

# ONE YER BIKE TAKE A HIKE!



**7-11 JUNE**

## **CONTENTS PAGE**

Click on the hyperlink below to read the section you require

Page 3	<a href="#">Staff</a> <a href="#">Accommodation</a> <a href="#">Meals</a> <a href="#">Emergency Contacts</a>
Page 4	<a href="#">Itinerary</a>
Page 5	<a href="#">Coach Journey</a>
Page 6	<a href="#">Accommodation</a> <a href="#">Food and Drink</a> <a href="#">Insurance</a> <a href="#">Disclosure and Acknowledgement of Risk</a>
Page 7	<a href="#">Clothing and Equipment</a>
Page 8	<a href="#">Personal Belongings</a> <a href="#">Personal Hygiene</a> <a href="#">Illness/Medication</a>
Page 9	<a href="#">General Behaviour and safety</a>
Page 10	<a href="#">Curriculum for Excellence</a> <a href="#">In Conclusion</a>

# ***Craggan Outdoors***

## STAFF

Miss Grubb <i>(Activity Leader)</i>	Mr McKenzie	Mr Burns
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## ACCOMMODATION

Craggan Bunkhouse	2 bunk rooms with 11 people 1 with 4 people
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## MEALS

Breakfast, lunch and evening meals are included in the cost of the trip.

## EMERGENCY CONTACTS

First point of contact	Miss C Grubb Trip Leader	Tel: 07975 830006
Additional contact	Ms A Bonsall Depute Rector	During school hours: Tel: 01224 310184  Out with school hours: Tel: 07917551013

[Back to Contents Page](#)

# *CRAGGAN OUTDOORS*

## *(Draft Itinerary)*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 8AM</b>					
<b>Morning Session</b>  10:00 - 12:00	ARRIVAL	A/Spey Team Building B/Livet Gorge Walking C/Dulnain Raft Building	A/Spey Climbing B/Livet Team Building C/Dulnain Kayaking	A/Spey Archery B/Livet Raft Building C/Dulnain Climbing	A/Spey Mountain Biking B/Livet Archery C/Dulnain Gorge Walking
<b>Lunch</b> 12:15 – 13:15					
<b>Afternoon Session</b>  13:30 – 15:30	A/Spey Gorge Walking B/Livet Kayaking C/Dulnain Mountain Biking	A/Spey High Ropes B/Livet Mountain Biking C/Dulnain Team Building	A/Spey Kayaking B/Livet Climbing C/Dulnain High Ropes	A/Spey Raft Building B/Livet High Ropes C/Dulnain Archery	DEPARTURE
<b>Dinner Menu</b> 16:30 Mon @ Cafe  17:30 @ Bunkhouse	Cornbeef Hash filled Yorkshire Puddings & Chocolate sponge & custard	Cottage Pie & Fresh Pineapple & ice cream	Creamy Chicken Pasta & Cheesecake & cream	B.B.Q. Night & Watermelon	
<b>Evening Programme</b> 17:30 – 20:00 Mon 18:30 – 20:00 Tue, Wed & Thur	Whole Group Zip Wire Individual Groups Putting	Whole Group  Night Hike	Individual Groups  Highland Olympics	Whole Group Campfire Session Individual Groups Group Sketches	

[Back to Contents Page](#)

## COACH JOURNEY

We will be travelling in a 49-seater luxury coach with toilet, air-conditioning and video/DVD. It will benefit everyone if the driver is treated at all times with courtesy and respect. He is in charge of the coach and should be treated as a member of staff.

- Noise and distractions for the driver should be kept to a minimum.
- Pupils will be responsible for ensuring that the coach is kept tidy and all rubbish is placed in the bags provided.
- CHEWING GUM WILL NOT BE ALLOWED ON THE COACH.
- The toilet on the bus will be kept locked and, for obvious reasons, only used in cases of extreme urgency. By law, the driver must have regular rest stops and pupils should ensure that they make use of the toilet facilities at these stops.
- Pupils who wish to listen to music must do so on personal music players using headphones, not speakers. Pupils are responsible for looking after their own players etc, while we are away.
- Videos/DVDs can help to make the coach journey pass more quickly but these must be appropriate for the age group of the pupils. Only pre-recorded items with the age group displayed will be allowed and the decision of the staff will be final if there is any dispute about the suitability of any video/DVD.
- While the coach is in motion pupils should be seated and seat belts fastened. This is the law.
- Before pupils get off the coach they should listen carefully to any instructions given by staff or the driver. Pupils must always leave and enter the coach in an orderly manner and, in the interests of safety, only use the door indicated by the driver. This will normally be the door nearest the pavement.
- There will not be a lot of spare room on the coach so on-board personal items should be kept to a minimum. Bags will have to be kept on the floor as any available space on the overhead racks will be reserved for jackets and general items required for the trip.

