

# Year 8 Residential 2019



## Borrowdale

Date	Gp	Activity a.m.	Activity p.m.	Activity Eve
Mon	A1	Water activities	Water activities	Games
	A2	Water activities	Water activities	Games
	B1	Gill Scrambling	Adventure	Launch/Walk
	B2	Adventure	Gill Scrambling	Launch/Walk
Tues	A1	Gill Scrambling	Adventure	Launch/Walk
	A2	Adventure	Gill Scrambling	Launch/Walk
	B1	Water activities	Water activities	Games
	B2	Water activities	Water activities	Games
Wed	A1	Climbing/Abseiling	Problem Solving	Home
	A2	Climbing/Abseiling	Problem Solving	
	B1	Problem Solve	Climbing/Abseiling	
	B2	Problem Solve	Climbing/Abseiling	
Wed	C1	Water activities	Water activities	Games
	C2	Water activities	Water activities	Games
	D1	Gill Scrambling	Adventure	Launch/Walk
	D2	Adventure	Gill Scrambling	Launch/Walk
Thur	C1	Gill Scrambling	Adventure	Launch/Walk
	C2	Adventure	Gill Scrambling	Launch/Walk
	D1	Water activities	Water activities	Games
	D2	Water activities	Water activities	Games
Fri	C1	Climbing/Abseiling	Problem Solving	Home
	C2	Climbing/Abseiling	Problem Solving	
	D1	Problem Solving	Climbing/Abseiling	
	D2	Problem Solving	Climbing/Abseiling	

### Timings

Make sure you are at the right place at the right time with the correct equipment.

#### Water activity day

09.00 meet at the coach

#### Gill scrambling

09:00 or 13:30  
meet at the minibus

#### Adventure activity

09:00 or 13:30  
meet at the picnic benches  
outside the youth hostel

#### Climbing, abseiling and problem solving day

Coach will leave the hostel  
at **10:00 (Wed)** and **09:30 (Fri)**

#### Launch & Lake Walk

18:45 meet at the front door

#### Games

19:00

#### Breakfast 07:30

Don't forget to pick your  
packed lunch up after  
breakfast

#### Evening Meal 17:45

My room number

My group

**Quiet between the hours of 22:30 and 07:30**

# Daily reminders

## Day 1

Bring a packed lunch and a drink. Make sure you have the correct clothing and a change of clothes in your day pack, depending on what your activities are for the first day. Remember any medication/inhalers etc.

## Day 2

Pick up your packed lunch and fill your water bottle. Pack your day sac for your planned activities. Remember any medication/inhalers etc.

## Day 3

Pick up your packed lunch and fill your water bottle. Pack your day sac for your planned activities. Remember any medication/inhalers etc.

Leave your day sac by your bed. Finish packing your suitcase, check drying room for any of your belongings. Strip your bed, and fold dirty linen. Empty bins and **TIDY** and **CLEAN** your room. There will be room inspections and a prize for cleanest rooms.

**Some people may be nervous or scared of doing an activity, the instructors and your teachers are here to help you. But it is very important that you support each other.**

# Water activities

A coach will leave for these activities at 09:00 or straight from school on your first day, so please ensure that you have the clothes and food you need in your days activity

CLOTHING. You will be provided with a wetsuit, buoyancy aid and a windproof canoe cagoule. Underneath your wet suit we suggest you wear a swimming costume, thermal top/T-Shirt and leggings/shorts if you have them. Wear socks and trainers that you don't mind getting wet and muddy. Please tie your laces tightly on your trainers because the mud on the bottom of the lake is very good at sucking trainers off your feet!!

Make sure you have a warm, complete change of clothing including shoes (not wellingtons). A towel is useful to help you change and bring a bin liner or plastic bag with you to take your wet clothes and shoes back to the Youth Hostel. To help keep you warm bring a hat which can be worn during the activities and at lunchtime when you are resting. Don't forget your waterproof top and bottoms as your lunch is eaten outside, rain or shine.

