



Important Information for Parents, Carers and Participants

What you need to know about an outdoor education day!

Your child is being offered the opportunity to take part in an outdoor education day which is being led by Shetland Islands Council's, Outdoor Education Team who hold the required Adventure Activities Licence for outdoor activities. The day will involve an outdoor learning journey and include an element of fun, adventure and personal challenge. We hope that participants will experience success, increased levels of confidence and a connection to the wild landscape of Shetland.

The proposed activity and location will be agreed with the school/ youth centre in advance of the day but the actual location of the journey and activities will be finalised on the day when weather conditions and sea state are known and the needs of participants have been identified. This flexibility will ensure the safety and enjoyment of the day for all participants.

The activities will vary but may include:

- Rock scrambling/ climbing
- Walking
- Canoeing
- Coasteering
- Tree climbing
- Roped activities
- Shelter building
- Bush-craft
- Or any combination of the above.

The group will travel to the venue for the day by minibus.

Please note:

All participants will be provided with waterproof clothing where required. However, as the group will be going out in almost all weathers, your child may get wet, cold and muddy.

For specialised activity sessions (canoeing, climbing, coasteering etc.) your child will be provided with all specialist equipment they require.

During the day your child will be given physical boundaries that they need to stay within, but there may be occasions where they are out of sight of staff e.g. when shelter building in the woods.

Toilets stops will be made available during the day for participants. However because of the remote nature of some of the locations used, in certain circumstances participants may not have access to a toilet for a number of hours. Please let the accompanying staff know of any specific toilet requirements by including this information on the consent form.

The qualified and experienced instructors leading the session will ensure that the risks associated with the activities are minimised and that your child has appropriate safety equipment. However, you should be aware that all risks can never be eliminated. The instructor will be operating to the standards required by the Adventure Activities Licensing Service.

Whilst on the day your child will be under the supervision of both the instructor leading the session and a member of staff from the school/ youth group. The Council's Public Liability insurance remains in place for all outdoor education days for any incident of injury or loss that may occur as a result of the Council's negligence. The Council does not hold insurance cover for participants for injury or loss that results from any other cause.

On the day please ensure that your child has a good breakfast and takes the following items with them:

- Warm layers of clothing – e.g. sweatshirt, woolly jumper, (tracksuit trousers are better than jeans).
- Appropriate outdoor footwear with suitable soles and thick socks that you don't mind getting wet.
- A complete change of clothing, including shoes, socks and underwear.
- Towel and swimming costume.
- Packed lunch (if a full day's activity) and drink.

Depending on the weather on the day, they should also bring:

- Warm hat, sun hat or baseball cap.
- Sun cream.
- Gloves

Please note that valuable jewellery or watches should not be worn. Mobile phones/ipods etc are better left at home.

Operational date: January 2016