

FITNESS AND HEALTH – Please ensure that all medical conditions, allergies, medicines and special diets are written on the consent form. Also please give details of any recent illness. This information will be treated in strict confidence and will enable us to organise the course to meet your best interests.

Many thousands of people take part in water sports with no ill effects. However, you are probably aware that there is a very slight risk of infection from water in lakes, rivers and canals. If you develop flu like symptoms after any water activities you should see your doctor and tell them that you have been involved in water sports.

Radon is a naturally occurring gas, which is always present in the air we breathe and can be found in varying concentrations in houses, buildings, cellars, mines and caves. Happily the caves and mines visited by White Hall groups have been found to have very low radon levels. The risk to health from exposure to radon during a few caving trips is almost negligible and is far outweighed by the educational benefits

FREE TIME - We have a pool table, table tennis, table football and you can play ball games on the lawn. There is also a small shop, which sells sweets and souvenirs.

EMERGENCY CONTACT - In case of emergency, contact with course members may be obtained using the following telephone numbers:

The Office 01298 23260 (9am – 5pm)
Students 'payphone 01298 23893
Duty Instructor's phone 07900 617222

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 party leader or by yourself.

CANCELLATION - Full payment is required for places cancelled less than one month before the course.

INFORMATION FOR COURSE MEMBERS



White Hall
Outdoor Education Centre

A Local Authority
Outdoor Education
Centre with over
60 years' experience



Making a difference for our students through:

- Challenge
- Adventure
- Achieving
- Learning



Telephone: 01298 23260

e-mail: white.hall@derbyshire.gov.uk

website: www.whitehall.derbyshire-outdoors.org



Whitehall Outdoor Education Centre



@Whitehallcentre

We are looking forward to seeing you at White Hall Centre. Our programme of exciting adventurous activities will challenge and inspire you. To help you achieve your full potential you will have the support of friends, teachers 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.

Activities, run by nationally qualified staff, will depend upon the weather and the time of year, but may include some of the following:

**ADVENTURE WALKS
PROBLEM SOLVING
STREAM SCRAMBLING
ORIENTEERING**



**ROCK CLIMBING
ABSEILING
ROPES COURSES**



**CANOEING
KAYAKING**



CAVING



**MOUNTAIN
BIKING**

EVENING ACTIVITIES – There will also be an evening activity which could be a night hike, shelter building or problem solving.

DUTIES - You will be expected to make your own bed and take your turn on daily duties like helping with the washing up!

SAFETY - White Hall has full risk assessments for all aspects of the Centre and has been inspected by DCC Health & Safety Department. The risk assessments for our main activities are available on our website - www.whitehall.derbyshire-outdoors.org White Hall is licensed by the 'Adventure Activities Licensing Service' (www.aals.org.uk). All safety equipment is well maintained and appropriate for use.

SUPERVISION - Parents should be aware that whilst a male and female member of staff will be at White Hall during the course, we cannot guarantee that whilst on camp or activities every group will be accompanied by female as well as male staff. If you have any concerns about staffing please discuss these with us.

White Hall provides all specialist, outdoor clothing and equipment. We can provide hiking boots, waterproofs and rucksacks from our stores, but if you have your own you are welcome to bring them.

KIT LIST

Warm Coat/Jacket for activities	
Water Bottle/Flask	
Wellingtons	
2 pairs of Outdoor Shoes/Trainers (1 pair for wet activities)	
Indoor shoes/slippers	
Plenty of old clothes as they will get wet/muddy during activities	
Bin liner for dirty clothes/shoes	
Torch	
Wash kit and Towel	
Underwear and socks	
Shorts (summer only)	
Trousers/Tracksuit Bottoms/Leggings	
Sweatshirts/Fleeces/Hoodies	
Pyjamas/Night clothes	
Thick socks to wear with walking boots	
Casual clothes for indoors	
PLEASE NAME ALL CLOTHING & SHOES	

In addition to the above:

In the summer make sure you bring plenty of sun protection. Midge repellent is also strongly recommended.

In the winter bring plenty of warm clothing including hats and gloves.

Groups often bring their **own packed lunch** on the first day of a course; your leader will let you know if this is required.

We do not encourage students to bring mobile 'phones or any other valuable items. Please ensure that any electrical items are in good working order and 'fit for purpose' and that your child is aware not to leave these items plugged in unattended at any time.