Rossall School CCF
Formed since 1860

27/01/2011

Dear Parents,

Re: CCF Adventure Training Camp 17th – 21st April 2011

The CCF will be running an adventure training camp during the period Sun 17th April – Thurs 21st April 2011, based at Capel Curig Training Camp, Gwersyllfa Hyfforddi Capel Curig, Capel Curig, Betws-y-Coed, Conwy, Wales LL24 0DS.

1. **Programme**

Date	Activity
Sun 17 Apr	Report to Mr McCleary at 12pm at the School pick up point. Once all accounted for will depart School at 12.30pm and arrive at Capel Curig for approx 4pm. Book in, unpack, briefings, fire practice, tour of facilities and once finished go on the outdoor climbing tower under the direction of 40 CTT. Evening meal 6pm until 7pm.
Mon 18 Apr	AM – Activity PM – Walk/Camp out Evening – 40 CTT
Tues 19 Apr	AM – Water based activity PM – Water based activity Evening – Cinema night
Weds 20 Apr	AM – Climbing based activity PM – Climbing based activity Evening – BBQ
Thurs 21 Apr	Breakfast 7am until 8am. Pack bags and clean accommodation. Hand over all stores and accommodation back to staff. Pick up packed lunches, present prizes and awards, move back to school working on arriving back at approx 2pm.

2. Meal timings

Meals	Timings	Days
Breakfast	07:00 – 08:00	Mon – Sunday
Lunch	Packed meal	Mon – Sunday
Evening Meal	18:00 – 19:00	Mon – Sunday

Please let us know any special dietary requirements.

3. General Information

Medical

You will be taking part in strenuous activities. If you suffer from heart trouble, diabetes, epilepsy or asthma, or have any doubts about your fitness, please seek advice from your doctor. Unless informed to the contrary, the staffs of Rossall School assumes you are physically fit to undertake the activities on the programme. It is your