[Back to Contents Page](#)

## ACCOMMODATION

Craggan Outdoors offer good value bunkhouse-style accommodation. This includes bare wood floors throughout the kitchen, dining / common room area, bedrooms & corridors, & accordingly it is advised that all members of the group bring appropriate indoor footwear in order to minimise the possibility of damaging feet on splinters or nails that can sometimes work free.

Bedroom & bathroom facilities are shared, so anybody that for whatever reason is of a particularly sensitive nature regarding undressing / dressing / bathing in full or partial view of others, should bring appropriate garments to help protect their modesty. There is one private bathroom in the bunkhouse, & another in the bothy if complete privacy is required.

Other than hand-soap, toilet rolls & sanitary bags, all other toiletries & sanitary products are the responsibility of the individual.

## FOOD AND DRINK

Meals are provided on a one-size-fits-all basis so there will not be a choice of starters, main course & dessert.

If you have any specific dietary requirement, please let Miss Grubb know prior to departure. I don't like such & such doesn't count!

There is no guarantees that any of the food, whether supplied as part of a catered package or purchased from our cafe, is free of gluten, nuts, or any other substances to which individuals can be allergic.

## INSURANCE

As required by law, Craggan Outdoors have appropriate insurance cover (£5 million Public Liability) for the type of business that that operate, & the activities that they offer. A copy of the insurance certificate is available upon request.

## DISCLOSURE AND ACKNOWLEDGEMENT OF RISK

Craggan Outdoors' policy is that rather than asking clients to sign any sort of disclaimer, they openly declare the risks that can be inherently associated with outdoor activities.

You are then asked to consider these risks, then confirm your acceptance of them by signing the acknowledgment & returning it in advance of your visit. You will have a chance to sign this at the information evening.

[Back to Contents Page](#)

## CLOTHING AND EQUIPMENT

When packing consider both the Scottish weather, & the activities that you will undertake during your stay at Craggan Outdoors.

Apart from the common sense of packing enough clothing for the number of days away, there is also the consideration that clothing getting wet & / or dirty may necessitate the requirement for more than one change of clothes per day, including underwear & footwear.

Generally speaking clothing made from materials such as heavy cotton, such as denim, is not ideal for wearing during outdoor activities. We recommend man-made fibres, & multiple layers of thinner clothing, along with waterproofs. This permits easier movement, can be taken off or put back on as required, & will dry more quickly. A mixture of long & short sleeve t-shirts/tops will be useful, & likewise shorts (including swimming shorts/trunks) & long trousers.

Please also bear in mind that whilst activities are predominantly outside, there are some indoor activities such as the climbing wall on offer.

Also you will be inside at the accommodation. The provision of clean, dry clothes (including footwear) into which to change in these situations should be considered. There are limited clothes drying facilities inside the bunkhouse. If the weather is good then there is ample space outside to let nature do its thing.

As well as clothing, you are also strongly advised to bring the following items:

- Insect repellent
- Sunscreen
- Sunglasses
- a hat
- a water bottle
- Please also bring a 15-20 litre day pack, in addition to your luggage bag.

[Back to Contents Page](#)

## VALUABLES/PERSONAL BELONGINGS

### **Pupils are responsible for their own personal belongings.**

- Pupils should not carry unnecessary valuables on the trip, eg expensive cameras, mobile phones, music players, jewellery etc.
- Money or valuables should be kept in a secure place.
- Pupils should take care if they allow other pupils into their rooms unsupervised by a member of staff.
- Pocket money will be kept by staff and issued on a daily basis, as required.
- **We would discourage pupils from taking mobile phones on the trip. However, if parents feel that pupils need to have mobile phones with them, the phones must be in silent mode when on the coach and in the bunkhouse. If staff feel that a mobile phone is being used inappropriately or causing a disturbance to other pupils or members of the public etc, the phone will be confiscated and returned at the end of the trip.**

## PERSONAL HYGIENE

All pupils are expected to maintain the high standards of personal hygiene they have been taught at home, both for their own benefit and others on the trip.

