

Loch Eil – Outward Bound Trust

Parents Information Evening

Loudoun Academy 6th Jan



Packing

- Replacement kit lists are available from Mr Hendry
- A small to medium sized case will suffice – luggage space will be at a premium.
- Pupils should have a packed lunch in a small rucksack which can be carried onto the coach.
- All specialist equipment is provided – no denim for activities.



Friday – The Plan

- Pupils bring luggage to assembly hall at the start of the normal school day.
- Pupils attend period 1 as normal.
- Pupils report to the assembly hall at the beginning of period 2.
- Coach will leave Loudoun around 10:00.
- The coach will stop for a comfort break and packed lunch at the Green Welly Stop in Tyndrum.
- Arrive Loch Eil centre at 14:00 and meet staff.
- Luggage into rooms and first activity will start.
- Evening Meal
- Evening activity
- In bed 21:30
- Lights out 22:00



Saturday – The Plan

- Breakfast
- Activity Sessions
- Packed Lunch
- Activity Sessions
- Evening Meal
- Evening Activity
- In Bed 21:30
- Lights Out 22:00



Sunday – The Plan

- Breakfast
- Activity Sessions
- Packed Lunch
- Activity Sessions
- Leave Loch Eil Centre 14:00
- Travel home
- Arrive at Loudoun 17:30ish

