

P7 Trip to Loch Insh

Information for Parents/Carers and Pupils



2013

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LOCHARDIL PRIMARY SCHOOL

LOCH INSH WATERSPORTS - INFORMATION SHEET

Location and directions to the centre:

Situated between Kingussie and Aviemore. Follow the signs saying Loch Insh Watersports on the road to Kincaig, where another sign will point the way to the Boathouse on the loch side. For Loch Insh Hall go past the Boathouse to the T-junction, turn right towards Insh and take the first drive on the right.

Names of directors:

Clive and Sally Freshwater (contact - Kathleen Sandilands 01540 651803 Office Manager)

Capacity of centre:

The centre can accommodate mixed groups with en-suite rooms.

Sleeping accommodation:

Most rooms sleep four and have en-suite facilities

Bedding:

All bedding is supplied with covers

Washing and toilet facilities:

Ample toilet and shower facilities for males and females for those few rooms that do not have en-suite.

Recreation Space:

There is a large hall where afternoon and evening snacks are served. (The disco is held here.) In addition there are two TV lounges, table tennis, a full tennis area, fitness trail and adventure area. There is no exclusive use of the building for any groups.

Heating:

Full central heating throughout.

Nearest Public Telephone:

There is a coin box within the centre. Staff will contact the school to inform them of our safe arrival. Children are encouraged not to contact home further during the course of our stay to avoid home sickness.

Shops:

Each evening pupils may buy items from the Boathouse Gift Shop.

Drying facilities:

There is a large drying room. A second smaller drying room is also available.

Security Deposit:

Pupils will be responsible and pay for any damage caused. Lochardil School has paid a security deposit of £200. If no loss or damage is incurred and the accommodation is left clean, the security deposit will be returned.

First Aid:

Accompanying staff will have an emergency kit. Other kits are available at the office and the Boathouse at Loch Insh during normal opening hours.

Insurance:

The Loch Insh Company is not liable for personal injury or loss or damage to property, or that of persons in our party, unless caused by the Company's negligence or wilful default.



LOCHARDIL PRIMARY SCHOOL

LOCH INSH PACKAGE

- Four nights accommodation on site. Dinner, breakfast and packed lunch each day. The first meal is the evening meal on Monday. The last meal is packed lunch on Friday. Tea/coffee/juice and home baking are available at 4pm and 9pm daily.
- Three full days and two half days of qualified instruction and hire including sailing, windsurfing, kayaking, Canadian canoeing, dry-slope skiing, hill walking, archery etc.
- Evening programmes of games, barbeques, orienteering, raft building etc.
- Final night - disco in the hall.

It is important that you are aware that participation in any of the activities has some form of risk

The following is an **example** of a typical programme for the week:

MONDAY

AFTERNOON - KAYAKING

An introduction to paddling and keeping straight. Talking about the capsize theory. One hour of teaching, then around the island or along the edge of the loch.

EVENING - ORIENTEERING

TUESDAY

MORNING - CANADIAN CANOEING

Canadian paddle techniques are taught. Two or three pupils to a canoe, paddling through the RSPB Reserve on the lookout for the ospreys or other rare birds.

AFTERNOON - ARCHERY (It's more difficult than it looks!) and BOAT TRIP

EVENING - GAMES

Shinty/rounders/volleyball etc

WEDNESDAY

MORNING - PROBLEM SOLVING

Mental and physical problem solving activities in and around the grounds of Loch Insh

AFTERNOON - WINDSURFING

Getting to know the board. Learning about the wind. Getting to know the rig. Sailing the board.

EVENING - GAMES

Egg drop competition

THURSDAY

MORNING - HILL WALKING

How to read a map. What bird was that? How many ferns and fungi can we identify?

AFTERNOON - RAFT BUILDING

Working as teams, two groups work co-operatively to build a raft that floats. The rafts are tested when the two groups race each other at the edge of the loch.

EVENING - Barbecue on the beach, if weather good, followed by a disco at the hall.

