



**Alton Castle Residential
2024**

Objectives for the visit

- To enrich the personal, social, religious and spiritual development of Year 5 children
- To encourage a deeper awareness of "God in all things"
- To increase self-confidence and self-respect by meeting physical challenges and through team work
- To begin process of preparation for the Sacrament of Confirmation through experience of the Catholic church beyond the parish of Our Lady of the Wayside

Typical 2 day programme

A selection of :

- **Nature trekking**
- Low ropes course
- Climbing
- Orienteering
- Archery
- Games
- Biking
- Survival
- **Worship**

Accommodation

- Dormitories
- Toilets and shower rooms on corridors
- Girls and boys on separate floors
- Separate staff bedrooms on same floors
- Castle site secured
- Fire drill on first evening

Food

- 3 main daily meals eaten in the castle refectory.
- Volunteers & staff serve meals at table - everyone helps to clear up.
- Healthy, hot, nutritious food.
- Vegetarian options.
- Special dietary needs carefully catered for.
- Rationed tuck shop (!)

Health and Safety

The Health and Safety of the groups staying at Alton Castle is vitally important to all concerned.

- ❖ Every member of the Alton Castle team is qualified in First Aid At Work and is fully conversant with the Castle's Health and Safety procedures.
- ❖ There are lifeguards and specialist activity leaders assigned to relevant activities.
- ❖ Every activity undertaken has had its own risk assessment and safety procedure which groups are expected to adhere to - school will have updated copies of these and forward them to SMBC.
- ❖ No activities are undertaken that require registration with the Adventure Activities Licensing Authority. However, the same rigorous rules and safety precautions apply to activities which are undertaken on site.
- ❖ Alton Castle is registered with the **H.S.E.**

Medical issues

- All activities risk assessed, including for asthma, sunburn e.g. inhalers/suncream to be carried.
- Parents to complete full medical form before children allowed to participate.
- Allergies, special dietary needs taken into account.
- Paracetamol, throat lozenges given with consent.
- Event of illness/injury - contact parents (**details!!!**)
- Return to school if necessary in non-urgent cases.
- First aiders on site - all Alton staff.
- No serious accidents since centre opened in 1996.

Staffing

- ✓ Groups of no more than 15 children for activities with at least one trained member of Alton Castle staff throughout
- ✓ 6 members of staff from school in addition to Alton staff

Kit list

- sleeping bag, pillow with pillowcase
- indoor and outdoor shoes
- an old pair of trainers
- Wellingtons* or walking boots* (not essential)
- a warm sweater (fleece jumper if possible)
- suncream & sunhat
- at least 3 complete changes of clothing
- plenty of socks
- waterproof jacket
- an inexpensive watch is useful
- toiletries and wash towel

**Don't buy these specially - Castle loans wellies*

PLEASE DO NOT BRING ANY ITEMS OF VALUE

any items of value such as :

- designer clothes
- Kindle, MP3s etc
- jewellery
- hand held computer games
- mobile phones

A small amount of pocket money
for the tuck shop & souvenir shop
will be acceptable - £10 max.

Children's Code of Conduct

- Polite, sensible, considerate behaviour **essential**
- Follow all instructions carefully
- Treat all personal and Castle owned property with respect
- Each child responsible for his/her own property
- No eating in dormitories
- No chewing gum allowed anywhere on site
- Join in as much as possible, but let staff know if there is anything at all which is bothering you
- Any child whose behaviour in school before the trip causes serious concern **will not go**





