

RESIDENTIAL INFORMATION PACK

For Parents and Guardians

Thank you for choosing Active Outdoor Pursuits for your child's residential. We are confident that they will have a first-class experience with us and that the standards we set are second to none.

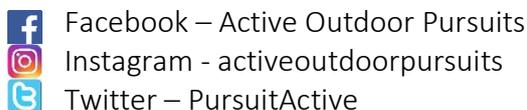
We have worked with the school to identify the learning objectives for the week, and we are committed to giving your child a challenging and exciting stay, full of fun and laughter for everyone. This pack helps you and your child prepare for their upcoming visit to Cairngorms Adventure Centre.

Your child's health and safety is our priority, please familiarise yourself with the following:

- Safety Points
- What to Bring
- Activity Information Sheet
- Sample Programme
- Sample Menu
- Parent Consent Form*

* The above information will allow you to make an informed decision regarding your consent for your child to participate in the activity residential. Completed forms should be returned to your school.

We hope your child is looking forward to joining us for a fun filled week. If you would like to see what they may get up to please find us on:



Please join our pages and feel free to like, comment and share our posts, picture and videos.

You will note from reviewing the above social media pages that it is our policy to retain the anonymity of our clients, we therefore never identify any schools, groups or person by names or location.

We will update these pages throughout the week with what you and the pupils have been up to, so the rest of the school, parents and family are able to follow your adventures. If you prefer your child not to be included in this, please notify the teacher organising the trip.

Kind Regards,

The Team at Active Outdoor Pursuits



Safety Points – Schools

1. The group must stay together at all times unless informed otherwise by the instructor.
2. You must inform your teacher and / or instructor if you wish to leave the group.
3. Protective clothing and safety equipment must be worn when instructors advise.
4. Always ensure you have plenty of warm clothing with you.
5. Always bring plenty of food and drink – you will need your energy for the activities.
6. Unsafe or irresponsible behaviour may result in the activity being stopped.
7. Seat belts in minibuses must be worn at all times.
8. Keep your country tidy, put your rubbish in the bin. Bring all of your lunch rubbish back to the centre with you. When outdoors, leave no trace.
9. Ensure your instructor is aware of any medical or physical illness or disability requiring treatment or medication or any condition that may be affected by exposure to cold, sun or water.
10. **Residential Courses:** to ensure the smooth running of course programmes and the safety of activities, it is important that all participants and instructors get at least 8 hours sleep.
11. All activities are weather dependant, the instructor may have to change the planned activities at last minute.

If you require further clarification regarding any of these points, please contact us.

KIT LIST

This kit list is to help you pack what you need to make the most of your Active Activity week. Remember it is important to bring old clothes and shoes with you that you don't mind getting wet and muddy!

General / Evening Clothes

- Sweatshirt / Hoody
- Casuals Trousers
- T-shirt
- Socks & Underwear
- Pyjamas
- Spare Dry Shoes

Outdoor / Activity Clothing

- 2 Fleece / Warm Sweatshirts
- Waterproof Jacket*
- Waterproof Trousers*
- 2 Old Trousers / Tracksuit bottoms (**NOT JEANS**)
- Old trainers you don't mind getting wet
- Sturdy Shoes / Walking boots*
- Thick Socks
- Shorts to wear over wetsuit
- Swimwear

Other Essentials

- Towel
- Wash Kit
- Personal Medication
- Water Bottle Minimum 1 litre (non-breakable)
- Small Day Rucksack

Recommended Items

- Insect Repellent / Anti-Midge Cream
- Sun Cream
- Sun hat / baseball cap
- Sunglasses
- Inexpensive / Disposable Camera
- Bin Bag for take wet & muddy clothes home in
- Midge Net

Packing Handy Hints

- Make sure your belongings are clearly named where possible.
- Tick the items off as you pack them, and bring the list with you so you know what you brought. This will help you when packing to go home.
- Don't get someone to pack your bag for you, make sure you help. You're going to have to pack it yourself at the end of the week. This also helps you know what you have and where it is in your bag.

Do Not Bring

We ask that you DO NOT bring expensive electronic devices or valuable items with you.

Specialist Equipment

We will provide all specialist activity equipment such as buoyancy aids, helmets and wetsuits.

