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## Parental and Student Information

You can find more information on our website:  
[www.whitehallcentre.derbyshire-outdoors.org](http://www.whitehallcentre.derbyshire-outdoors.org)

 @Whitehallcentre

 [www.facebook.com/whitehallderbyshire](http://www.facebook.com/whitehallderbyshire)

 **Whitehall.centre**

Although the “midnight feast” has possibly been a long-standing tradition of residentials, please do not send/bring food to eat in dormitories to avoid risk to people with severe allergies who may also be staying at the centre.

**Emergency Contact** - In case of emergency, contact with course members may be obtained using the following telephone numbers:

The Office 01298 23260  
(9am – 5pm)

**Feedback** – We would really like to hear about your child's experience of outdoor activities. It would be a great help if you could take 5 minutes with your child once they have returned home to fill in this quick survey, using the link or QR code below:

A payphone is available for visitors/residents use (01298 23893), please check with the course organiser as many groups discourage young people from 'phoning home whilst on a residential.

**Please keep this information for your reference.**

**Please complete and return the consent form to the group organiser at least one month before the course.**



White Hall is a place for people to have new experiences, have fun, to feel challenged and overcome fears. It is somewhere they have to think, help each other and make decisions. These are all skills and experiences that will help them at school, home and in their life.

Our programme of exciting adventurous activities will challenge and inspire you. To help you reach your full potential you will have the support of friends, accompanying adults and White Hall staff. We know you'll have a fantastic experience and learn about yourself and what you can achieve.

This information outlines a number of things that you and your parent/guardian should know about the course. Please read them carefully so that you know what to expect.

Activities, run by nationally qualified staff, will depend upon the weather and the time of year, but may include some of the following:

**ADVENTURE WALKS  
PROBLEM SOLVING  
STREAM SCRAMBLING  
ORIENTEERING**



**ROCK CLIMBING  
ABSEILING  
ROPES COURSES**



**CANOEING  
KAYAKING  
PADDLE  
BOARDING**



**CAVING**



**MOUNTAIN  
BIKING**

**Evening Activities** – There will also be an evening activity which could be a night hike, shelter building or a wide game.

**Duties** - You will be expected to make your own bed and take your turn on daily duties like helping with the washing up!

**Safety** - White Hall has full risk assessments for all aspects of the Centre and has been inspected by DCC Health & Safety Department. The risk assessments for our main activities are available on our website - [www.whitehall.derbyshire-outdoors.org](http://www.whitehall.derbyshire-outdoors.org) White Hall is licensed by the 'Adventure Activities Licensing Service' ([www.aals.org.uk](http://www.aals.org.uk)). All safety equipment is well maintained and appropriate for use.

**Supervision** - Parents should be aware that whilst a male and female member of staff will be at White Hall during the course, we cannot guarantee that whilst on camp or activities every group will be accompanied by female as well as male staff. If you have any concerns about staffing please discuss these with us.

**Specialist Clothing** - White Hall provides all specialist, outdoor clothing and equipment. We can also provide hiking boots, wellingtons, waterproofs and rucksacks from our stores, but if you have your own, please bring them. At the end of your course, it is your responsibility to return the kit borrowed from us, scrubbed and clean, to the stores.

**What to bring** - It's important to bring clothes that keep you warm and dry and that you don't mind getting covered in mud and soaking wet.

- Trousers/Tracksuit Bottoms/Leggings (Denims are fine for indoors but not for activities as they are not good for keeping you warm).
- Sweatshirts/Fleeces/Hoodies
- Casual clothes for indoors.
- Warm waterproof coat/jacket for activities.
- It is important to have enough shoes to cover indoors and the different activities – wellingtons, old trainers (if canoeing/kayaking), trainers/walking boots for use outdoors and a pair of shoes/slippers only for indoor use – these need to have a proper sole ie not slipper socks.
- Underwear and socks
- Pyjamas/Night clothes
- Wash kit and Towel
- Thick socks to wear with walking boots
- Plastic bags for muddy clothes/shoes and for dirty clothing
- Water Bottle/Flask
- Torch
- Change for Tuck Shop

**In addition to the above -**

**In the summer** - sun cream, sun hat and insect repellent are essential.

**In the winter** - bring plenty of warm clothing including hats and gloves. Groups often bring their **own packed lunch** on the first day of a course; your leader will let you know if this is required.

**Tips/additional information for parents/guardians -**

- Please let your child/children help pack their own bags so they know what they have with them. It also helps them when they are packing their bags at the end of the course.
- It will help if children can tie their own laces.
- It's important that **all clothes/shoes are named** so that it helps your child/children to take all of their clothes home with them.
- Don't bring anything valuable; it may get lost or broken eg hair dryers, straighteners, electrical equipment, and portable games.
- We also discourage students from bringing mobile phones, there is limited signal and we cannot accept any responsibility if they are lost or broken. We do have a public pay 'phone.