## ILLNESS/MEDICATION

If a pupil has an existing medical condition please make sure you advise Miss Grubb. All medication (clearly labelled with the name of the pupil) should be given to Miss Grubb along with instructions (preferably in writing) regarding the administration of the medication.

- Pupils who suffer from travel sickness or hay fever should make sure they have appropriate tablets with them. Additional supplies can be given to Miss Grubb.
- If any pupil becomes ill they should contact any member of staff without delay.

[Back to Contents Page](#)

## GENERAL BEHAVIOUR/SAFETY

Pupils should remember that at all times they are acting as ambassadors of the school. They should, therefore, behave in an appropriate manner with regard to fellow pupils, staff, the coach driver and the general public. Pupils must always listen to and carry out instructions without question, bearing in mind that these instructions are being given for their health and safety and to ensure that nothing happens which will lessen the enjoyment of the trip for themselves and others in the party.

- We are strictly bound by any rules imposed on us by the Education Authority, Whytes Coaches and Craggan Outdoors.
- There will be **no smoking, drinking of alcohol or use of illegal substances** by any pupil at any time during the trip. Any breach of these rules will be dealt with very severely.
- **Sanctions for serious misbehaviour will include withdrawal of pocket money, loss of free time, withdrawal from activities and, in very serious cases, could result in pupils being sent home. If the last sanction has to be used parents will be charged with the travel costs for both the pupil and the accompanying member of staff.**
- When eating as a group, pupils will be expected to behave in an acceptable manner. They should remain at their tables until permission has been given to leave. At the end of the evening meal pupils should remain until they have been given instructions for the rest of the evening. A time is usually set aside in the evening or after breakfast to go over instructions, hand out pocket money, tickets etc.
- It is very important that pupils check their rooms on arrival and make staff aware of any problems. These can then be reported to management for action to be taken. Any subsequent damage caused by pupils, even if accidental, will have to be paid for by the pupils concerned.
- Once pupils are settled into their rooms for the night there will be **no noise and no visiting to other rooms**. Staff will be on duty on a rota basis each evening and we need our sleep as well!!!
- Some pupils may find it strange sharing a room with other pupils but it is in everyone's interests if hygiene rules are observed, rooms are kept tidy and rubbish disposed of.
- As a safety precaution pupils should lock their doors when they are in their rooms.

[Back to Contents Page](#)

## CURRICULUM FOR EXCELLENCE

In order to keep in with the new Scottish Curriculum of CfE and its 4 capacities, it is expected that our Activities Week trips fit in with the 4 capacities of this.

Become a Successful Learner:	Become a Confident Individual:
Think independently and as part of a group Apply different learning to new situations Follow instructions Develop communication skills	Build up good relationships with others as you work in a team Be independent Assess risk and make informed decisions Build success in different areas of activity
Be a Responsible Citizen:	Become an Effective Contributor:
Make informed decisions and choices Show respect to others Take responsibility when participating in activities Be courteous and friendly towards the instructors Be a good representative for Hazlehead Academy	Apply critical thinking in new contexts Take initiative Work in teams and partnerships Experience being part of a group activity Adopt an enterprising approach to help solve problems Communicate in different ways and in different settings

Pupils will be expected to contribute towards a scrapbook illustrating their trip and what they learned from it. They will be expected to keep a daily log of their trip.

In order to do this pupils are asked to take pens/pencils and a notebook/journal with them to keep notes. Any pupil who doesn't bring one will be issued with a very basic version.

#### IN CONCLUSION

We are very aware that this booklet contains not only information about the trip but a great many warnings - what to do, what not to do etc. These are not in any way meant to overshadow the purpose of the trip which is to have an enjoyable time while we are away and return the pupils safely home with some lasting happy memories of what they have done and seen. Many things can contribute to the success of a school trip and we hope the pupils play their part by taking on board what we have written in this booklet.

**We expect pupils to be sensible and use their common sense. We hope not to have to impose sanctions as most pupils are aware of, and accept, their responsibilities while they are away from home.**

**Thank you for reading this booklet.**

[Back to Contents Page](#)