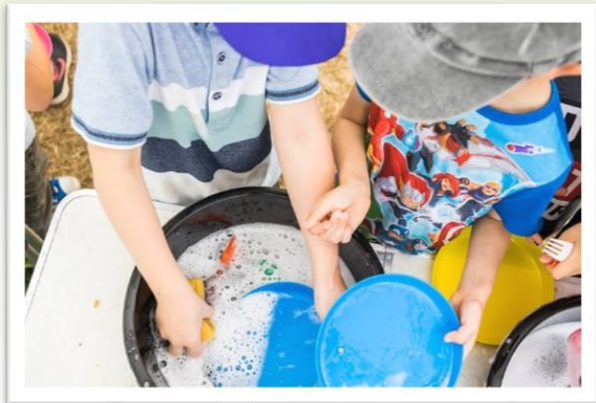
Gluten Free & other dietary requirement options are available on request.

Hot chocolate and toasting marshmallows will form part of the evening 'camp fire' session.

Pupils are expected to wash and dry their own pots after each meal as part of life skill development and supporting the environmental sustainability of camps.

Please bring packed lunches with you for Day One evening tea-time.

If your child has any special requirements please ensure it has been stated on the 'consent form' so we can pre-order their food.



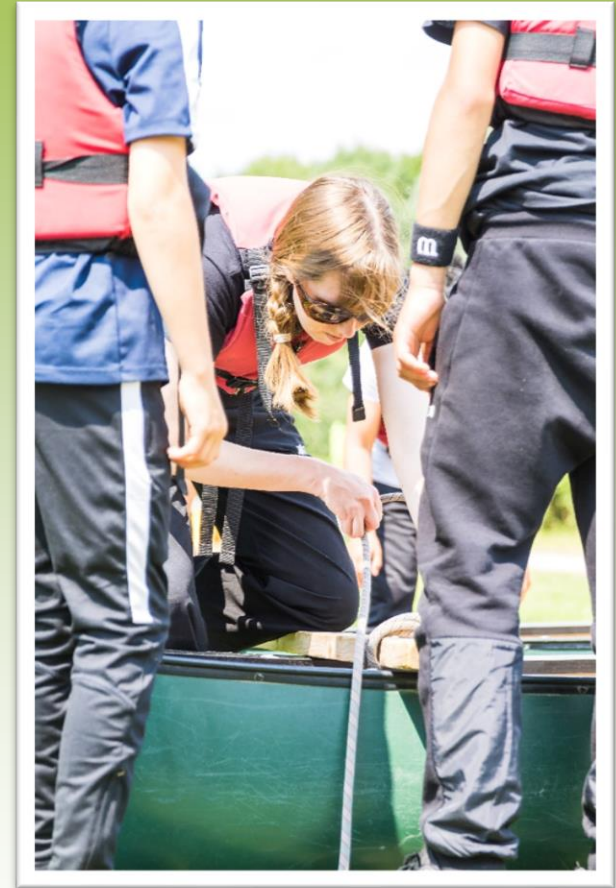
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ACTIVITIES ON OFFER



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CANOE RAFTING



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CLIMBING & HIGH ROPES



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SHELTER BUILDING



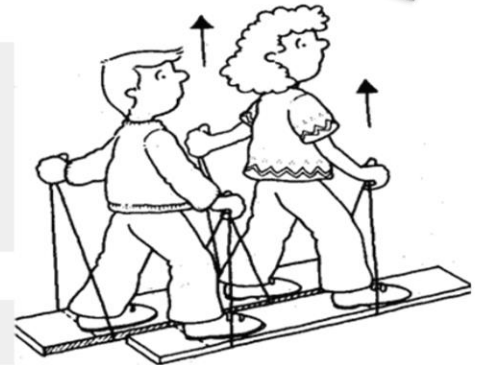
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ORIENTEERING



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PROBLEM SOLVING CHALLENGES



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EVENING CAMP FIRE SESSION



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Camping Kit List

- ✓ Please pack OLD clothes as it's likely to be wet & muddy during camp!
- ✓ Please label ALL belongings with your name.
- ✓ Only 1 bag per child please – One that they can carry themselves ☺
- ✓ Please DO NOT bring expensive or portable electronic equipment etc. We cannot take responsibility for loss, damage or theft of these items.

What to bring

A Full Change of Clothes:

Underwear (Pants & Socks)
Tracksuit Bottoms / Combat Trousers
T-Shirt / Top
Warm Jumper / Fleece
Waterproof Coat or Jacket
Outdoor Shoes / Trainers
Hat / Gloves / Scarf
Swim Wear & Wet Shoes – (if applicable)

Wash Bag:

Face Towel & Soap
Toothbrush & Toothpaste
Plastic Cup for Cleaning Teeth
Hairbrush & Bobbles (if applicable)

Don't Forget:

Hat / Cap
Sun Cream
Sunglasses
Medicine / Inhaler
Pocket Money (only if school allows this)

Overnight:

Pyjamas
Sleeping Bag
Pillow
Blanket
Teddy
Torch



WHAT TO BRING

1 SMALL Suitcase
or Bag

**PUPILS will need to
carry their own bags!**

ANY QUESTIONS?



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