

Tuesday, 6<sup>th</sup> February 2018

Dear Parent/Guardian & young walker

### **EXMOOR CHALLENGE TRAINING – Walk 1 and Walk 2**

Thank you very much for signing up for this year's Exmoor Challenge training. We have received your payment and your child should have attended the theory session (where this letter was handed out).

We have a total of **74 Year 7 pupils signed up** and keen to take part in the training. All those who complete all parts of the training will receive an 'Exmoor badge'. For the actual event, we only have places for 16 pupils, so we hope that your child enjoys the training walks and regards it as a bonus if they are entered for the actual event. It is inevitable that a large number of good walkers will not achieve places.

The next steps are detailed below:

#### **Attached Medical and Consent form:**

- I would be grateful if you could complete the attached medical and consent form. Your child then needs to return it to the tray in Miss Bartlett's office.
- The deadline for the return of the form is this Friday, **9<sup>th</sup> February** (earlier would be preferable).

#### **Training Walk 1 - Monday 26<sup>th</sup> February – Walk along the Culm Valley 12:30 - 6:00pm**

- Pupils do not need to wear uniform to school on this day.
- A packed lunch will be needed.
- A ruck sack and kit as per the kit list overleaf need to be brought to school on the day.
- Kit can be left in the OP store in the morning.
- School bags can be left in the OP store during the walk.
- Pupils will be taken in a coach to the start point of the walk (near Hemyock).
- Pupils will walk back to school, following written instructions and reporting to check points.
- **Parents should collect from school at 6:00pm.**

#### **Training Walk 2 - Saturday 10<sup>th</sup> March**

- The organisers of the Exmoor Challenge have asked that we don't use the course for practice walks.
- This walk will therefore be in the Lynton/Lynmouth area.
- Pupils will need to be **ready in the coach park by 8:00am.**
- Pupils will again need kit as per the kit list.
- Pupils will need a packed lunch, drink and plenty of snacks.
- **We aim to return to school by 4:30pm.**

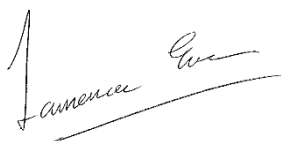
**Kit list:**

Per student		Per team
To Wear	To have in rucksack	
Lightweight trousers (no jeans).	Waterproof jacket	Mobile phone (provided by one pupil in the team). Only to be used in case of emergency.
T shirt	Waterproof trousers	Small amount of money for emergencies (eg £2).
Jumper	Sun cream/hat	Carrier bag to pick up litter.
Socks	Warm hat & gloves	Watch or stopwatch.
	Lots to drink	Torch
Please note: Walk 1 across the Culmstock beacon tends to be particularly muddy!	Lots to eat (lunch & snacks).	* Team pack (map, instructions etc).
	Pencil and paper	*Ordinance survey map (waterproof or in case).
On their feet they should wear walking boots / Wellington boots / sturdy old trainers.	Emergency rations (in a separate food bag) e.g. chocolate, drink, biscuits, raisins – <i>suggestions only.</i>	* Compass * Survival bag * First aid kit * Whistle

\* These items will be provided by school.

In order to run the practice walks, we need volunteers to man check points and/or walk the route. If you are able to assist please email me at [evel@uffculmeschool.net](mailto:evel@uffculmeschool.net).

Yours sincerely,



**Laurence Eve**

[evel@uffculmeschool.net](mailto:evel@uffculmeschool.net)

## Medical Information - Exmoor Challenge 2018

***Please complete the form and the declaration on the reverse.  
Forms to be returned to the tray in Mrs Bartlett's office by Friday 23<sup>rd</sup> February.***

<b>Pupil Name:</b>			
Emergency contact number 1:			
Emergency contact number 2:			
Name and address of family Doctor:			
Telephone number of Doctor:			
			<b>Detail:</b>
Does your child have any allergies?	<b>yes</b>	<b>no</b>	
Is your child taking any medication at the moment?	<b>yes</b>	<b>no</b>	
Can your child swim 25 metres?	<b>yes</b>	<b>no</b>	
Does your child have diabetes, asthma or epilepsy?	<b>yes</b>	<b>no</b>	
Is your child allergic to any drugs?	<b>yes</b>	<b>no</b>	
Does your child have any other medical conditions?	<b>yes</b>	<b>no</b>	
Has your child had a tetanus vaccination in the last ten years?	<b>yes</b>	<b>no</b>	
Any other relevant medical details?			

**My Child can attend:**

Training Walk 1 – 26<sup>th</sup> February

Training Walk 2 – 10<sup>th</sup> March

Exmoor Challenge Event – 5<sup>th</sup> May

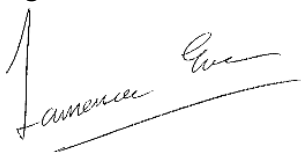
*Please tick all walks which your child will be able to go on.*

**Declaration**

1. I would like my son/daughter to take part in the Exmoor Challenge and training walks and having read the information provided, agree to him/her taking part in the activities described.
2. I consent to any emergency medical treatment required by my child during the course of the activities.
3. I confirm that my child is in good health and I consider him/her fit to participate.

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

Regards



**Laurence Eve**

[evel@uffculmeschool.net](mailto:evel@uffculmeschool.net)