



Our Lady of the Assumption Catholic Primary School

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PLAS DOL-Y-MOCH PERSONAL EQUIPMENT, CLOTHING AND INFORMATION

A. THESE ITEMS WILL BE PROVIDED BY THE CENTRE – So you don't need to buy these items.

Boots	Rucksacks
Waterproofs	Specialist Equipment (for climbing, canoeing, etc.)
Wellington Boots	

B. ESSENTIAL ITEMS FOR TRAVELLING, EVENING AND GENERAL USE

Warm Coat	Socks – at least 10 pairs
2 sets of casual clothes	Underclothes at least 10 pairs
Shoes / Trainers	Nightwear
2 Towels (1 large)	Plastic carrier bag or bin liner for dirty washing.
	Personal Washing Gear (including soap, toothpaste, shampoo, hairbrush)

C. ESSENTIAL ITEMS FOR ALL COURSES

The nature of the activities may be hard wearing on students' clothes so they are advised to bring old items from the following list.

2 pairs of Trainers (including 1 old pair)	2 x Warm Hats
Minimum - 4 pairs trousers/tracksuit bottoms	2 x Pairs of Gloves
Minimum - 4 long sleeved fleeces	T Shirts (plenty)
Minimum - 4 pairs of thick socks	Torch and Battery

No jeans on activities.

D. OPTIONAL ITEMS

Books
Pens / Pencils/Paper



E. **ITEMS TO BE LEFT AT HOME**

For health and safety reasons you must NOT bring –

Any mains electrical equipment including iPad, notebook, hairdryers and hair straighteners. The Centre can provide hairdryers.

Mobile phones must not be brought, they are unnecessary, disruptive, unsafe and could hinder an emergency (Dol-y-Moch staff carry mobile phones). The Centre has a strict code of use for mobile phones and reserves the right to confiscate phones and return them to parents.

No Chewing gum / Food supplies/sweets - The Centre provides all food and there is a tuck shop.

F. **SPENDING MONEY**

Please ensure all purses / wallets have a contact name inside.

Children will need to bring some money Maximum £5 (**SMALL CHANGE ONLY PLEASE**) if they wish to purchase sweets or souvenirs from the evening tuck shop. Sweets and drinks are all priced at 60p per item.

G. **ANY MEDICINE** If your child requires medication of any type including sickness tablets can you collect a form from the school office. Please complete it and return it to the office so provisions can be made for your child.

PLEASE PRACTISE THESE THINGS WITH YOUR CHILD BETWEEN NOW AND MARCH

- Tie their own boot laces
- Put a pillowcase on a pillow
- Put a base sheet on a bed
- Put a quilt cover on a quilt
- Practise making a sandwich
- Pack own suitcase / bag



H ACTIVITIES AND SAFETY AT PLAS DOL-Y-MOCH

INFORMATION FOR PARENTS

FREQUENTLY ASKED QUESTIONS

1. What are the activities my child will be taking part in?

Plas Dol-y-Moch is an Outdoor **Education** Centre and all its courses are linked to the school curriculum i.e. we use adventure activities and field studies experiences to enhance the learning that goes on in school

Every course is different, and nobody does all the activities we offer at Dol-y-Moch. Some courses are field study orientated, others are adventure based. Your child's teacher will be able to tell you the planned programme near to the date of the visit.

The **most popular adventure activities** include:

Kayaking / Canoeing

The Centre has several fleets of boats. These include kayaks, sit on top kayaks, and canoes. Some are single seat kayaks and some can carry more than one person. Boats are general used on the centre lake or on a slow flowing river, but we occasionally use other venues including large lakes and the sea. Participants always wear buoyancy aids, and if appropriate helmets.

Climbing / Abseiling

The Centre has a small climbing wall, and we also use a variety of local rock climbing venues with a range of routes. Participants are safeguarded by ropes, harnesses and helmets.

Gorge Activity

This involves group challenges following the river bed in a steep sided valley. The activity is likely to involve scrambling over rocks, along ledges and crossing the river. The water is generally shallow and children are issued with helmets, and if appropriate, harnesses.