FRIDAY

MORNING - SAILING

Learning about the different parts of the boat. Having a go at helming and going about. Sailing a triangular course.

DEPARTURE - Between 12.30 and 13.00

LOCHARDIL PRIMARY SCHOOL

A TYPICAL DAY AT LOCH INSH

08.00

Wake up time. Rooms inspected for tidiness before going for breakfast.

08.30

Breakfast time, followed by sandwich making. Pupils must take an adequate lunch with them, making up their own food from the selection put out for them.

09.30

Ready to go. Pupils should assemble with appropriate clothing for their activity.

10.00

Morning Activities

12.00

Lunch

13.00

Afternoon Activities

16.00

Back to rooms to change, shower and hang up any wet clothing on hangers. Nothing should be put over radiators in the bedrooms.

16.30

Tea/coffee/juice and home baking served in the hall.

17.00

Free time.

18.00

Dinner in the Boathouse

19.00

Evening Activities

21.00

Tea/coffee/juice and home baking served in the hall.

22.00

Bedtime

Day of departure - all rooms vacated by 10.00 am

Everyone will pack up their bags and stack them tidily in the entrance hall by the shop. All litter will be picked up off the floors and the waste paper bins emptied in the nearest black rubbish sack. Lastly, everyone must take off their quilt cover, sheet and top pillowcase, fold them and place them on the bed.



LOCHARDIL PRIMARY SCHOOL

RECOMMENDED CLOTHING

This guide will enable you to see that your child will have adequate clothes to take part in the activities.

SKI-JACKET / WATERPROOF JACKET

Taking part in activity outdoors means you need to be warm. All jackets need to be long enough to protect the small of the back and preferably the hips. Ski-Jackets should be quilted for extra warmth and waterproof. For water sports a nylon or PVC coated material with no padding is best. It should have a good hood with draw cord and elasticated cuffs. Good large pockets are also an advantage.

OVER-TROUSERS

Equally important is protection of the legs particularly during dry slope skiing. Ideally a loose fitting trouser that comes well up the back and chest are best for both skiing and water sports. Nylon over-trousers with a warm pair of trousers or tracksuit bottoms underneath are quite satisfactory for skiing or sailing.

WET SUITS

These are provided at Loch Insh.

SHIRTS, TROUSERS & SWEATERS

Avoid nylon and all synthetic material for these garments. Cotton and woollens offer much more protection from the cold. Remember also that several thin layers of clothing is much more heat retaining, even when wet, than one large heavy sweater, and of course is easier to dry. T-shirts, sweat shirts and old sweaters are ideal, provided they are cotton or wool.

HEAD GEAR

About one third of body heat is lost through the head. It is therefore sensible to see that for all sports a hat is worn. It should be large enough to cover ears if necessary.

HANDS

It is a must to have 2 pairs of gloves or mitts and these are better in leather or nylon. Woollen gloves soon become wet and are not satisfactory. Remember mitts are warmer than gloves. Which ever you choose, see that they have some elastication at the wrist.

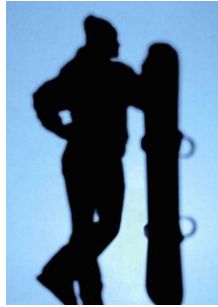
FEET

As with hands these are the first to feel the cold and it is most important to keep the extremities warm. Socks should have high wool content. Shoes for either kayaking or sailing can be old gym shoes or trainers or wet suit type bootees. Which ever you choose it is better than being barefoot. Always protect your feet in boats from projections that can catch toes. For kayaking they are a must especially when you capsizes in the river and have to wade ashore.

BARRIER CREAMS

It is difficult to understand how people can be sunburnt and blistered in our climate but they do, even when there is no sun to see. Always use a sun cream and avoid water based creams that merely aggravate the problem. In cold windy weather lip salve can save chapped lips.

During May and June it is highly recommended to use insect repellent and this should still apply to April trips.



INFORMATION FOR PARENTS

The school has arranged the undernoted Outdoor/Pursuit and your son/daughter is invited to participate subject to your written approval. If you require further information regarding this proposal please contact the party organiser.

