

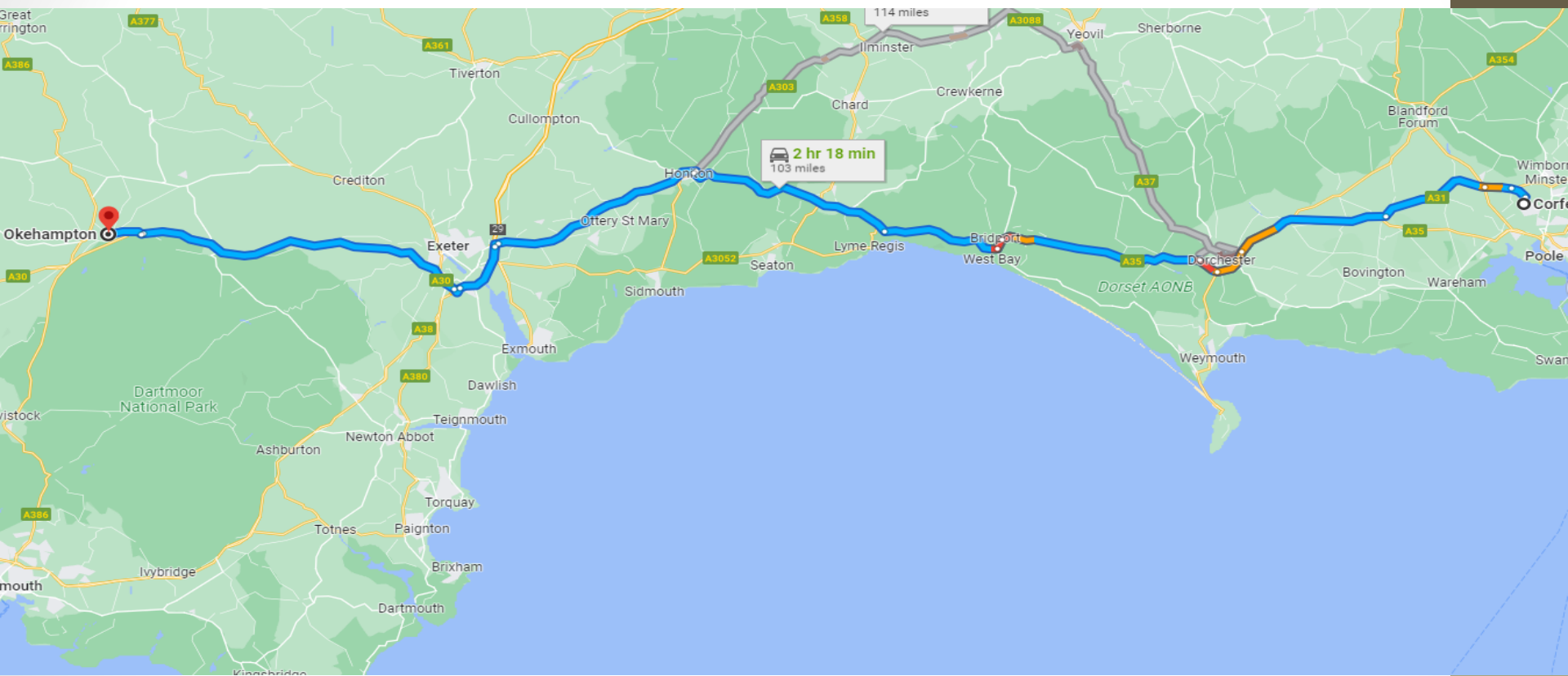
# **Lockyer's Middle School Year 6 Okehampton Residential Monday 3rd July- Friday 7th July 2023**