** these items are a must, although we do recommend getting your own, you can borrow these from our stores. Please let us know prior to the trip if any of these are required, what sizes are needed.*

Activity Information – Schools Residential

Your activity programme will be made up of a selection of the following activities. Some activities are dependent on the weather conditions and time of year.

All outdoor activities carry an element of risk. Our instructors have the appropriate qualifications and experience to carry out these activities safely, however, accidents can still happen. If you have any queries or concerns about any of the activities, please don't hesitate to contact us.

Abseiling / Rock Climbing

Abseiling is a safe, controlled, reverse-descent of a rock face (usually around 10 to 30 metres). When abseiling, the participant will be attached to two ropes, one that the participant will use to control their descent, and a second safety rope which is controlled by the instructor.

For school groups, we run our rock-climbing sessions using a technique known as 'bottom roping', whereby the instructor will stand next to the person who is about to climb and control the rope from below the climber. The instructor will lower the climber gently back to the ground at the end of the climb.



Hillwalking



We are incredibly fortunate to be surrounded by a huge selection of amazing walks. These range from short local trails, right up to a full day's trek to the summit of one of Scotland's awesome mountains. One option for pupils who like a challenge is to take on our local Munro A'Chailleach, which is part of the Mondahliath Mountain range and accessible from our outdoor centre. Hillwalking allows the pupils to experience the stunning scenery within the

Cairngorms National Park, and delivers a huge sense of achievement at the end of a long but rewarding day. As an added bonus, wildlife spotting is always a part of the experience. Walks will be selected based on the school's requirements and the abilities within the group.

Orienteering

Orienteering involves the use of a map and sometimes a compass to navigate between a series of check points or 'controls'. These are found near the ground as a series of white and red markers. Orienteering usually takes place in forest or woodland areas, and is ideal for days when the weather is a little wild. It's a fantastic activity for building communication and teamworking skills.



Open Canoeing



Open canoeing is the term used for a large (15 – 17 feet) open 'Canadian' type of canoe, which is normally paddled by two people (tandem) using single bladed paddles. "Open Canoes" can be used for trips on lochs, rivers or even the sea. In order to paddle a canoe successfully, the two paddlers will need to communicate clearly and work together to ensure that their strokes compliment each other in order to steer the craft in the right direction. For school groups, we introduce basic paddling skills within a fun session that involves playing games and going on a journey.

Kayaking

A kayak is a single person craft, where a paddler sits in a cockpit (or on top of the craft if it's a sit-on-top kayak) and uses a double-bladed paddle to manoeuvre the craft. We have sea kayaks, touring kayaks, river kayaks and sit-on top kayaks available, all of which require different skills to paddle effectively. For school groups, we introduce basic paddling skills within a fun session that will include games and a journey.



Downhill Skiing

Skiing in Scotland can take place all year round at one of the dry slopes, or in the winter season at any one of the five ski centres. Skiing on snow is very much weather dependant, and so the decision on which area to visit will be made by us based on snow conditions and the weather forecast. This activity involves a pair of skis, which are attached to specially designed boots using releasable bindings. Skiing uses various techniques to control our speed as we make our way downhill. It takes time to master, but is a huge amount of fun right from the very first lesson. Skiing in Scotland is never guaranteed; too much or too little snow and high winds can work against us, although blue skies and sun are not unheard of! If we're unable to access the ski centre, we will provide an alternative activity which is suitable for the conditions.



Team Building Games & Challenges

Our team building sessions involve a range of games, activities and challenges which are designed to build interpersonal skills and improve communication. These activities help pupils to work as part of a team and enhance personal skills such as problem solving. There are a huge number of team building games to choose from, and we usually run this as a half-day session or an evening session. We can run these sessions within the grounds of outdoor centre, or at an alternative local venue.



Gorge Scrambling



Gorge Scrambling is one of our most popular activities. It involves walking, wading, swimming, sliding, jumping and scrambling through a gorge, both in and out of the water. The pupils will be jumping into deep pools, scrambling up short waterfalls and sliding down naturally formed rock flumes. This activity usually runs from April to October, generally it is too cold to run outside of these months. The venue will be carefully chosen to reflect the needs of the group, ability, age, school's aims / objectives and the weather conditions before and during the event. On the day if water levels are not right then the gorge walk will be scaled down, or changed to a different activity to suit the conditions.