PROPOSED PURSUIT/ACTIVITY

Loch Insh trip 13th May - 17th May 2013 at Loch Insh Watersports Centre, Kincaig.

NAME OF 24/7 CONTACT

Mr Alan Graham

NAME OF GROUP LEADER

Mrs Anne Prentice

NAME OF DEPUTE LEADER

Mr James Cook

NAME OF ASSISTING STAFF AND ADULTS

Miss Arlene Sievewright

Miss Anna Shimmield

NUMBER AND AGE RANGE OF PARTICIPANTS

35 Pupils from P7. Age Range 11-12years

DATE, TIME AND PLACE OF DEPARTURE

Leaving Monday morning 13th May 2013 travelling by Scot Bus at 10.30 a.m. from the school.

DATE, TIME AND PLACE OF RETURN.

Friday 17th May 2013 at 2.00 p.m, the children being dismissed from the School upon return.

All children must be collected at the school.

CONTACT PERSON (S)

Mr A Graham 24/7 Home / Mobile 07447908301

Miss O. Melville 01463 232697

School 9am - 4pm 01463 230 250

Mrs Prentice: - Loch Insh 01540 651272

Some Additional Information

1. The children will require a packed lunch to eat when they arrive at Loch Insh on Monday. Thereafter all meals will be provided. All children should bring a box for sandwiches and a container to hold their lunch time drink from Tuesday to Friday.

2. Each child is allowed up to £10.00 pocket money. The school has raised £5 for each pupil and the parent council contribution of £5 per child has been added to this, so no additional funds are required. Mr Cook will act as banker, children will be able to withdraw money during their free time.

3. On Monday 13th May 2013, all pupils should arrive at school at the normal time in school uniform with their luggage which should be put in the school hall. The bus will leave for Loch Insh at 10.30 a.m.

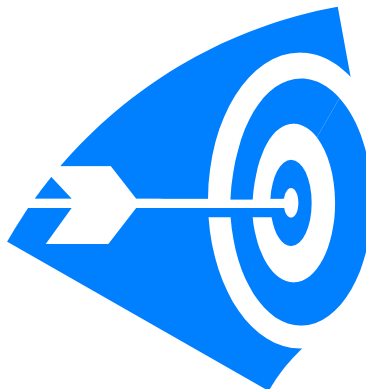
4. The children will be dismissed from school when they return at 2.00pm on Friday 17th May 2013. A parent/carer must be at the school to pick them up.

5. It is expensive to hire waterproofs at Loch Insh. It would be more economical to buy cheap waterproofs from a supplier such as Highland Industrial Suppliers, or borrowing a set from a friend. All children will need waterproof trousers and jacket and remember an old pair of trainers for canoeing! As well as the recommended list of clothing, 2 towels are essential and, if the children want to bring cameras, disposable ones are recommended - in case of accidents.

6. All children must travel wearing their school sweatshirts to and from Loch Insh. It creates such a good impression when a bus rolls up with all pupils in uniform and the pupils will have dry clothes to wear on the way home. I would be grateful for your support in this matter.

7. The school will be informed by a member of staff to acknowledge safe arrival.
No mobile phones / MP3 players / ipods / electronic devices please.

If you require any further information please do not hesitate to contact the school.



INSURANCE DETAILS

Insurance cover has been obtained through the Finance Service of the Highland Council.

The policy (School Journey Policy) covers:

- cancellation and other expenses
- medical and associated expenses
- personal accident
- personal effects and money

A copy of the School Journey Policy is available from the office.

Highland Council's 'Youth Participation Statement'

"Parents and young participants should be aware that outdoor activities potentially pose a danger of personal injury or death. Parents, and participants taking part in these and other similar activities, should be aware of, and accept these risks and be responsible for their own actions and involvement. The above, though, must be seen in context, major accidents whilst engaged in an adventurous activity are relatively few and far between. All precautions have been taken to minimise risks."