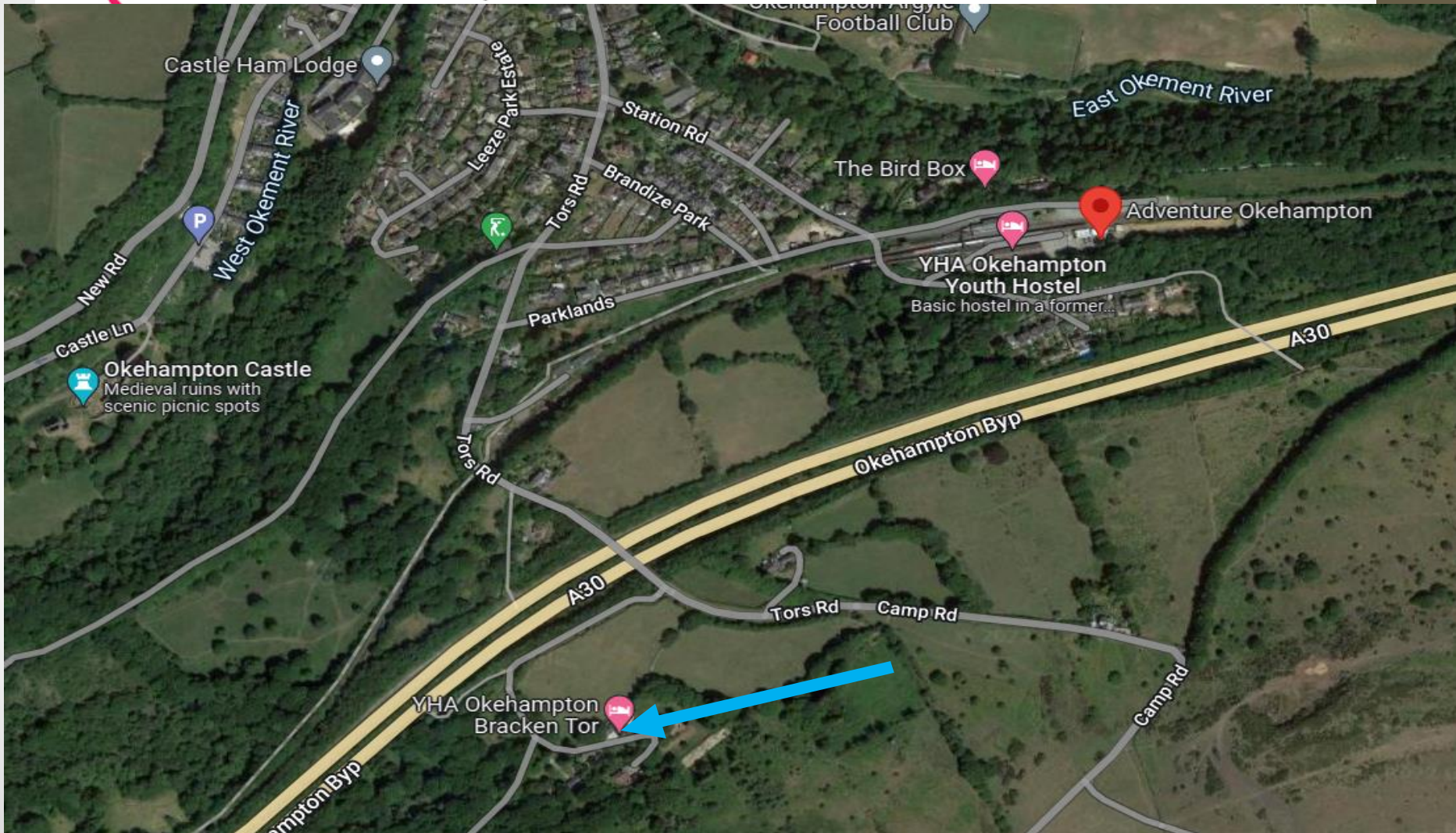
**The aim of the Okehampton trip is to give the children an opportunity to enjoy activities they may not have experienced before, developing confidence and team building skills over the three days.**

**It is also a reward after all the hard work that they put into preparing for SATs and as a celebration at the end of a busy year and an end to KS2.**









# Adventure Activities Licensing Authority

This Adventure Activities Licence confirms that

**Adventure Okehampton (Dartmoor Active Leisure Ltd.)**

of

Adventure Okehampton The Youth Hostel Klondyke Road  
OKEHAMPTON  
Devon EX20 1EW

has been inspected by the Adventure Activities Licensing Service, acting on behalf of the Health and Safety Executive (HSE) in their capacity as the Adventure Activities Licensing Authority, and is licensed to provide adventure activities as specified in the Activity Centres (Young Persons' Safety) Act 1995 and the Adventure Activities Licensing Regulations 2004, at, from or by the activity centre or activity provider known as

**Adventure Okehampton**

The Youth Hostel Klondyke Road  
OKEHAMPTON Devon EX20 1EW



## ADVENTUREMARK

[www.adventuremark.co.uk](http://www.adventuremark.co.uk)

**ADVENTURE OKEHAMPTON**

Has met the necessary standards for the safe delivery of adventure activities as defined by the Adventure Activities Industry Advisory Committee.

