## DEAR PARENT

As the date for the course at Skern Lodge approaches we wanted to reassure you of our commitment to high standards of care. Having read these notes, if you feel you need further clarification please do contact us.

- Skern Lodge supports all initiatives that improve standards of safety in outdoor activities. Skern Lodge is licensed to operate under the Adventure Centres (Young Persons Safety) Act and the Skern Lodge safety policy is to ensure the highest standards
- All adventure equipment is provided. It is modern, has BSI and EN standard if appropriate and is carefully maintained Please see the kit list below for details of personal clothing
- Instructors have first aid and lifesaving certificates as a basic requirement. All activities are supervised by instructors with the approved qualification for the activity. All staff, regardless of qualification, are regularly trained, reviewed and appraised
- There is a Duty Instructor on site 24 hours a day. Flood lights are kept on all night and the gates locked for security. Bedroom or building doors have locks.
- Skern Lodge has a modern automatic fire detection system and regularly holds practices and drills. We have on-site first aid posts and each instructor carries a first aid kit at all times away from the Centre. The local doctor is on call at all times.
- All drivers are over 21 and have the appropriate driving licences for minibuses. Driving standards are rigorously enforced. All our vehicles are inspected daily and regularly maintained. All buses have forward facing seats with seat belts for every person.

We look forward to giving your child an **exciting, educational, adventurous and safe** experience at Skern Lodge that will be of value forever.

Yours sincerely
**The Skern Lodge Staff Team**

## POCKET MONEY

Normally, only a small amount of extra money is required. Please follow any guidelines that the group leader has set. We do have a shop on-site that sells sweets, drinks, toiletries and souvenirs that will be open if arranged by your group leader.

## WHAT YOU NEED TO BRING

This list is a guide for what to bring on a one week stay at Skern Lodge, please adapt it for weekends. Bring warm, old clothes rather than new.

**Kit List**

- Lots of socks
- Ample underwear
- 2 pairs of old trousers (please note jeans are not ideal as they restrict movement especially when wet)
- Shorts (when weather is appropriate)
- T shirts (enough for each day of your stay)
- Fleeces, hoodies or jumpers (layers are better than one thick top)
- Swimming costume
- Nightwear
- Waterproof Jacket
- Over-trousers
- Gloves & Hat (when weather is appropriate)
- 1 pair of trainers
- Wellies (if you have them)
- 1 pair of trainers / wet shoes, which will get wet and muddy (not Crocs or similar!)
- Towel
- Wash kit
- Plastic bag for wet clothes
- 1 drinking water bottle
- Torch
- Pencil & pen
- Suncream (when weather is appropriate)
- Pocket money

## PLEASE NAME EVERYTHING

## RULES

We try to have very few rules at Skern Lodge, please ensure that your child understands them:

1. All medication to be under the control of the group leader
2. Have regard for the other groups staying at the Lodge, which means in particular
    a. Quiet after 11.30pm (at the latest)
    b. No entry into other bedrooms
    c. No anti-social or aggressive behaviour
3. The swimming pool, assault course, high ropes and climbing areas are out of bounds unless accompanied by a Skern Lodge staff member
4. Do not enter other accommodation areas. (i.e. if you are in the Farmhouse then there is no need to visit the Orchard or Courtyard)
5. Respect all property and equipment
6. Be responsible for your own valuables. They can be locked in the office safe if required
7. The bar is for the use of adults accompanying young people and for all adult groups. No under-age drinking is allowed at any time, on or off-site. Where a groups consists of predominantly 16 – 19 year olds, we are unable to serve them alcohol (inclusive of the 18 & 19 year olds) as stated under our premises licence
8. No smoking anywhere indoors, or in the minibuses, stores or on activities
9. The possession or use of illegal drugs will not be tolerated
10. In the event of an **emergency** please telephone (01237) 475992 between 8.30am and 5.30pm and 07977 259633 or 07392 604507 between 5.30pm and 8.30am

**www.skernlodge.co.uk**

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