

First Aid

All instructors and staff are fully trained in First Aid. The Training centre is not able to dispense drugs of any kind – the centre has an appointed Medical Practitioner on call. Should medical attention be required by a doctor, Rossall School staff will assist in providing transport be it ambulance, taxi or via our own School vehicles.

Clothing to bring, including Boots and Waterproofs

There are certain activities for which we insist, for safety reasons, that participants wear boots and/or waterproofs and as such we will provide these as and when necessary, although we do encourage you to bring your own where available (kit list attached).

Games equipment

Footballs, basketballs, volleyballs and frisbees will be taken. Golf enclosure and a trim circuit can be provided if required. There is also a small area to watch TV if you wish.

Shop

There are no shops on camp. **Please bring small change**, 10p, 20p, 50p and £1 coins for the vending machines.

Postal Delivery

Due to large numbers of groups being accommodated at any one time, if sending mail to an individual course member it is essential that the envelope is marked with the course that person is on (course number CP/Apr/11/G3).

Laundry

Drying rooms and a store are also provided for wet clothing and kit.

Photos

From time to time the Staff will take photographs or video for School advertising purposes. Please inform a member of staff if you do not wish to be photographed.



Radios

For many, a visit to Capel Curig is an opportunity for peace. If you bring a radio please use it only in your accommodation and be considerate to others.

Chewing gum

While we encourage groups not to eat during sessions, we have to take a stricter line with chewing gum and other sweets that present a choking hazard.

Valuables

We recommend you don't bring any! This includes large sums of money and mobile phones. Rossall School and the Training centre will not take responsibility for lost or stolen items belonging to individuals.

Cost & Remarks

The cost of the camp will be £50:00; this will cover the costs of all transportation, meals, accommodation and an extremely attractive adventure-training package, which will also include the services of professional instructors throughout the period. This charge will be placed on the Lent term bill.

I do hope your son/daughter enjoy this camp; this is a rare opportunity to be able to do some high quality adventure training, supervised by top instructors at a very reasonable price.

As mentioned before could all cadets please be at the school pick up point by 12pm Sunday 17th April 2011, as we plan to depart for Capel Curig at 12.30pm prompt. We will be returning back to school at approximately 2pm Thursday 21st April 11.

The postal address for the camp is as follows:

(Recipients name) (Course number CP/Apr/11/G3)
Rossall School
Capel Curig Training Camp
Gwersyllfa Hyfforddi Capel Curig
Capel Curig
Betws-y-Coed
Conwy LL24 0DS.



Emergency Telephone Number is: 07784 653634, could you please note that this number is to be used for **Emergency calls only**.

There is 1 public pay phone for the students to use on site; however these phones do not accept incoming calls. Mobile phone reception is weak, orange has the best reception.

At present the staff attending camp will be Mr I McCleary, and Ms L Heap. Also in attendance are 7 members of 40 Cadet training team who are very experienced instructors in all aspects of adventure training.

Attached is a billing form, medical/contact details form and kit list. Could these forms please be completed and returned to the SSI ASAP before the end of Jan 2011. Also enclosed is a suggested kit list (please note students need to bring their own sleeping bags, mug, knife, fork & spoon), if any of the cadets have any difficulty obtaining any of the items, could they let myself know and I will see what I am able to do to help.

Finally on the subject of pocket money, past experience suggests that £30 is ample for the student's needs.

Yours sincerely

I W McCleary
School Staff Instructor



PLEASE RETURN TO Mr McCleary (SSI) AS SOON AS POSSIBLE (along with medical form).

Name..... House.....

I agree to the sum of £50:00 being added to the lent 2011 term bill.

Signed.....

(Parent/guardian)

Date.....

From time to time the Staff will take photographs or video for School advertising purposes. Please inform a member of staff if you do not wish to be photographed.

Please state Signed

Can your son/daughter swim 50m Yes/No Signed.....

Please note:

For any cancellations received after the end of Jan 2011, a bill may still have to be raised, as we have to pay for bookings in advance.



Being correctly equipped for activities is essential,
not only for safety but also for your enjoyment.

You need to have a few changes of warm clothing, enough to change every day. Bring clothes that you do not mind getting wet and muddy.



Personal equipment for a one week course



Clothes for OUTDOOR activities

- Old trainers for water sessions
- Another pair of trainers for land sessions
- 3 pair's long trousers – tracksuit, fleece and polycotton are great,
Jeans are not suitable
- 3 warm long sleeved tops – fleece is best, or wool, acrylic or polycotton
- Plenty of T-shirts
- A quantity of warm, thick socks (not nylon)
- Hat and gloves – fleece or wool
- Socks & underwear.
- Walking boots (with ankle support and good tread)
- Waterproof (i.e. with taped seams) jacket with integral hood
- Waterproof trousers
- Gaiters



Clothes for general and indoor wear

- Set of casual clothes and footwear for off duty
- Nightwear
- Extra underwear
- Sports kit

Extras for summer

- Suncream
- Insect repellent (Please none containing DEET)
- Shorts, Suncap/hat and shades



Essential personal kit

- Head Torch – with spare batteries
- Daysack/Rucksack 35-50Ltr
- Wash kit, towels & flip flops
- Drinking water bottle
- Sleeping bag & pillow
- Mug, knife, fork & spoon
- Padlock & key
- Penknife

Optional personal kit

- Thermal underwear
- Lunch box and flask
- Swimwear
- Umbrella
- Camera
- Small change for vending machines and phone
- Wellies



We suggest valuables and electronic equipment are left at home.