



YEAR 7 MAY DAY STAY AWAY – Friday 29th April – Monday 2nd May

This trip is the earliest opportunity for SGS boys to join in the extensive outdoor adventure tradition at Sutton Grammar, which continues with the Year 8 Outdoor Challenge, caving trips for Year 9 and up, Bronze, Silver and Gold DofE and leadership opportunities for sixth formers.

It has been scheduled to take place shortly after the Year 7 exams. There will be a briefing meeting on Friday 15th April to form tent teams of 4 or 5 and go over the kit list which you'll receive after booking your place. On 29th April after school, we travel by minibus to Hammerwood Scout Campsite near East Grinstead. Once there, you put up your tents and explore the site. In the evening, we have a campfire feast which you prepare and cook, and a "wide game" around the woods.

On Saturday, half the group kayak and half have bushcraft, swapping over on Sunday. The bushcraft is all about survival – a range of outdoorsman skills and building your own shelters in which you can spend the night deep in the woods. The kayaking trip is specially commissioned from www.thekayakcoach.com, paddling down the River Ouse from Lewes to Barcombe Mills. Rather than the two-hour taster sessions you may have done on a PGL holiday or similar, this is a substantial journey with a stop for a riverside picnic. You are each in your own kayak with all the appropriate safety equipment, with some skills training before you get going so that you can paddle efficiently. Expect to be tired!

On Saturday evening, we lay siege to a local supermarket to gather ingredients for the One Pot Wonder competition. Each team has £7.77 to purchase ingredients for the most delicious meal you can prepare in a single pot, making enough for your team plus a tasting plate for the judges. If catering for both carnivores and vegetarians, you can cook the meat separately. Staff will boil up mass portions of rice and pasta separately so you can concentrate on the main event. Afterwards, another wide game if you have the energy, and possibly a game of Liar's Yarn around the campfire for the nightowls.

On Sunday evening, it's a night hike back to the site from a mystery start point, through quiet countryside (or at least, quiet before you get there). You are in groups shadowed by a leader who will make sure you're safe, but be no help at all if you get lost: it's your job to work out the way home.

On Monday, your teams compete in the Hammerwood Challenge, a range of events including training exercises from the Royal Military Academy, Sandhurst, that need brain as well as brawn and teamwork. These determine your starting order for the final event, so that there's a live chance of any team winning right up to the final moment. We return to the school for 4.30pm on Bank Holiday Monday. No duvet days on Tuesday – it's back to school even if you're still tired from the long weekend.

The cost of this 3-night event is £150. If you would like your son to attend please make the payment via your ParentPay account. Please hand the attached consent and medical form into the office. It may seem rather a large form for a short trip, but we've run over 100 expeditions and it's the best way we know to make sure we have all information we need to look after everyone.

A full kit list will be issued at the briefing meeting: nothing unusual, just the stuff you would expect for a weekend's camping, and we can lend out rollmats and sleeping bags. If you have any questions, even if you think it might be a daft question, ring Jason on 07843 555355.

Places will be allocated in the order that both form and payment are received. We took 45 last year and places sold out rapidly, but we want everyone to be together for the final day so this year we are limiting the trip to just 30.



SUTTON GRAMMAR SCHOOL AWARD - MEDICAL, DIETARY AND CONSENT FORM

PARTICIPANT'S NAME _____

This consent is for the Year 7 May Day Stay Away. The Organisers of the programme are Outspark Ltd and Sutton Grammar School. I understand that alterations to the arrangements may be necessary.

I have explained to my child that he/she must obey the instructions of the Organisers.

The Organisers are not responsible for any loss or damage to my child's property.

I agree to pay for any damage caused by my child to the person or property of any other party. I indemnify the Organisers of the visit in respect of any reasonable expenses incurred due to any accident or illness of my child.

I have seen details of any insurance cover provided and understand I may take out extra cover of my own. I understand that the Organisers may use photos, audio or video footage including my child for publicity and training purposes unless I have requested in writing that my child should be excluded from such.

The Organisers will act in loco parentis. This means that in the case of accident or illness, the Organisers may take medical decisions on my behalf.

My child is in good health and I consider him/her fit to participate in all activities.

I accept that outdoor adventure activities carry inherent risks and that my child has to assume responsibility for his or her own safety.

Declaration:

I have read and agree to all the statements above.

I have filled out the emergency contact details on the back of this form.

I have given information about any dietary needs and medical conditions on the back of this form.

I will update the organisers about any changes to the contact, medical or dietary information during the programme.

Signed _____ **(Parent or guardian)**

Date _____

MEDICAL INFORMATION

Please answer all questions. Please include any long-term conditions such as asthma or diabetes, even if they are currently well managed and cause you no problems.

Have you in the last 5 years had:

- YES/NO Asthma/shortness of breath
YES/NO Diabetes
YES/NO Epilepsy, convulsions, fits or blackouts
YES/NO Mental health problems or anxiety
YES/NO Back problems
YES/NO High blood pressure/ heart problems
YES/NO Any other medical condition requiring a doctor's care
- YES/NO Are you currently undergoing any medical investigations or suffering from any currently undiagnosed symptoms?
- YES/NO Have you ever been admitted to hospital or suffered any major accident or illness?
- YES/NO Do you take any medicines regularly?

ALLERGIES

- YES/NO Aspirin
YES/NO Penicillin or any other antibiotic
YES/NO Plaster/ elastoplast etc
YES/NO Any immunizations / other drugs
YES/NO Food (especially peanuts)

DIETARY INFORMATION

Does your diet require you to avoid:

- YES/NO Beef
YES/NO Pork
YES/NO All meat
YES/NO Anything else
YES/NO Fish
YES/NO Other? (Please give details)

If you have answered "YES" to any of these questions, please give details in the box. Continue on a separate sheet if necessary.

EMERGENCY CONTACT DETAILS

Home Address

Main Contact _____

Relationship to participant _____

Landline _____

Mobile _____

Email _____

2nd Contact (Optional) _____

Relationship to participant _____

Landline _____

Mobile _____

Email _____

Participant Mobile (Optional) _____

Participant Email (Optional) _____

IF YOU HAVE ANSWERED YES TO ANY OF THE QUESTIONS, PLEASE GIVE DETAILS