If you wear glasses, please ensure you bring string or elastic with you long enough to be tied around your head, so that your glasses do not sink to the bottom of the lake if you fall in. If the sun is shining during water activities, please remember to use sun cream and a sun hat if needed.

You will need your packed lunch and a drink, as you will remain at the marina for the full day. There is a small shop with a limited amount of ice creams, chocolate and hot drinks. Please buy sensibly.

## Gill scrambling

CLOTHING: You will be supplied with a woolly bear suit, waterproofs, buoyancy aid and helmet. Underneath your bear suit we suggest you wear a swimming costume, thermal top and leggings/shorts if you have them. Wear socks and trainers/boots that you don't mind getting wet and muddy.

**Wellingtons and wetsuit boots are not to be worn on this activity.**

You might get changed at the gill, your instructor will tell you to bring a change of clothes and towel.

## Adventure

You will be based in the youth hostel grounds for most of this activity but might get wet at the end depending how good your coracle building is. Your instructor will give you a few minutes to change in to your wet shoes/clothing before going to the lake.

## Climbing, abseiling and problem solving

We will be climbing, abseiling and problem solving near the 'Bowderstone' in the Borrowdale valley.

A coach will take you to Bowderstone from the youth hostel. The coach will leave at 10:00 on Wednesday and 09:30 on Friday. Remember, this is after you have tidied your rooms and packed your luggage. The quicker you do this the more time you will have for these activities. This is a particularly busy day for the climbing and abseiling instructors because time is limited for everyone to get a chance to do these activities, so please make sure your rooms are tidied and luggage placed in the coach by at least 09:45 on Wednesday and 09:15 on Friday.

WHAT YOU NEED: Please make certain you have with you your packed lunch, drink, sun cream and insect repellent.

CLOTHING: Please ensure you have your waterproof top and bottoms and also your shoes or boots. Warm clothing and a hat is needed because a lot of the activities during this day will be in the woods, so you could be in the shade.

You will be provided with a harness and helmet for the climbing and abseiling. All other equipment for the problem solving will be provided for you.

After these activities you will be taken back to school on the coach. This is our shortest activity day which is why time is limited for both classes to experience all the activities! Please be ready for the coach on time. The coach will leave the Bowderstone at 14:45 and will return you to school in time for the buses home.

# Medication

Do not forget any medication you may need. Give your medication to the instructor for the activity you are doing as they will have a dry bag with them to keep your medication safe and dry.

# Expectations

## **We do ask that:**

- Staff always know where you are
- You behave sensibly and safely.
- You listen and follow instructions carefully on all activities
- You listen carefully to the Health and Safety talk when you arrive at the Hostel

## **There are a few Hostel rules and duties which are:**

- No outdoor footwear to be worn inside the buildings
- You are only allowed in your own dormitory
- Unless otherwise stated you should be in your rooms at 10.00pm
- A **small** amount of sweets are permitted in your room but no other food, caffeinated or fizzy drinks
- Chewing gum and **caffeine based** drinks are not allowed
- Keep your dormitories tidy and clean at all times
- You must be in the Dining Room for meal times
- Lights out and quiet at 22:30
- Be considerate to all users of the hostel

**If there is any continued behaviour which is deemed unsafe or unacceptable then your parents will be informed and will be asked to pick you up from the hostel at whatever hour that may be.**

# Fire procedures

In the event of a fire please leave your room immediately; do not stop to collect anything or to put on extra clothing. It is important that you stay calm at all times and leave the building as quickly and as safely as possible. Do not re enter the building under any circumstances until a member of staff has given you permission.

# Illness and Injury

If you do feel unwell, feel you may have injured yourself, or are just unsure, please let a member of staff know **immediately** so that we can help. It doesn't matter what the problem is or at what time it occurs, just let someone know.