**Chair (AAIAC)**

Abseiling	Improvised Rafting
Archery	Jacobs Ladder
Artificial Climbing Wall	Kayaking

**6EP & 6SB (Mon-Weds)****6EC & 6NB (Weds-Fri)**

Mrs Coker

Mrs Coker

Mrs Gilbert

Mrs Gilbert

Mrs Bryant

Mr Crocombe

Mr Beattie

Mrs Ball

Mr West

Mrs Whittaker

Mrs Pugh

+ 1



# Itinerary

## Monday 3<sup>th</sup> July – Wednesday 5<sup>th</sup> July (6EP & 6SB )

Arrive at school for 8.15am

Depart Lockyer's at 9.00am

Aim to return by 3.30pm on Wednesday

## Wednesday 5<sup>th</sup> July – Friday 7<sup>th</sup> July (6EC & 6NB)

Arrive at school for 8.15am

Depart Lockyer's at 9.00am

Aim to return by 4.00- 4.30pm on Friday  
(traffic dependant) *If this changes, we will let  
you know.*

*Please, when dropping off, vacate the car  
park promptly – it is only a tiny space!*



Whilst on the trip, pupils will take part in day activities and night/evening activities. The children will be split into 4 groups of roughly 12 pupils and each group will take part in each activity over the course of the three days.

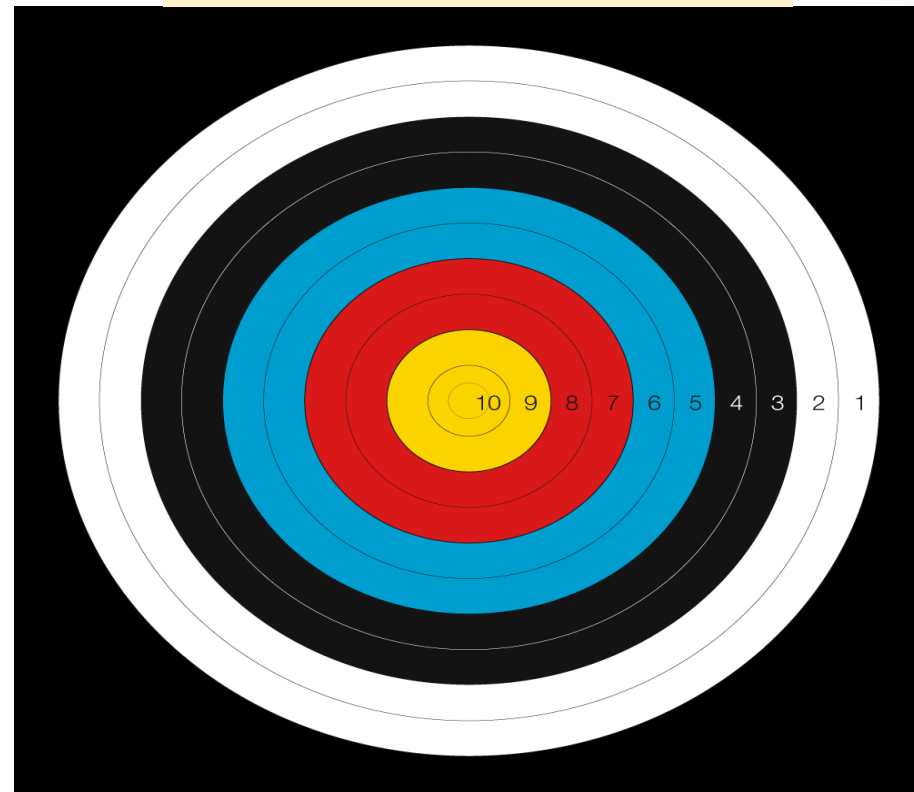
### Day activities

- Cycle tour (2 groups)
- Gorge scrambling (2 groups)
- High ropes
- Climbing wall
- Archery
- Axe throwing!
- Team games

### Night activities

- Evening/night walk (all)
- Games in the park (all)

<https://groups.yha.org.uk/school-trips/secondary-school-and-further-education-groups/>





# High ropes



“Strappy” tops not suitable (harnesses) – wear T-shirt type top (depending on weather).

