

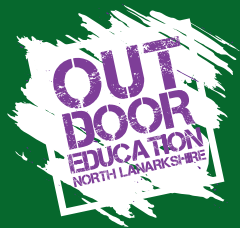
# OUT DOOR EDUCATION NORTH LANARKSHIRE

## PARENT'S INFO

### IT'S ALL ABOUT THE EXPERIENCE!

PUPILS WILL LEARN NEW SKILLS, CHALLENGE THEMSELVES, TAKE RISKS,  
DISCOVER BUGS, WOODS AND WATER AND ENJOY EVERYTHING THAT  
THE GREAT OUTDOORS HAS TO OFFER,  
RIGHT ON YOUR DOORSTEP AT ONE OF OUR COUNTRY PARKS.





# IT'S ALL ABOUT THE EXPERIENCE!

We want our children and young people to fully appreciate the world around them - to look up and appreciate a blue sky, dark cloud or the falling rain. We live in a beautiful part of Scotland but many of us are not aware of the wealth of woodland, plants and wildlife just on their doorstep.

We can offer your child an exciting five-day outdoor activity adventure at our very own Strathclyde Country Park. From August to October 2020 your child will experience fun-packed activities that meet the school curriculum.

All our activity programmes allow pupils to participate in challenging activities that encourage them to become healthy, resilient, confident and responsible people.

These experiences also improve the health and well-being of young people and encourages them to work as a team, learn new skills and feel part of the action in an outdoor setting.

During the activity programme, our experienced Active Schools Coordinators, coaches and Park Ranger staff will support your child to participate safely and with confidence.

Over the five day trip, pupils' achievements will be recognised and celebrated.

Find out more about what's on offer so our children and young people can enjoy an experience to remember.



# What will your child be doing?

Your child will take part in a variety of activities each day including

- **Bushcraft - den building, fire lighting, toasting marshmallows, using kelly kettles to make hot chocolate, setting up hammocks and tarps**
- **Bikeability programme**
- **Fun boats**
- **Orienteering**
- **Adventure walk - who knows what we will find on the route**
- **Archery**
- **Team building**

**A high quality outdoor learning experience develops resilience, confidence, team building, an appreciation of nature and the environment, and significant physical and mental health benefits.**



## A typical day

- **9:15am - 9:30am - Pupils arrive at drop off point (open from 9am)**
- **9:35am - Registration at the marquee and packs handed out**
- **9:40am - Clan Chief introductions - what to expect, run down of the day, what is expected of the pupils, safety measures, toilets and first aid**
- **9:50am - Wake and shake**
- **10am - Clans make their way to the first activities**
- **12noon - Back to the marquee for lunch**
- **12:15pm - Lunch break**
- **12:50pm - Clans tidy up and collect what they need for the next activity**
- **1pm - Move to the next activity**
- **2:40pm - Clans return to the marquee**
- **2:50pm - Clan Chiefs wrap up the day and make pupils aware of what they need for tomorrow**
- **3pm - Pupil pickups begin**

# What you need to know

The activity programme will take place all over Strathclyde Park, with a main base being in a marquee at the Watersports Centre.

**Drop offs** - The Clyde Car Park is the designated area for drop offs. To get to the car park please enter from the Motherwell side (Airbles Road/Hamilton Road) and follow the road to the first exit on the left. Take the first left and follow the road down towards the water sports centre. The Clyde Car Park is the first left down the hill and it will be clearly sign posted. A one way system will be in effect at the car park. Pupils will be met by their group leaders and walked over to the Watersports Centre. Parents should stay in their car.

**Pickups** - The Clyde Car Park will also be used for pickups and the one way system will be in effect at the car park. The group leader will meet you at your car. They will radio staff in the marquee and, in groups of five, pupils will make their way to the pickup point. Parents must stay in their car at all time.

To follow social distancing rules, pupils will be split into clan groups of 10 pupils and one Clan Chief, who is the group leader. Pupils will be informed of their Clan group a week before.

Pupils will be given a Clan bib to wear at all times during the week and take home each day. Staff will collect the bibs at the end of the week in to be washed.

Pupils will start and end each day in the marquee where they can keep their belongings. We would ask pupils not to bring any valuable items, such as phones, as there are no secure lockers.

All activities are organised to adhere to the two metre social distancing rule.

Hand sanitiser will be located in each Clan area and other activity areas. There will also be regular hand washing throughout each day. Surfaces and equipment will be sanitised throughout the day, with a major sanitise clean at the end of each day in preparation for the next day.

There are separate toilets for the pupils to use throughout the day. These will be sanitised and checked at regular intervals, with a deep clean at the end of each day.

All group leaders and activity coaches are PVG checked, have first aid training and have the relevant qualifications for the activities.

Each activity area has been risk assessed and daily checks will take place.



# What do pupils need each day?

Your child will choose a variety of activities each day including

- a packed lunch, snacks and plenty of water (there will be a water fountain available to refill bottles) Pupils in receipt of free schools meals will have their packed lunch dropped off at the park.
- sun cream they are comfortable applying themselves.
- a baseball cap or hat to keep the sun off their heads.
- warm clothing for cold weather.
- waterproof clothing for wet weather.
- a change of clothes, including shoes, in case needed.



# Preparing for the activity programme



**Before your child attends the activity programme, you will receive a registration form to complete and return to the school. This must include current emergency contacts and medical information for each pupil. This form will be given to your child's Clan Chief and kept with them at all times during the day. Outwith that time, the forms will be kept in a secured location on site.**

**The week before the programme, each pupil's bike will be checked at their school by a specialist company to make sure they meet safety requirements. If needed, any repairs will be carried out.**

**Pupils will be given a label to put their name on their bike. A register of the bikes will be taken and kept by our Active Schools Coordinators.**

**That day bikes will be collected and taken to Strathclyde Park where they will be stored securely, ready for the pupils to use the following week.**

**On the last day of the week, pupils will be asked to take their bikes home. If transporting a bike home is an issue, please let the school know and we will arrange transportation.**

**If a pupil does not have a bike suitable for the activities, there are bikes at the park that can be used. However, we would strongly advise that pupils use their own bike.**



# Bikeability Information



**Before training begins, it is important that your child has use of a road worthy bicycle. You will find a helpful guide on what to look out for in the 'Cyclist's Guide' that your child brings home. Listed below are some of the essentials:**

**Brakes:** both brakes should be able to stop the bike when you walk it forward. Brake pads should not rub on the wheels when free. BMX bikes with 1 brake can be used for B1 but they cannot be used for B2.

**Wheels:** both wheels should spin freely and tyres should be well inflated with no cracks or bulges.

**Chain:** the chain should be well lubricated and move freely.

**Saddle height:** Having the saddle at the right height is important for comfort, and for control of the bike. Your child should be able to touch the ground on tip toes when sitting on the saddle. If they can put their feet flat on the ground it's too low, if they can't reach the ground it's probably too high.

**Reflectors:** Its a legal requirement to have a red reflector at the rear of a bike and pedal reflectors must also be fitted.

**Helmet:** A correctly fitted helmet may help avoid or reduce injury if you have an accident. Check that the helmet has the quality CE mark and follow the correct fitting instructions. You can find more advice about this in the Cyclist's Guide.

**Clothes:** Your child should wear clothing appropriate for the weather conditions. They should avoid wearing clothes with loose straps or baggy trousers that could get caught in the bike. Shoes should also have a good, flat sole to grip the pedals. When cycling, look to wear bright or reflective clothing to improve visibility.

## TO FIND OUT MORE CONTACT:

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