Stand Up Paddle Boarding (SUP) / Mega SUP

Stand Up Paddleboarding has been around for a while now, but over the last few years it has started to develop as an outdoor activity and has grown in popularity. Participants balance on an inflatable board and use a long, single-bladed paddle to manoeuvre the craft. We have single (1-person) SUPs available, and we also have two 'Mega Stand-Up Paddleboards', which are very popular with school groups. These Mega SUPs can take up to 10 people each! Falling off the boards is very likely, but that is part of the fun. This activity takes place on sheltered water (mainly small lochs).



Pupils should be made aware that for our Gorge Scrambling, Kayak and SUP activities, changing facilities will not normally be available. However, our staff will endeavor to make the process as discrete as possible. We suggest that the pupils come along wearing swimwear under normal clothing when they meet their instructor that morning.



Sample menu

	Breakfast	Lunch	Dinner	Supper
Day 1	<p>A selection of cereals + porridge</p> <p>Toast / Jam / Butter</p> <p>Sausage & Beans</p>	<p>Sandwiches with a selection of fillings</p> <p>Crisps / Fruit /biscuit</p>	<p>Tomato & Basil Soup with bread & butter</p> <p>Baked potato with a choice of Tuna/beans/cheese/Coleslaw/Salad</p> <p>Chocolate Concrete with Custard</p>	<p>Biscuits & Hot Chocolate</p>
Day 2	<p>A selection of cereals + porridge</p> <p>Toast / Jam / Butter</p> <p>Scrambled Eggs</p>	<p>Sandwiches with a selection of fillings</p> <p>Crisps / Fruit /biscuit</p>	<p>Potato & Leek Soup with bread & butter</p> <p>Spaghetti bolognaise & Garlic Bread</p> <p>Apple Crumble & Custard</p>	<p>Biscuits & Hot Chocolate</p>
Day 3	<p>A selection of cereals + porridge</p> <p>Toast / Jam / Butter</p> <p>Sausage & Beans</p>	<p>Sandwiches with a selection of fillings</p> <p>Crisps / Fruit /biscuit</p>	<p>Carrot & Coriander Soup with bread & butter</p> <p>Chicken Curry & Rice</p> <p>Fruit & Ice cream</p>	<p>Biscuits & Hot Chocolate</p>
Day 4	<p>A selection of cereals + porridge</p> <p>Toast / Jam / Butter</p> <p>Scrambled Eggs</p>	<p>Sandwiches with a selection of fillings</p> <p>Crisps / Fruit /biscuit</p>		

Cairngorm Adventure
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Newtonmore
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PH20 1AT



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info@activeoutdoorpursuits.com

Parental Consent Form

Name:		D.O.B:	
Address:			Postcode:
Activities:			Location:
Arrival Date:		Depart. Date:	
Height:		Weight:	Shoe Size:
Is your Child confident in water?			
Can your Child ride a bike?			
Does your child have any medical / physical disability / illness / allergies? Does this require any medication or treatment? Is he/she likely to be affected by heights / exposure to cold / sun / water?			
		YES	NO
If yes, please give a brief details <i>(these will be treated with strict confidence)</i>			

Please provide 2 emergency contacts for your child, 1 of which should be yourself.

Name:		Name:	
Contact No.		Contact No.	

READ CAREFULLY BEFORE SIGNING

I give consent for my son / daughter / ward to participate on the above activities
 I agree that my son / daughter / ward will be bound by the rules and booking conditions of Active Outdoor Pursuits
 I am aware that Active Outdoor Pursuits have no liability for loss or injury through activity participation.
 I have read, understood and agree with the booking terms and conditions.
 I agree to my son/daughter/ward receiving emergency medical treatment if required, by medical authorities present
 THIS INFORMATION WILL BE TREATED WITH THE STRICTEST OF CONFIDENCE AND WILL BE DESTROYED AFTER YOUR ACTIVITY IN ACCORDANCE WITH THE DATA PROTECTION ACT.

Signed: _____ Date: _____
 Print: _____