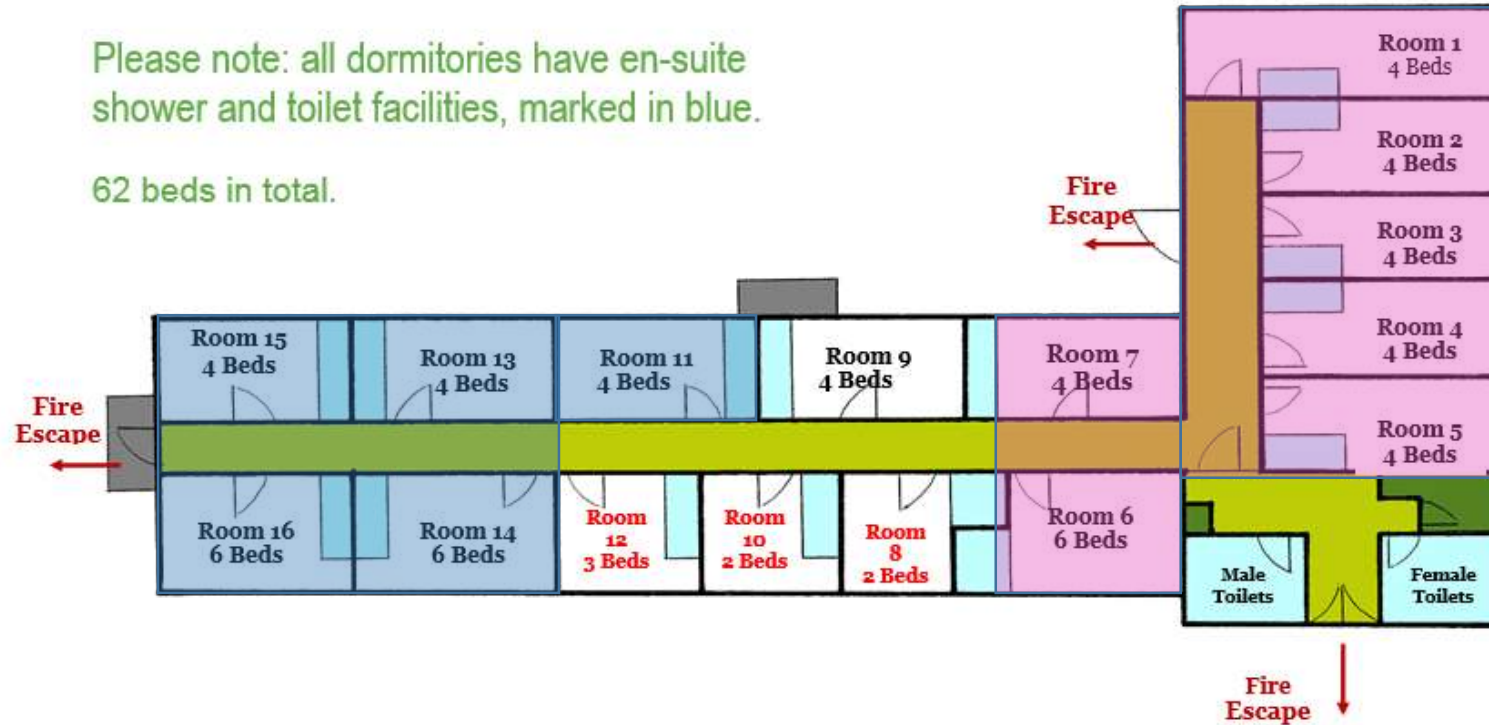


The Rooms

THE OUTWARD BOUND TRUST LOCH EIL CENTRE | THE WATSON HOUSE LAYOUT

Please note: all dormitories have en-suite shower and toilet facilities, marked in blue.

62 beds in total.

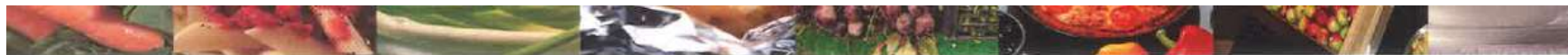


Meeting - Friday

There will be a meeting for all pupils on Friday 8th February in the Gym Hall in PE department starting at 13:30. All pupils should attend.



Food



Main Meal Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal 1	Chicken Curry with Rice	Chilli ConCarne with Rice	Steak Pie	Sweet & Sour Pork	Battered Haddock	Chicken & Vegetable Pie	Chicken Fajitas
Main Meal 2	Traditional Cottage Pie	Fish Paella	Pork & Vegetable Casserole	Chicken Risotto	Pasta Bolognese	Bangers & Mash with Onion Gravy	Minced Beef Lasagne
Main Meal 3	Tuna & Pasta Bake	Cheese and Tomato Pizza	Sausage Pasta	Pasta with a Tuscan Bean Sauce	Chicken Pasta Bake	Vegetable and Chick Pea Tagine with Flatbread	Salmon Pasta
Vegetarian	Quorn Mince Bolognese	Tomato & Spinach Lasagne	Red Pepper and Mushroom Frittata	Savoury Vegetable Wraps	Vegetable Curry with Rice	Garlic Mushrooms in a cream sauce	Cheese & Onion Pie
Potatoes/Vegetables	Herb Potatoes Boiled Potatoes Garden Peas Cauliflower	Steamed Rice Parsley Potatoes Sliced Carrots Green Beans	Boiled Potatoes Spicy Wedges Broccoli Sweetcorn	Baby Potatoes Savoury Rice Green Beans Roast Vegetables	Chips Baby New Potatoes Peas Sweetcorn	Baby Potatoes Mashed Potatoes Broccoli Mixed Vegetables	Parsley Potatoes Savoury Rice Sweetcorn Carrots
Sweet	Jam Sponge with Custard	Apple Pie with Cream	Toffee Sponge with Custard	Chocolate Mousse	Mixed Fruit Crumble with Cream	Chocolate Sponge with Chocolate Custard	Creamed Rice Pudding with Jam
Cold Sweets	Selection of Assorted Yoghurts, Fresh fruit, Fruit Jelly						
Also Available Daily	Six Pick & Mix Salad Items Tea, Coffee, Water & Low Sugar Fruit Squash (Subject to Availability)						
Plate Salad options	Option 1 – 2 slices of Meat, Coleslaw, Pot Salad/Pasta Mixed Salad * Option 2 – 3 Portion of cheese, salad as above, plus ramekin of pickle *						

*Pre-ordered – 10am morning for that day

Generic Plan of the Day

LOCH EIL DAILY ROUTINE

Time	What goes on?	Where?	Role of Visiting staff (VS)
7:00	Wake up call		Duty Instructor to wake up all students, VS support if needed
7:30 or 8:00	Breakfast	Dining room	Students to check their time outside dining room and ALL members of the clan to be there, VS may come in for breakfast anytime between 7:30 – 8:15
8:40	Staff meeting	Middle office	One member of VS per school / course to attend and pass on any info / concerns to instructors / centre team
9:00 – 5:00	Activity time (packed lunch)	Out in the field or on site	VS join in with the day, meeting places to be agreed individually with instructor each day
5:00 – 5:15	Staff meeting	Middle office	OB duty instructor team starts shift, all VS welcome to attend to catch up on the day's events and pass on any issues or concerns
5:00 – 7:00	Dinner break	Dining room and social areas	As for breakfast, OB duty team there to help supervise groups, VS may come in for dinner at 5:30 or with their group
7:00 – 8:30	Evening activities	On site	VS to join in or take time out – liaise with group instructor
Agreed time after 8:30	Supper	Dining room	Duty team organises supper, VS support
Agreed time between 10:00 – 11:00	Bed time		VS and duty team send students to dorms and help settle down
Overnight			Duty instructor on call to help with any issues or emergencies

