

# Frequently Asked Questions

#### What are the bathroom facilities at the centre?

We have a purpose-built wash block for students with toilets and showers. If you are camping on site, there will be porta-loos for use overnight. For teams staying in the Pods, they have their own dedicated toilet / shower block.

#### What food will be on offer?

All our meals are freshly prepared in our purpose-built refectory, using locally sourced ingredients wherever possible.

#### Can you accommodate allergies and food intolerances?

We cater for all dietary requirements, including all allergies, religious choices, vegetarian, vegan, glutenfree and dairy-free diets. We are an allergy aware company.

#### What are your health and safety procedures?

As a company we complete extensive risk assessments and detailed Health & Safety policies, which are regularly monitored and reviewed. Please get in touch to request a copy. All programmes comply with Local Authority safety guidelines and all activity equipment is regularly inspected and used for its intended purpose. Food is procured from reputable sources and stored safely. Food hygiene is controlled by trained staff, our kitchens are also inspected by the food hygiene agency. Comprehensive first aid kits and emergency medical kits are nearby on all courses and any incidents are managed through a detailed incident, emergency, and communication plan.

# What are your first aid procedures?

All of our instructors are first aid trained. In case of emergency, the Centre Team will assist with transportation to the nearest A&E department. Throughout the season we have a dedicated 24-hour line to handle any incidents and relevant emergencies. If you're a parent, emergency contact details can be requested from your school.

# Do you provide insurance?

We have our own comprehensive public liability insurance to cover you once you arrive on camp with us, however you will need to take out trip insurance to cover yourselves for any eventualities during the journey, or if you need to cancel the trip.

### Will the students be able to use their phone?

Our camps are all about getting back to nature and giving students a break from technology. With this is mind, we request they do not bring any mobile phones or other electronic equipment to camp. There will be no way of charging electricals out on camp and also avoids the risk of them being lost or damaged. In case of emergency all Camp Leaders have a mobile phone which they can use to contact you if needed.

#### What do the students need to pack?

You can view the full kit list, but the key camping essentials are a raincoat, and any toiletries and/or medication, bedding is provided in Pods. Remember the students will be out in the wild, so it's best to pack old clothes and shoes so it doesn't matter if they get muddy!

#### What happens if it rains?

Our camps have large yurt and warming campfire where activities can take place if we have any inclement weather – most of the time, we continue whatever the weather, as we're often shaded by the tree canopy.

# What are the group sizes?

We will split your team into groups of up to 15 students. You will have a leader with each group who will be with you for the duration of your stay, running all of the activities for your group.