In addition, shorts need to be an appropriate length (harnesses).



Long sleeves are best to avoid bruises!

# Archery and axe throwing



# High ropes



Leap of Faith!





# Cycle tour



# Gorge scrambling





# Cycling The Granite Way to Meldon Gorge





# GORGE SCRAMBLING



# Gorge Scrambling



## Watersports Activities Kit List

### You Bring



**Socks + Underwear/Swimsuit (To Go Under Wetsuit)**



**Trainers + Shorts (To Go Over Wetsuit)**



**+ Towel**

**Remember warm clothes for afterwards including some dry socks, pants & shoes!**

### We Provide



**Wetsuit + Bouyancy Aid**

**+ Helmet (Gorge Scrambling & Raft Building)**



### Optional Extras

**(For added comfort and smugness)**



**Rash Vest**





# Gorge Scrambling

Provided



Not  
Provided



Must be closed-toe and supportive (not wet suit-type shoes).  
Rubber-soles are best for grip (Astro-trainers are too 'plasticky' and slippery).  
Old trainers are best.

# Night walk/games in park



# Accommodation

- YHA Okehampton consists of two sites on the south side of Okehampton Town on the edge of Dartmoor. The original site, The Goods Shed, is adjacent to Okehampton Station.
- We will be staying at **Bracken Tor and Lodge**.
- The bedrooms contain bunk beds and are either 4, 6 or 8 bedded rooms. Some rooms have a private bathroom.
- Staff will be sleeping in the same buildings as pupils.
- 24 hour reception desk with a member of the centre's staff (1<sup>st</sup> aid trained) available throughout the night.







We will be staying in 2 houses which are next to each other, called Bracken Tor House and Bracken Tor Lodge.

Most rooms have bunk beds and an ensuite. If there is not an ensuite in the room, they will have a separate bathroom just down the corridor.



# Food

- Buffet breakfasts, packed lunches and a range of evening meals, all based on the government guidelines on health and nutrition.
- There is a vegetarian option on the menus, and they can cater for special dietary needs, such as gluten-free, egg-free diets, as well as those who have a nut-allergy.
- Include any dietary requirements on your medical questionnaire.
- Pupils will need a packed lunch for the first day.
- Please do not send in extra food – there are lots of opportunities to be well fed!

## Evening Meals Menu

*Our meals are home cooked using fresh, locally sourced, seasonal ingredients.*

***Google Form to complete***





Available every day - toast, cereal and breakfast juice

Tuesday	Pork or Quorn sausage, Bacon, Scrambled egg, Beans, Hash browns
Wednesday	English Muffins with Egg and cheese , Hash browns, Yoghurts
Thursday	Pork or Quorn sausage, Bacon, Scrambled egg, Beans, Hash browns
Friday	American pancakes with syrup and streaky bacon or Vegan Croissants



