

26 September 2011

Dear Parent

### **RAF Section Weekend Camp Friday 7 – Sunday 9 October 2011**

Weekend Camp for RAF cadets will be based at the Sustainability Centre near Queen Elizabeth Country Park. Training will include hill walking, navigation, lightweight camping and cooking and other aspects of planning for an expedition. Training will be delivered by senior cadets supervised by qualified adult instructors.

**Travel** All cadets will travel by Minibus.

**Cost** The expedition is subsidised and the cost is therefore only £20.

**Outward** 7 Oct 2011 Parade on School Quad at NE end of Cambridge House 0840 hrs

**Return** 9 Oct 2011 ETA PGS 1200 hrs

**Meals** Army ration packs will be provided to cover from evening meal on Friday 7 to the end of the camp. Cadets will need to bring a packed lunch for Friday.

#### **Kit List**

This is adventure training so no military uniform to be worn

Sensible trousers for walking in (no jeans or tight thin trousers)

Shirt, fleece top, fleece jacket.

2 pairs (walking) woollen socks

Change of clothes in case you get wet.

Worn in boots with good tread

Warm hat/balaclava, sun hat, sun cream (let's be optimistic)

Gloves.

Washing kit and towel

Plastic bags for protecting gear during the expedition - **Essential**

Sleeping bag. (& camping mat recommended)

Waterproof trousers and top - **Essential**

Knife, fork, spoon, mug

Torch, spare batteries and bulb, whistle

Reserve rations, i.e. chocolate, nuts, glucose sweets

Rucksack suitable to carry loads up to 40 lbs

Two or three man tent

Gas stove, matches

Water bottle, note book and pencil

Personal first aid kit to include plasters for blisters

You do not need expensive specialist kit; please ask before the weekend if you are unsure if your kit is suitable.

#### **Keep The Weight To A Minimum**

**To Draw From The CCF Stores**

Some rucksacks, stoves and tents may be borrowed from the CCF stores. 2 Compasses per team and maps will be issued on Friday.

**Proforma** Will you please sign the attached consent form and return it, with a cheque for £20 (payable to Portsmouth Grammar School with your son/daughter's name printed on the reverse) to the School Office **by Friday 30 September**.

Kind regards

Commander S J Harris (CCF)



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To: Cmdr S Hariis, The Portsmouth Grammar School, High Street, Portsmouth PO1 2LN

**RAF Section Weekend Camp Friday 7 – Sunday 9 October**

Name \_\_\_\_\_ Year \_\_\_\_\_

I am happy for my son/daughter to attend the training camp.

I enclose a cheque for £20 made payable to PGS CCF

Signed \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian)

### Parental Consent and Information Form

This completed consent/information form must be with the Trip Leader by the date specified in the covering letter, otherwise the pupil will be unable to be included in the party.

<b>Title of Trip:</b>	<b>RAF Section Weekend Camp</b>	<b>Date:</b>	<b>Saturday 7 – Sunday 9 October 2011</b>
<b>Pupil Details</b>			
Pupil's full name:		Date of birth:	
Home address and contact address (if different):			
In an emergency I can be contacted as follows:	Home Tel:		Work Tel:
	Mobile:		email
If not available, please contact the following person:		Tel:	

<b>Medical Information: Please tick Yes or No for each question and give details for each 'Yes'</b>			
Does your child:	NO	YES	DETAILS
suffer from any allergy to food, medication, fur, bee sting etc.?			
currently receive treatment for <b>or</b> take any medication for <b>or</b> suffer from any medical condition?			
carry an inhaler, epipen, insulin kit or other? If yes, please ensure that a second labelled inhaler, epipen etc. is given to the Trip Leader for safe keeping.			
have any special dietary requirements?			
suffer from vertigo (fear of heights)?			
suffer from travel or motion sickness?			
Is there any physical activity your child may not participate in?			

Please Turnover

		NO	YES	DETAILS
Has your child had any recent illness or injury? If yes, please give details of what and when.				
Has your child had a tetanus injection in the last 10 years?				
Contact details for doctor: Name:	Address:		Tel:	
Please add any additional information you may consider the school should know. Please feel free to contact the Trip Leader if you would like to discuss particular needs more fully.				
<b>Please ensure that you inform the Trip Leader of any changes to this information before the start of the trip.</b>				
<b>Conduct during the Trip</b>				
<p>Pupils are expected to obey instructions given by the staff of any establishment visited, and activity instructors, as well as teachers. Normal school rules apply. In the very unlikely event that a pupil fails to comply, staff reserve the right to remove a pupil from a trip and make arrangements for their return home at parents' expense. In this situation no refund of trip fees would be payable.</p> <p>Pupils are expected to take responsibility of all belongings, especially valuables, in accordance with arrangements specific to the trip. These are not covered by the school insurance policy.</p>				
<b>Consent Declaration</b>				
<p>I, being the parent/guardian of the child named at the head of this form, give consent for him/her to attend the proposed activity.</p> <p>I have read and understood the expected code of conduct and agree that my son or daughter will abide by these instructions.</p> <p>I realise that in some cases the activities offered have some risk involved which may be of a type not encountered during normal life and that this risk whilst small, cannot be eliminated without making the activity pointless. Portsmouth Grammar School has done its utmost to minimise and manage these risks.</p> <p>I give consent for him/her to receive emergency medical treatment, including anaesthetic and/or blood transfusion, as considered necessary by any medical doctor present, should the need arise. I have informed the school of all medical conditions or treatments that he/she suffers from or requires to maintain health. I agree to inform the group leader of any change in medical condition.</p> <p>I am aware that the school has a detailed policy on the safe running of educational visits, which can viewed on the school website.</p> <p>Name: _____</p> <p>Signature and date: _____</p> <p>Relationship to child: _____</p> <p>Please return the signed form to the Trip Leader</p>				