

# Woodland Survival Skills





# Harlech Castle



# Raft Building





# Rock Climbing & Abseiling



# Harlech Beach





# Beach Camp Fire



# Timetable: Wednesday

- 8.30am Breakfast. Make lunch
- 9.30am – Grp 1 Raft building, Grp 2 Archery, Grp 3 Rock climbing & abseiling
- 12pm Lunch
- 1pm– Grp 1 Archery, Grp 2 Rock climbing & abseiling, Grp 3 Raft building
- 6pm Dinner
- Rothersthorpe's Got Talent Show
- Hot chocolate/relax before bed



# Timetable: Monday

- Leave Rothersthorpe at 9.30am.
- Bring packed lunch/No uniform.
- Arrive at 'CMC' approx 3pm.
- Settle in - 'Welcome talk & Fire drill'.
- 6pm Dinner.
- Walk to the beach – beach art and games.
- Hot chocolate/relax before bed at 9pm.
- Lights out at 9.30pm.





# Timetable: Tuesday

- 8.30am Breakfast. Make lunch
- 9.30am – Orienteering and local walk
- 12pm Lunch
- 1pm – Grp 1 Rock climbing/abseiling, Grp 2 Raft building, Grp 3 Archery
- 6pm Dinner
- Free time plus football/basketball/quiz/tuck shop
- Hot chocolate/relax before bed



# Timetable: Thursday

- 8.30am Breakfast. Make lunch
- 9.30am– Groups 1 & 2 Harlech Castle, Group 3 Bushcraft (survival skills)
- 12pm Lunch
- 1pm – Groups 1 & 2 Bushcraft (survival skills)  
Group 3 Harlech Castle
- 6pm Dinner
- Beach camp fire/activities/songs
- Bed





# Timetable: Friday

- 8.30am Breakfast
- Make Lunch
- 9.30am Depart
- Arrive back at Rothersthorpe approx 3pm



# Routines & Groups

- 3 x activity groups of 8 (Mixed)
- Wake up call 7.30am
- Bed at 9.00pm. Lights out at 9.30pm
- Room groups of around 4 children - TBC
- Groups to set tables, clear away and tidy
- Room/group of the week competition





# Health & Safety

- Approved centre/trained staff
- Secure premises (Staff on-site)
- Only school on site
- General Staff ratio 3:24 plus CMC staff
- Activities ratio 2:8, including a trained CMC staff member
- All safety equipment provided by CMC
- Risk assessments completed



# Health & Safety

- All staff are first aiders.
- Medical and consent forms.
- Administering Medication Forms.
- All medication given to staff.
- School health and safety, medication and behaviour policies followed.





# Kit required (See list)

- Jeans/tracksuit bottoms
- Shorts
- T-Shirts/polo Shirts
- Sweatshirts
- Socks/underwear
- Indoor shoes/slippers
- Walking boots
- Trainers
- Waterproof Jacket with hood
- Waterproof trousers - optional (Provided by CMC)



- Pyjamas and dressing gown
- Toilet bag and toiletries, (No make up, perfume, sprays or jewellery).
- 2 Bath towels
- Water bottle – **Very important**
- Ruck sack
- Pillow if wanted.
- Teddy!
- Any medication – to staff





- Old clothes for activities.
- Ensure that everything is named.
- Put a list in your child's bag to aid packing at the end of the trip.
- Black bin bag for dirty clothes.
- Between £5 and £10 for tuck shop/souvenir shop.



# Other equipment

- Children may bring a disposable camera. No video recording.
- A small battery operated games console and/or MP3 player for the coach.
- **Absolutely no internet access or mobile phones.**
- Equipment must be labelled clearly and we take no responsibility for anything that happens to it.
- Book and/or magazine.



# Any Questions?

- <http://www.cmcpensarn.org.uk/index.php/en/>

