

# Trip Information and Permission Form



Castleton Weekend: November 7<sup>th</sup> to 9<sup>th</sup> 2014



We are running a 2 night trip to Castleton for an autumnal weekend of fresh air and adventure.

If you wanted to experience squeezing yourself through holes in rocks covered in mud or suspending from a bridge with just your toes touching the top before trusting a length of rope to safely land you at the bottom – this is the perfect trip for you.

After travelling to the Peak District Friday evening, on Saturday we will be spending a full day with Twin Peaks Outdoor Activities for a day of Rock Scrambling & Weaselling and then Abseiling. This will be delivered in an environment which provides maximum adventure but is supervised by qualified activities staff. You'll be safe but you need a sense of adventure to partake in these activities – not that you need it, you're already a true member of CAG after all!



*Please note: any members stuck in a rock crevasse will be left in position until they have lost enough weight to be removed safely. Washing up liquid may be applied in an attempt of removing the child but CAG cannot be held responsible for any lingering smells of the mild green stuff.*

On the Friday and Saturday evening we will be staying at the Castleton Youth Hostel where you will be fully fed after an exhilarating day of adventure, in the warm and cosy confines of the recently refurbished YHA. Check out the website, it looks great! Saturday evening will be spent at the fireworks display at Edale, right in the heart of the Peak District, finishing the weekend with a blast out on the hills around Derwent Reservoir on the Sunday.

The trip leaves on the evening of Friday 7<sup>th</sup> November and returns on Sunday 9<sup>th</sup> November.

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## IMPORTANT NOTES FOR ALL PARTICIPANTS:

- 1) **This is a NO BRAINER, you'll love this trip!! So, the deadline for submission of forms to take part in the trip is Tuesday 7<sup>th</sup> October 2014 – it will not be extended past this time and only the forms submitted will be counted.** If we have enough members to take part in the trip at that point we will run the trip. If not, we will cancel / postpone the trip. Therefore, please make sure to submit your forms by the deadline to 75 St Johns Close –

not afterwards! You will need to submit:

- The intention to attend
- The permission / health form.
- Cheque to pay for trip – you can also pay online using the reference “Castleton”.

2) **Trip numbers are limited to the places available in the transport.** If you wish to attend it is better to get your forms in sooner rather than later as we will take the first people applying in case of over subscription. We do not have a mini bus for this trip, so the volunteering adults will be transporting members in cars.

## Accommodation

We will be staying at the recently refurbished Castleton YHA <http://www.yha.org.uk/hostel/castleton-losehill-hall>

Address: YHA Castleton Losehill Hall, Castleton, Hope Valley, Derbyshire, S33 8WB

## Activities & Schedule:

The program for the trip is as follows:

Date	Activity / Event
Friday Nov 7 <sup>th</sup>	<ul style="list-style-type: none"><li>• Meet at Knowle long stay car park at 6pm for departure to Castleton. Trip duration: around 2 hours. (Please eat dinner beforehand)</li><li>• We will stop off for a break and some Fish and Chips should anyone want some</li><li>• Arrive at YHA</li><li>• Chill out in the games area of the YHA</li></ul>
Saturday Nov 8 <sup>th</sup>	<ul style="list-style-type: none"><li>• Breakfast at YHA</li><li>• Full activity with Twin Peak Outdoor Activities. 2 activities are; Rock Scrambling &amp; Weaselling and Abseiling. <a href="http://www.twinpeaksoutdooractivities.com/home.html">http://www.twinpeaksoutdooractivities.com/home.html</a></li><li>• Evening Dinner at the YHA</li><li>• Fireworks display in Edale – right in the heart of the Peak District</li></ul>
Sunday Nov 9 <sup>th</sup>	<ul style="list-style-type: none"><li>• Breakfast at YHA</li><li>• Walk across the nearby ridges and open moorland, with spectacular views of the Peak District</li><li>• Everyone into vehicles to return home to Knowle Long Stay Car Park for 5pm.</li></ul>

## Personal Equipment:

The weather may be chilly in November so please bring some sensible equipment so you enjoy the trip in comfort. If the weather is cool you won't be cold at all if you have the right equipment. A kit list is provided on the last page, but the important items are:

- Waterproofs: the weather can still be pretty changeable at this time of year.
- Proper Walking boots are **essential**: you need to make sure you have boots, not cross trainers, shoes etc. You will need a good level of foot & ankle support. If you don't have them you can get them at Oswald Bailey. Look for a boot with a good leather upper, or a water resistant soft outer. Don't spend a fortune, but don't skimp either!