Mountain Journey

A journey on foot through one of the mountain ranges in Snowdonia National Park. The mountain journey often involves scrambling over rocky terrain and reaching a summit.

Mine Adventure

This involves going underground into a disused mine that has been inspected under a scheme approved by the Health and Safety Executive. Inside, mines are generally spacious caverns which can be reached by straightforward walking, sometimes scrambling over rocks or wading through water. Participants are issued with helmets, lamp, and, where appropriate, protected by rope and harness..

Orienteering / Wayfinding

Participants find their way, in small groups, using maps, through local woodlands with supervision from a distance.

Mountain biking

The Centre has a fleet of mountain bikes. On site, we have introductory skills areas and a pump track to develop skills, and we can also take groups to local MTB trails. We can take more advanced groups to the nearby Coed-y-Brenin MTB Centre.



2. **How are staff qualified to lead the activities?**
All permanent Dol-y-Moch staff are **qualified teachers/instructors** who are **highly experienced** in adventurous activities, and hold relevant National Governing Body awards for the activities they lead. All staff have **extensive local knowledge** of the areas around Dol-y-Moch used for activities. All staff are qualified first aiders.

3. **Who checks the staff and activities?**
Plas Dol-y-Moch is registered with the Adventure Activities Licensing Authority (AALA). Details of activities we are licensed to provide can be confirmed by doing a search for Plas Dol-y-Moch on the "find a provider" area of the HSE AALA <http://www.hse.gov.uk/aala/>

AALA periodically inspect the Centre to check staff qualifications, along with operating procedures, safety policies and risk assessments of the Centre's activities.

Plas Dol-y-Moch is owned by Coventry City Council and run by the People Directorate. We are subject to an Outdoor Education Steering Group which comprises elected members, including head teachers, school governors and others, who act as a Governing Body and watchdog for the Centre. The Centre is non profit making and is subsidised by the LA and schools.

4. **Does this mean my child is safe on activities?**
Safety is paramount in everything we do at Plas Dol-y-Moch. To enable participants to have adventurous experiences in a real environment, we reduce the likelihood of accidents by carrying out and regularly reviewing risk assessments for each activity. No one can guarantee accidents will never happen, but we minimise the possibility by following best practice in providing the activities.

5. **What constitutes best practice in adventurous activities?**
Quality staff (see 2 above)
Ethos of high quality educational experiences
Safe management of activities (see 4 above)
Decision making – the experience and ability to change venues / activities to maximise learning experiences, depending on environmental conditions and the nature and ability of the group.
Training – regular training to ensure staff are up to date with good practice
Monitoring – we incorporate regular management and peer staff monitoring of activities. In addition, an ethos of sharing information and programmed regular full staff meetings allow us to review and share learning from any incidents, accidents, and near misses.

6. **What if my child is scared or doesn't want to do an activity?**
We do not force pupils to do things they don't want to. However, we only do activities that all children in the group are capable of doing. We encourage everyone to have a go as we know they feel so proud when they do, especially if they have overcome a fear.

7. **Do you cancel activities if the weather is bad?**
We give all children appropriate protective clothing for each activity and every child is given quality waterproofs and appropriate footwear so if it rains we still go out.

The high level of experience and qualifications of our teaching staff enable us to adapt activities to suit the prevailing weather and environmental conditions.

8. **What if my child is ill or just unhappy at Dol-y-Moch?**
Don't phone us – we'll phone you if there is a cause for concern. We contact parents if children are ill, but not necessarily if they are homesick, they usually get over that in a couple of hours. No news is good news.

9. **My child is not a confident swimmer, will he/she be safe?**
Children don't need to be able to swim to take a full part in all the activities. For canoeing and kayaking, children wear buoyancy aids and the beginners' kayaks have a large cockpit for ease of entry and exit. There are strict codes of practice for other situations which involve water so that children are safeguarded from getting into difficulties.

