



## LLAIN ACTIVITY CENTRE

*Llain Activity Centre, Llanarth, Ceredigion SA47 0PZ.*

### Information to Parents

#### 1. Cost of Visit

For details of costs, please speak to your school.

#### 2. Staffing

Pupils are supervised by teaching staff from their own schools and assisted by Llain Activity Centre staff. During activities the staff/pupil ratios as recommended by BAALPE (British association of Advisers & Lecturers of Physical Education) are followed or by the governing bodies of Outdoor Sports e.g. Canoe Wales, or as specified in the our Risk Assessments. For most activities, our Risk assessments state a ratio of 1 instructor (plus teacher) to each group of 12 max.

#### 3. Clothing

We request that your child brings the items listed on the attached 'Kit list'. Please keep to the items listed. Large suitcases will not fit under the beds and we recommend that you send a holdall that your child can carry on their own. One cuddly toy, and no bigger than the child!

#### 4. Pocket Money

It is recommended that pupils bring some pocket money, **including some change** as there may be an opportunity to purchase treats or some small gifts.

#### 5. Electrical/valuable item

Please don't send any electronic games or phones.

#### 6. Daily Routine (all times are approximate)

Breakfast	8.30 a.m.
Activities commence	9.45 a.m.
Activities end	12.30 p.m.
Lunch	13.00 p.m. (picnic)
<i>(please send a packed lunch on the <u>first</u> travelling day)</i>	
Activities start	13.45 p.m.
Activities end	16.30 p.m. approx
Evening meal	17.30 p.m.
Evening activity	18.30 p.m.
Activities end	20.30 p.m.
Lights out	22.00 p.m. approx.

These are approximate times and may vary with length of activities.

During their stay at Llain the pupils will be engaged in a variety of activities chosen from Climbing, High ropes, Zip line, Kayaking, Archery, SUP boarding, Orienteering, Coastal trekking, Mud run, Bushcraft/Forest schools and Problem solving games. The actual activity programme may depend on the weather and time of year.

**Adventurous Activities** – This subject is recognized on the National Curriculum and a residential activity visit gives pupils an opportunity of excitement, fun and a genuine sense of achievement.

Safety is of paramount importance and these activities are taught only by staff who are experienced and suitably qualified. All staff are also DBS checked and First Aid qualified.

**Licensing** – The activities provided at Llain are deemed as 'non licensable' by the HSE. On the rare occasions schools request 'licensable activities' these will be run by providers who are licensed by the Adventure Activities Licensing Authority, our main licensed provider being 'Activity Pembrokeshire Ltd'.

**ALA number** – R2369/L13755

**Field Studies** – which may include plants and animals of the seashore, woodland studies, local coastal walks, location studies of New Quay or Aberaeron.

*We hope that, during their stay at Llain your child will benefit in a number of ways:*

- *An increased motivation and appetite for Learning outside the classroom.*
- *Increased confidence outside the classroom environment, cultivation of independence and broadening of horizons.*
- *An increased awareness of the natural environment.*
- *An awareness that physical activity, health and fitness can be fun.*

Please feel free to contact us prior to the visit if you have any queries regarding any aspect of the trip.

*Gethin & the team*

**Llain Activity Centre**

07977 543396

[adventure@activity.cymru](mailto:adventure@activity.cymru)

[www.llain.com](http://www.llain.com)



### Kit list for 3 night residential visit

- 2 pairs of Trainers at least (1 pair WILL get wet)
  - Several pairs of socks.
  - Warm pullovers/fleeces (x2)
  - T shirts / warm 'base layers' (x4)
  - Trousers (x2/3) - *quick drying, walking trousers or tracksuit probably best.*
  - Toilet bag, 2 towels and roll on deodorant (no sprays please).
  - Night clothes and slippers.
  - **Sleeping bag, pillow and fitted single sheet.**
  - Woollen hat and gloves for Winter / Suncream and cap in summer.
  - Waterproof coat
  - Bathing costume.
  - Personal drinks bottle (labelled)
  - Torch (with child's name)
  - Bin bag for wet/muddy clothes
  - Pocket money including change (small shop on site)
  - *Please do NOT send sweets or fizzy/sugary drinks*
  - Packed lunch for the journey on the first day (check with group leader).
  - For shorter stays, adjust accordingly.
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- *Please be reminded of the duration of the stay and that the transport AND bedrooms have limited storage. A flexible bag is better than a suitcase. A binbag for dirty clothes is also useful.*
  - Please label all children's possessions clearly.
  - **Every effort is made on the last day of the visit to ensure that all 'stray' items are reclaimed before the group leave. Please emphasise to your child the importance of packing ALL their belongings as we are unable to post back items left behind. They should also bring a list with them so they can use it as a check list when re-packing.**

*Thank you for your cooperation.  
Gethin & the team*



## MEDICAL QUESTIONNAIRE AND CONSENT FORM

### A *GENERAL INFORMATION – PLEASE COMPLETE IN CAPITALS.*

School :- \_\_\_\_\_

Name of child : \_\_\_\_\_

Date of birth : \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Name, relationship and telephone number of emergency contact/s:

\_\_\_\_\_

\_\_\_\_\_

Name, address and phone number of child's Doctor:

\_\_\_\_\_

\_\_\_\_\_

### B MEDICAL INFORMATION.

1. Is your child suffering from any particular illness or health problems?  
YES/NO If yes please give details below
  
2. Is your child taking any medication?  
YES/NO If yes, these must be handed to the party leader before departure with written instructions for use.
  
3. Is your child suffering from any Allergies whatsoever?  
YES/NO If yes, please give details below

4. Is your child a diabetic?  
YES/NO
- If yes, you must provide written details of diet and treatment to enable school staff to manage your child's diabetes during the week.
5. Is your child epileptic?  
YES/NO
- If yes to the above, does the child's doctor approve of the visit? YES/NO
6. What was the date of the last known tetanus injection? \_\_\_\_\_
7. If your child requires a special diet or is allergic to certain foods, please give details below :-  
\_\_\_\_\_  
\_\_\_\_\_
8. Please inform the school if your child has any COVID-19 symptoms within 10 days of coming on their residential trip to Llain. Thank you

**DECLARATION BY PARENT OR GUARDIAN (please tick)**

- I recognise that the activities which my child will participate in at Llain Activity Centre have inherent risks but that all activities will be led by competent staff.
- I consent to my child taking part in all activities listed in the programme including the use of tools for Bushcraft under expert supervision.
- I also consent to my child receiving any necessary emergency medical or dental treatment by First Aid qualified staff during their residential stay at Llain.
- I consent to my child being administered a Lateral Flow Test in the event of them developing symptoms of COVID-19.
- I consent to my child being administered a Lateral Flow Test in the event of a child in their room developing symptoms of COVID-19.

Parent/Guardian's Signature \_\_\_\_\_

Parent/Guardian's Name in Capitals \_\_\_\_\_

Date \_\_\_\_\_

Please state any exceptions for health reasons

**THIS INFORMATION IS TREATED AS CONFIDENTIAL AND THESE FORMS ARE SHREDDED WHEN THE GROUP DEPARTS.**

If you have any queries please contact the Manager on 07977 543396  
or e mail [adventure@activity.cymru](mailto:adventure@activity.cymru).