**Evening meal**

Please indicate below the main meal choice per person

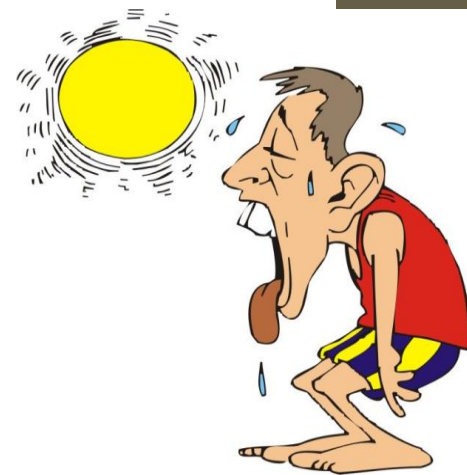
Monday	
Minced Lean Beef Bolognaise with Pasta Spirals	
Quorn Bolognaise with Pasta Spirals	
Apple crumble	
Tuesday	
Roast Pork with Roast Potatoes, Yorkshire pudding, Parsnips, Carrots, Peas & Vegetarian gravy	
Quorn Roast with Roast Potatoes, Yorkshire pudding, Parsnips, Carrots, Peas & Vegetarian gravy	
Jelly & Ice cream or Vegan Jelly & ice cream	
Wednesday	
Honey Roast Pork Sausages with Mashed Potatoes, Broccoli, & Peas	
Quorn Vegan Sausages with Mashed Potatoes, Broccoli, & Peas	
Chocolate sponge pudding	
Thursday	
Pepperoni Pizza with Potato Wedges & Sweetcorn	
Margherita Pizza with Potato Wedges & Sweetcorn	
Violife cheese Pizza with Potato Wedges & Sweetcorn	
Sticky toffee pudding	



# What to bring - please refer to the kit list

## Highlights:

- **Refillable water bottle (named)**
- **Wet weather coat – heavy rain in the past!**
- Small rucksack for day use
- Old shoes that may get wet/ruined!
- Change of clothes
- Binbags or similar for wet items
- Washbag and towel
- Packed lunch for first day



# What's **not** needed?

- Any form of medication that the group leader has not been made aware of. (**All medicines** to be handed to an adult on arrival at school on the first morning of the trip in a **named envelope with prescribed instructions on the 'Administering Medicines' form**).
- **Extra food!**
- **Mobile phones, mp3 players, or cameras.**
- **Aerosols**
- **Hair straighteners!**
- **Make up!**



# Safety and Trust



*“The Centre reserves the right to exclude from the activity programme or the Centre any person whose behaviour endangers themselves or others, or is deemed inappropriate.”*

Safety of pupils is paramount.

Any pupil who will not follow or listen to instructions and puts themselves or others at risk, will be reminded of the importance of this.

**In the unlikely event of a pupil continuing to put others at risk, then parents may be contacted to collect their child.**

This includes conduct at school.

# Medical information

- You must **sign the (Google) medical form** which will allow us to contact a doctor and administer any necessary medication.
- In the event of any emergency you will be contacted.
- All medication should be **handed in to Mrs Coker** on the morning of the Monday trip or **Mrs Whittaker** on Wednesday.
- All medication should be in a **clear plastic bag labelled with your child's name and the daily dosage/times** with a completed 'Administering Medicines' form.
- **No** medication can be administered without written parental consent – this includes giving paracetamol or Calpol.
- Travel sickness tablets should be taken **before leaving home on Monday or Wednesday** and any others considered necessary should be handed in to child's group leader.

# Administering medication

- All medicines will be administered by Mrs Coker in a central location at the times specified on the medicine instructions
- Times and dosages will be logged on a form, in the presence of another adult
- Asthma inhalers will be with the adult accompanying that pupil on the activity



# Contact / Safety Information

- You must complete the Google consent form with your contact details.
- Group leaders will be carrying your child's emergency contact details at all times. The school mobile phone will be available 24 hours a day.
- The phone numbers you provide will be our first point of contact.
- Obviously, the Emergency Services would be the first point of contact if necessary.
- At the same time the headteacher and the school office will be contacted.

## **Should you need to contact your child or the trip leader in an (absolute) emergency:**

- During school hours (8:45 am – 4:00 pm), phone Lockyer's school.
- Outside of these hours: leave a message with YHA Adventure Okehampton or call school mobile no. (carried by trip leaders at all times).
- **Please only telephone in an absolute emergency.**
- We will give you a list of key numbers in the week before the trip.

## Departing school

- Pupils should bring their luggage to the sports hall where an adult will be waiting to check them in.
- Any **named medication (with the form!)** should be handed to Mrs Coker or Mrs Whittaker when you arrive at school.

## Returning to school

- Messages will be left on the school telephone service or school website and we will update you in the event of any delays.

# Further questions?

- Please see a member of staff if you have any further questions.
- If you have not already done so, please see a member of staff at the end to collect a final information letter.
- <http://www.adventureokehampton.com>  
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