The kit list is supplied at the end.

## Leaders:

The leaders on this trip are as follows:

Leader	A little about them, in case you didn't already know
<b>Simon Thomas</b> <b>Likes:</b> Dolly Parton concerts, a tidy store room and crème caramels. <b>Dislikes:</b> Beer, Birmingham City & Hair <b>Age:</b> about 13 ½	Simon has been planning and running trips for youth groups for donkeys years. What he doesn't know about planning trips for CAG just isn't worth knowing.  Some of you may have heard that Simon is considering completing his qualification as a Mountain Leader – those Welsh mountain sheep get themselves into a real pickle sometimes and need help to get down.

## Ian Carlington

**Likes:** Rugby, coffee and his van

**Dislikes:** Not much, he's very agreeable.

**Age:** 98

Ian is an outdoors fanatic: he's great with a map, awesome with a camp fire and you should just see him at the washing up sink at a campsite. Lads, you could learn a lot from him!

Something you didn't know about Ian: He cleans his beloved van at least 15 times a week and has been known to chase a pigeon all the way to Bristol for 'depositing' on his windscreen.

## Ruth Billingham

**Likes:** Making pack lunches and running really far

**Dislikes:** Simon always making her go camping

**Age:** You never ask a lady her age!

Ruth is our safeguarding person and looks forward to weekends away with CAG as often as possible having done two ski trips with CAG.

Something you didn't know about Ruth: she's running the Birmingham half marathon in October (13.1 miles) and can even run and talk at the same time! She also makes awesome sandwiches and is generally fab at looking after people.

## A.N.OTHER (TBC)

**A.N.Other is required!!! Let us know if that is you – it's a blast!!**

## Home Contact Details:

During the trip the home contact, in case of emergency, will be Nick Maundrell. His details are as follows:

Home tel: 015654 776536

Mobile Tel: 07785 928772

Email: [nick@challengeadventure.org](mailto:nick@challengeadventure.org)

These details should only be used in case of emergency. Nick will also update you if a later return than planned is anticipated.

## Trip Cost

The trip will cost £99. This includes; return travel, 2 nights accommodation, Saturday breakfast/lunch/dinner, full day of activities on Saturday, and Sunday breakfast.

We will stop for fish and chips on the way to Castleton and a snack on our return journey home so £10 - £15 will be more than sufficient. If you need us to keep this safe for you we will put it in an envelope and hold on to it for you.

## ACTION ITEMS:

### Deposit

In order to apply for a place on this trip we require a deposit of £35 to be returned with your trip forms (below) by **Tuesday 30<sup>th</sup> September 2014 at the latest**. Cheques should be made payable to "Challenge Adventure Group" and returned with your form.

### Balance

The balance of £64 will be required by **Tuesday 7<sup>th</sup> October 2014** – you can of course pay the whole fee at time of application.

### Application & Fee

**We are limited in the numbers we can transport so please, if you want to go don't delay in returning your forms.**

To apply to go on the trip please return your form AND trip fee / deposit to:

Simon Thomas  
75 St Johns Close  
Knowle  
Solihull  
B93 0NN

Note: If you apply to go on the trip but are unsuccessful because we are full we will of course refund your fee / deposit.

# Intention to Attend

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Castleton Weekend: November 7<sup>th</sup> to 9<sup>th</sup> 2014



Parent / Guardian name:

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Name of CAG member intending to take part in the trip:

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I understand the cost of the trip will be £99

I understand the trip will run from the dates of November 7<sup>th</sup> – 9<sup>th</sup> 2014. I enclose the trip deposit or full fee (non-refundable in the case of acceptance on the trip) payable to “Challenge Adventure Group”.

I understand the deadline for application and payment of a deposit or the full fee will be **Tuesday October 7<sup>th</sup> 2014**.

I understand the balance payment of £65 is required by Tuesday October 7<sup>th</sup>. If I don't complete the payment by that date I understand my son's place may be offered to another CAG member.

