

Year 9 Trip To Blue Peris Mountain Centre

Whilst in Year 9 Harlington Upper School students are offered the opportunity to attend a residential trip to Blue Peris Mountain Centre in North Wales. The centre is situated in the heart of Snowdonia in North Wales. It offers a fantastic range of adventurous activities including rock climbing, kayaking, canoeing, gorge walking, sea level traversing and mountain walking to name but a few.

The week long residential is designed to enhance the personal development of students by presenting them with the adventure and challenge of new activities in a different and sometimes demanding environment. Such experiences enable students to become more aware of both their own potential strengths and the benefits to be gained from working in a group in a positive and co-operative way.

The trip typically runs in the Spring Term from Sunday to Saturday, dates will vary due to centre availability.

For more information on the centre visit their website, www.blueperis.co.uk, or for information on the trip itself please contact Mr Park MPark@harlington.org

Information for Blue Peris 2017

Dates: 8th – 12th May

Times: To be confirmed nearer the time



mail@blueperis.co.uk
Phone/fax 01286 870853
www.blueperis.co.uk



Students Personal kit List

General:

Washing kit and towel	Large plasters	Roll on deodorant (not aerosols, they set the fire alarm off)
Notebook, pen/pencil,	Torch with batteries	Plastic drinks bottle (1 litre is essential)
Indoor footwear (slippers or trainers)	Nightwear and underwear	Small/medium lunch box
Sun block protection (at least factor 20-30)	Change of clothing for evenings	
2 large polythene bags (strong dustbin liners)		

Outdoor activity clothing:

Students will need two complete changes of clothing for the activities in addition to the following items

2 thick fleece jumpers or sweaters	3 Tee-shirts (some long sleeved if possible)	1 pair of 'old' trainers
2 pairs loose or track suit trousers	1 pair gloves/mittens	Swimming costume
Sun hat/baseball cap	3 pairs of thick socks	1 pair of shorts
1 woollen or fleece hat	Large towel to allow privacy when changing out of doors	

N.B. Cotton stays cold when damp so on wet days and for water sports we recommend wearing fleece, nylon, wool, or 'thermal' underwear next to the skin. These non-absorbent materials retain some insulation even when wet, whereas a cotton Tee shirt or jeans can feel like you are wearing a cold, wet dishcloth!

Useful optional extras:

Do not buy these items specially; just bring them if you have them:

Wellington boots
Windproof, waterproof top
Windproof, waterproof trousers
Body warmer or padded jacket/ski jacket
Camera (not an expensive one)
Wet suit
Mountain boots with rubber, Vibram soles and sewn tongue
Medium-sized (20 litres +) day rucksack
Non perishable snacks

Blue Peris provide:

Waterproof jacket
Waterproof over trousers
Rucksack
Survival bag
Fleece jumper
Balacava
Mountain boots
Wellies

What not to bring:

Aerosols – they set off the fire alarms
Electrical equipment (including hair straighteners and dryers) – there are no sockets in the dormitories and they are a fire hazard. *Hair dryers are supplied in the washrooms*
Items of value are discouraged (e.g. mobile phones, ipods, game consoles)
Trainer socks are not suitable for any activity

Money:

You don't need much but there is a small tuck-shop onsite which sells drinks, snacks and souvenirs



Confidential – U18's Personal Details/ Medical Form

This form must be signed by the parent or guardian of children under the age of 18. Staff responsible for students on a residential visit are acting in loco parentis and therefore need this information and parental permission to help them properly exercise their duty of care.

Course date booked:		School/college:		
Surname:	Forename:	National Health No.:	Age:	Sex:
Home address:		Email:		
		Home Tel:		
		Mob:		
		Date of birth:		
Next of kin and Address:		Doctors name and address (student's):		
24h Contact Tel:		Contact Tel:		
Work Tel:		Email:		
<p>Are there any special medical or physical circumstances of which the Centre staff should be aware, e.g. asthma/epilepsy/ diabetes/ dislocations/ disabilities: or any ALLERGIES e.g. Penicillin/ aspirin/ elastoplasts? ? If so please inform us, including the last time a fit/attack happened, the last time medication was taken or any visit to hospital/doctor. Please give all relevant details about how something could affect your performance at the centre. Contact the centre if you need additional information about how an activity might affect you, and check with your doctor if you are not sure of how a condition might affect your ability to participate (continue on another sheet if necessary.. Failing to do so could put you at risk.</p>				
<p>Is your child receiving any regular medical treatment? Give details and the required dose</p>				
<p>Do you wish a member of staff to look after any medicines? If so, you must hand all medications and instructions to the school course coordinator</p>				
<p>Do you give permission for paracetamol/Calpol to be given to your child if necessary?</p>				
Is their tetanus up to date?		Date of last vaccination:		
Their swimming ability: (please circle distance)		Non swimmer	25m	50+m
<p>You must be able to swim 25m to go White Water Rafting</p>				
<p>Details of any special dietary requirements e.g. vegetarian, Halal or food allergies:</p>				

I understand the conditions under which my son/daughter has been accepted on a course at Blue Peris. I hereby agree that my son/daughter may take part in the activities organised by the Head of Centre or his representative and I agree to him/her receiving such medical treatment as may be deemed necessary, should, in the opinion of the physician concerned, the delay in contacting myself be potentially injurious to my child's health. In consideration for the Centre or School's staff, I/we agree to indemnify the Centre staff and School's staff and the Local Authority against all claims, costs, actions and demands whatsoever resulting from taking part in the programme of activities or the administration of medicines unless such claims, costs, actions or demands result out of the negligence of the Centre staff, the School's staff or the Local Authority. If you do not permit photos/videos to be used as publicity material for the school, the Centre or Bedford Borough and Central Bedfordshire Unitary Authorities, please tick the box:

Signed:	Date:
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