



Young Spirit General Programme Notes

The basic aims of all Young Spirit outdoor learning are that it should be enjoyable, safe, and educational.

Our staff are committed to ensuring both children and staff enjoy our trips while providing suitable challenges for individuals.

Safety

Mark Reeves is the Programme Manager and he is available at any time prior to the visit to talk over all aspects of the programme (see contact information). We are also happy to lead a parents meeting to answer questions or concerns. Staff may wish to visit the residential sites and we are able to facilitate this.

We will always provide experienced, qualified staff to lead our programmes. "Spirit staff" are expected to consult with school staff to ensure the experience is appropriate for those taking part. However judgement over safety and group management will ultimately lie with Spirit staff. We have an excellent safety record and copies of risk assessments are available as part of the preparation notes package. In addition Spirit of Adventure has been inspected by The Adventure Activities Licensing Authority and is licensed to provide specified activities under the following headings: Water Sports, Climbing and Trekking.

These activities include kayaking, canoeing, rock climbing (multi and single pitch), abseiling, gorge scrambling, orienteering, mountain-biking, hill walking and mountaineering.

Our registration number is L2375/R0086.

If you are using EVOLVE Spirit of Adventure is an approved provider.

Having Fun

Because we only use experienced and generally, more mature staff we are comfortable within our working environment, making us able to bring a greater sense of fun to the sessions we deliver. We are able to strike the right balance between a lighthearted approach and good control of those in our care. We always aim to be sensitive to the needs of each participant and respectfully encourage everyone to get most out their visit.



Learning From the Experience

Our outdoor and adventurous programmes provide individuals with new learning opportunities and the chance to boost confidence. Although we will supervise and support the all those taking part in our programmes, we are keen that the children take responsibility for themselves and others. The programmes reflect this by offering choices, the opportunity to solve problems and to experience some of the consequences of their decisions.

While living in and visiting wild areas we a gain greater understanding of the natural environment, and the importance of preserving natural resources. We will promote thinking and conversations around the environment and humans impact on it.

We bring our skill in reviewing to the children and encourage them to reflect on their individual goals and performance. Then, on a group level we will look at the way they support and cooperate with each other in an unfamiliar environment. The learning objective for all our programmes is to develop skills and understanding that are transferable to everyday life.

Preparation

We will assist you in preparing for your visit. We believe the process is fairly straight forward and most of the information you will need is contained in our joining notes. You will find a basic booking form, which will outline your requirements and confirm you date with us (please return this a soon as possible). As part of our notes you will find a party information form, programme itinerary, kit list, and risk assessments. The party information form must be with us no later than 4 weeks before you visit, this can be amended after this time subject to contact with Young Spirit



Before You Arrive and While You Are With Us

It is essential that we work closely with the school staff in the delivery of all our programmes. We will discuss prior to your arrival any learning objectives, topics or individual behaviour management strategies (if applicable).

While the programme is running, our staff will take the lead, while keeping school staff involved. We will be involved in all aspects of working with the children, however it would most appropriate for school staff to provide pastoral support and maintain appropriate behaviour, in extreme cases we do reserve the right to exclude individuals from activities or to send those causing concern home. There may be times outside of normal programmed sessions where it is desirable for school staff to provide extra activities or entertainment. These times will be made clear on the programme itinerary. We can also make suggestions as to what may be appropriate.

Equipment and Kit Lists

We will provide all activity equipment and the kit lists are designed to be achievable without having to purchase specific items. It is important that those visiting come prepared. However, we do have waterproofs, sleeping bags and a few items of footwear we can lend to those who are finding it difficult to source these items. Due to the nature of the activities, items brought do get dirty, smoky and possibly damaged, so older items are more suitable. We do ask schools to ensure children do not bring items such as knives or fire lighting equipment.

Health and Special Requirements

You will have the party information document to inform us of medical and dietary information relevant to the trip and its activities. You may also wish to talk over specific cases or give parents the opportunity to do so. We will make all reasonable efforts to accommodate every pupil or staff member and are keen to work with the school to make this possible. We do not need to be told of any common illnesses (coughs and colds) that the children may be arriving with. However, if any child or staff member has diarrhoea or vomiting (excluding travel sickness) within 48hrs of the start of the trip we will need to be informed. Based on this information we may need to exclude them from the trip. While camping, we will give hygiene advice and ask school staff to support the children if necessary. Our staff are all first aid trained and we have well practiced emergency procedures. Our evacuation plans for Dartmouth are included in the River Dart pack. Hay fever allergies and bites are not uncommon and those who suffer with reactions need to come prepared. Although not very common, sheep ticks do sometimes attach themselves to humans and are easily removed and we are happy to do this. If a child does get a tick we do advise staff to inform parents to be aware of the symptoms of Lyme disease (more information can be found on the web or get advice from a GP or Pharmacist).

Food, Shelter and Toilets

Part of the expedition experience is trying something new and we will motivate children to challenge themselves in many ways. Food can be one of these challenges. We will encourage individuals to eat the food provided however, if this is not appropriate we can look at alternatives. To make the experience consistent for all we would not encourage children to bring extra food. If the school is happy for the children to bring sweets, that is obviously fine however we suggest a sweet eating time rather than grazing over the day. While camping our staff are present at all times. The camping equipment is suitable for all conditions and we are confident we will keep everyone warm, dry and comfortable. School staff normally have separate tents or cabins from the children. The camping composting toilets are very clean and easy to use and the staff have facilities separate from the children. If there are any special requirements with regard to sleeping or hygiene please let us know.



Staffing

Spirit of Adventure staffing ratios are always at a level appropriate to supervise the activities (adhering to recognised guidelines). School staff numbers are more flexible, a rough guide would be 1-15 but 1-10 is better. Places for teaching and support staff are free. If other assistants are required, we can discuss this. As already stated the provision of the programme is a collaboration between school and “Sprit” staff, however we see it as an important part of our job to support those adults attending with the children. It is important that we are aware of any health issues concerning any adults attending from the school that may be affected by the programme.

And Finally.....

We are sure we can provide a safe, enjoyable and educational experience, but if you have any comments before or after the visit please make contact.

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