Community Code

THE COMMUNITY CODE

We strive to live with a minimum number of house rules at The Outward Bound Trust, but are quite happy to incorporate your own rules relating to discipline and 'do's and don'ts'. It is therefore important that any rules you would like us to incorporate into our 'Community Code' are passed on prior to, or immediately upon, arrival at the centre. The centre has a simple set of rules to ensure that groups can operate effectively and in harmony. Failure to keep to these rules may result in disciplinary action being taken.

They are:

- The laws of the UK apply*
- Respect other people's right to personal security and freedom from intimidation from others. In particular no bullying or anti-social behaviour*
- The Outward Bound Trust's Safety Rules and Instructions must be followed*
- Use of any illegal substances or solvents is not allowed*
- No sex or exclusive behaviour (see separate section)*
- Respect the centre and other people's property and possessions. No vandalism*
- Course participants are not allowed to carry knives or weapons or have them in their possession*
- Smoking is banned or restricted (see our smoking policy)
- Participants may not leave the site unless on a programmed activity or with the specific knowledge of The Outward Bound Trust staff
- Participants are not allowed in other people's bedrooms, showers or drying rooms
- Course participants are not allowed to have their own supplies of alcohol (see below)
- Mobile phones are not to be used during activities unless approved by an instructor
- Personal stereos, iPods and radios must remain in dormitories or preferably be handed in for security.

Please note: (*) indicates situations that could result in immediate dismissal from the course.

SEX AND EXCLUSIVE BEHAVIOUR

We have a duty of care to ensure that no sexual behaviour is permitted. Due to the intense nature of a residential course we ask that any couples do not exhibit exclusive behaviour. This is to ensure that they take an active role within their team. To do otherwise would negate the very purpose of them being on an Outward Bound course.

ALCOHOL

Alcohol can cause serious disruption to the smooth running of the centre as well as pose a significant risk to safety. Alcohol is not permitted in the centre for any participant under 18 and for older participants only by agreement from the Head of Centre or Senior Manager. Visiting staff may only bring alcohol to the centre with the permission of the Head of Centre or Senior Manager and for a specific occasion. If this is so, visiting staff must act in a sensible and adult manner. Any participants found to be adversely affected by alcohol will be removed from the course for safety reasons and disciplinary procedures will be implemented.

SMOKING POLICY

The Outward Bound Trust actively discourages smoking and those under 16 are not allowed to smoke on an Outward Bound course. If you are over 16 and must smoke your instructor will direct you to a designated smoking area, this is the only permitted smoking area. There is no smoking on activities, including expeditions.

Course participants who break these rules will be dealt with in our normal disciplinary process. Any participants found to be smoking in The Outward Bound Trust buildings may be immediately required to leave the course as this causes major safety issues.

Staff that smoke may only do so in a designated outdoor area, out of sight of participants. This applies to all Trust staff, visiting staff (teachers, youth workers etc), contractors, coach drivers and visitors.

PARTICIPANT DISCIPLINE

The Group Instructor, Duty Instructor or Visiting Staff will deal with most disciplinary measures. In more serious cases it is important that the Instructor, Visiting Staff and (if appropriate), Senior Manager discuss the issues and make appropriate judgements. In cases where the centre rules have been breached or a participant is persistently acting in a disruptive manner, the following procedure and steps are followed:

1. Participant is firstly given a formal verbal warning by either the Course Director, Senior Manager or Head of Centre. This is only recorded within The Outward Bound Trust.
2. The next stage is that participants are given a formal final written warning by either the Course Director, Senior Manager or Head of Centre. A copy of this warning will be forwarded to the participant's sponsor, employer or parent, who will normally be informed at that time.
3. The final stage is that the participant is withdrawn from the course. The participant's sponsor, employer or parent is informed by telephone and letter that they are to be returned home. The Outward Bound Trust does not take responsibility for the participant once they have left the centre.

In the case of any illegal or suspected illegal activity the police will be called. It is vital that home contact details are supplied to allow this procedure to work effectively.



East Ayrshire
COUNCIL