By signing this form I confirm that the above named CAG member will take part in the trip and I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

Signed:

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Date:

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# Permission / Health Form



## Castleton Weekend: November 7<sup>th</sup> to 9<sup>th</sup> 2014

To be signed by a parent / guardian. Please complete legibly in black ink.

Please return this form signed and dated by **Tuesday 7<sup>th</sup> October 2014** to Simon Thomas at: **75 St Johns Close, Knowle, Solihull, B93 0NN** or to a CAG meeting.

The trip will take place at:

**Castleton YHA**

The trip will take place on November 7<sup>th</sup> to 9<sup>th</sup> 2014.

We are leaving from Knowle Car Park (behind the library) on November 7<sup>th</sup> at 6.00pm and will return at 5pm on November 9<sup>th</sup>.

The cost of the trip is £99.

No responsibility for the personal equipment / clothing and effects can be accepted by the camp organisers and Challenge Adventure Group does not provide automatic insurance cover in respect to such items.

I give permission for

Does he have any special needs? Please continue overleaf if necessary.

to attend the Castleton Trip on November 7<sup>th</sup> to 9<sup>th</sup> 2014.

Has he been in contact with any infectious diseases within the last three weeks:

Yes

No

Date of last tetanus immunisation:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Medicines currently being taken:

Does he have any conditions that may prevent him / her from taking part in the programmed activities?

Yes

No

If so, please provide details below. Please continue overleaf if necessary.

Name and address of own doctor:

Does he have any allergies to food, medicines or other? Please provide details.

Date of birth:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Does he have any special dietary needs? Please provide details.

During the event I can be contacted in an emergency at:

Address:

Telephone number:

Mobile Number:

I understand that the Leader reserves the right to send any participants home if necessary. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Note: The medical profession takes the view that the parent's consent to medical treatment cannot be delegated. This view is explicit in the Children Act 1989. Thus medical consent forms have no legal status and a doctor/nurse insisting on the consent of a parent to a particular treatment has the right to do so.

# Kit List

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## Castleton Weekend

You will need the following:

- Plenty of thin layers
- A hat (preferably fleece)
- Gloves - possibly
- Waterproofs
- A set of clothes to travel each way in (can be the same)
- Suitable clothing for activities.

The following list is a minimum that you must bring.

You must have **WATERPROOFS**. That doesn't mean 'showerproof', but WATERPROOF. For safety reasons, if we consider the waterproofs or other clothing is not up to the required standard for the weather that we encounter, we will purchase suitable replacements and pass on any costs.

If you need to get equipment, some suggestions for you:

- Go to Oswald Bailey in Solihull – they will give you 10% discount if you mention you are with Challenge Adventure Group (ask them to put it down as a scout discount if they look confused).
- If you need to buy boots: don't spend a fortune! You will be able to get a very reasonably priced set of boots that are sturdy and not too padded. The spongy cheap padded boots will rub so don't buy these either. Get leather uppers if possible, they will be more waterproof and last longer.

### Required!!

- Clean clothes to travel in
- Lightweight Trousers / shorts x 2 (scout activity trousers are ideal)
- Underwear x 3
- Socks x 3
- T shirts x 3
- Sweatshirt or fleece (preferable) x 2
- Warm Jacket
- Hat & gloves
- Day Backpack – essential!!!
- Torch & Spare Batteries
- Water bottle
- Spare plastic bags for dirty / wet clothes
- Toiletries
- Towel
- Personal First Aid Kit
- Walking boots & walking boot socks
- Waterproof Jacket
- Waterproof Trousers

### Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- Sunglasses

### Do NOT bring:

- A knife of any kind – you won't need it
- Ipod or other music player if you don't want to damage it – it will be your responsibility.
- PSP / Game Boy Advance, etc ditto.

### Spending money:

£10 - £15 will be more than enough. If you would like your money to be held safe by us we will put it in an envelope for withdrawal whenever required.

### Please note:

Cotton clothing will pick up moisture very quickly and won't dry in the conditions we will be in. Please make sure that you don't bring cotton clothing if you can.

### Naming Items:

Please make sure all of your items are suitably marked or named so that you can reclaim them. We always have items of clothing left over that probably amount to over £100. If they are named we will be able to get them back to you.

Call Simon on 07808 481688 if you have any questions.