



Parental & Student – Off Site Day Course Information

Please keep this information for your reference.

White Hall is a place for people to have new experiences, have fun, to feel challenged and overcome fears. It is somewhere they have to think, help each other and make decisions. These are all skills and experiences that will help them at school, home and in their life.

Our programme of exciting adventurous activities will challenge and inspire you. To help you reach your full potential you will have the support of friends, accompanying adults and White Hall staff. We know you'll have a fantastic experience and learn about yourself and what you can achieve.

This information outlines a number of things that you and your parent/guardian should know about the course. Please read them carefully so that you know what to expect.

Outdoor activities always depend, to some extent, upon the weather. We will have arranged an activity programme with your course leaders which may include some of the following:

**CANOEING
KAYAKING
PADDLE BOARDING**



BOULDERING

**MOUNTAIN
BIKING**



**ROCK CLIMBING
ABSEILING**



CAVING



Safety - White Hall holds a licence from the 'Adventure Activities Licensing Service' – this means we are approved to deliver outdoor activities. It indicates and assesses that the centre has been inspected with attention paid to our safety management systems and that we work to nationally accepted standards of good practice.

Health Information

Please ensure that the consent form is completed, as fully as possible, ensure that all medical conditions, allergies and medicines are included. This information will be treated in strict confidence and will enable us to organise the course to meet your best interests.

Young people at White Hall do undertake activities in or near lakes and streams - Leptospirosis (Weil's disease) is a rare but endemic waterborne disease in Great Britain and there is therefore a small risk of infection from contact with water. Should a young person who has attended a course at White Hall develop flu or fever like symptoms, we advise consulting your doctor and informing them that your son/daughter has had contact with inland lake and stream water.

Ticks are found in the countryside. In some parts of the UK they are known to carry Lyme's disease, but as of yet, not in the Peak District – but it is always sensible to be aware. The most common symptom is a red skin rash that looks like a bullseye on a dartboard. If the rash or flu like symptoms occur– usually up to 30 days after the bite, or you discover a tick please consult your GP.

What to bring

It's important to bring clothes that keep you warm and dry and that you don't mind getting dirty and wet.

- **Please bring your own packed lunch (if applicable)**
- Old clothing (suitable for the weather)
- Waterproof jacket if you have one
- Trainers or boots (an extra pair of old trainers if canoeing and a pair of wellies if caving)
- Towel and soap for showers after the day's activities and a change of clothes
- Bin liners to put dirty or wet clothing in
- Sun cream, sun hat and insect repellent (summer courses only)
- Hats and gloves (winter courses only)

Tips/additional information for parents/guardians

- Please let your child/children help pack their own bags so they know what they have with them. It also helps them when they are packing their bags at the end of the day.
- It will help if children can tie their own laces.
- It's important that **all clothes/shoes are named** so that it helps your child/children to take all their clothes home with them.
- Don't bring anything valuable including mobile phones, there is limited signal and we cannot accept any responsibility if they are lost or broken.

Insurance - White Hall **DOES NOT** insure students against personal accident, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged through your organiser or by yourself.

Emergency Contact - In case of emergency, please contact the Office on 01298 23260.

Feedback – We would really like to hear about your child's experience of outdoor activities. It would be a great help if you could take 5 minutes with your child once they have returned home to fill in this quick survey, using the link or QR code below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=s46aQhAyGk6qomzN4N2rxZhJzvxolBBGvyDtREioYK1UMUZIS1BRTjq3REYwTVpYWDBTM0tUWVhKNy4u>



Please complete and return the consent form to the group organiser at least one month before the course.



'The friends of White Hall Centre' charity supports White Hall in providing inspiring outdoor and adventurous activities. For more information on how you can get involved to support their work please visit: <https://www.friendsofwhitehallcentre.com/help.htm>