

Challenge 2023



Monday 26th June – Friday 30th June



Challenge 2023: Activities

Hill walking

Canadian canoeing/
Kayaking

Rifle shooting

Zip wire

Archery

Raft building

Underground
maze

Indoor Bouldering

Climbing tower



Challenge 2023: Activities



➤ Aeroball

➤ Evening walk

➤ Axe throwing

➤ High ropes

➤ Obstacle
course

➤ Jacob's
ladder

➤ Crate
stacking



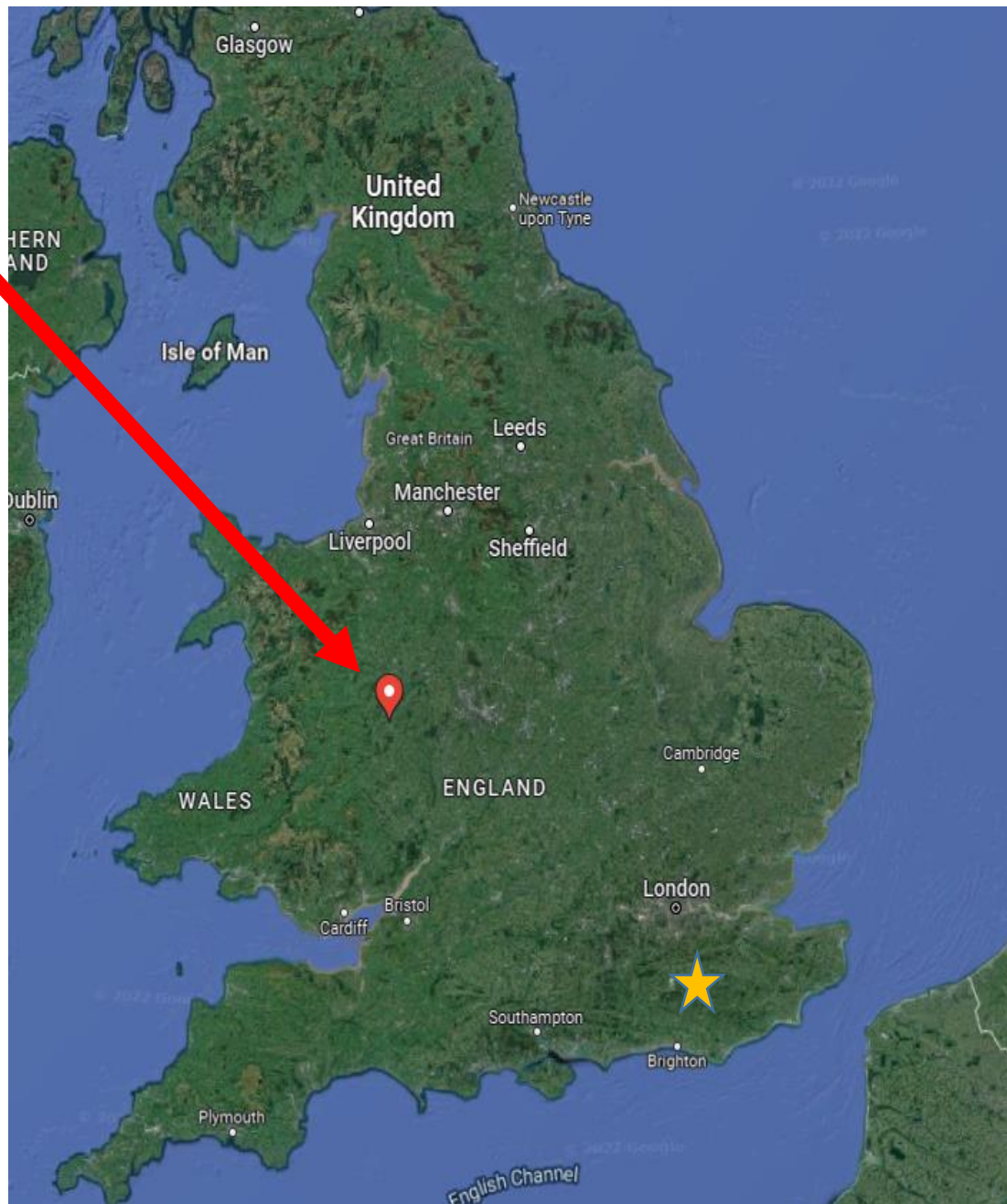


Location

- Shropshire.
- To the South of the Shropshire hills AONB.
- Culmington Manor run by Manor adventure.



Culmington Manor





Manor



Lodge



Mews



Coaches will be linked to their accommodation





Arrangements

- **Arrive at upper school, Imberhorne Lane on Monday 26th June at 09.00 am**
- **COACH DEPARTS AT 9.30 am**
- **Coach lists: will be up in school**
- **We are due back at 6.00 - 6.30pm on Friday 30th June – There will be a message on our Facebook page (you do not need an account to view) when we are on the way home to give a more accurate time as soon as we have one.**
- **Students will need a packed lunch or money to buy lunch from the service station on the way**
- **Students will be given a packed lunch for the way home**
- **Bring medication needed for the week – please hand it to the relevant coach leader**
- **Students are allowed cameras but remember - no expensive ones please!**
- **A small amount of money (about £10- £15) will be enough for the week**
- **Pack some snacks!**



All rooms have their own toilet and shower facilities. All doors to rooms have keypads that students will be given the access code for.

Students need to bring a pillow, towel and sleeping bag

Rooms are a mix of sizes – 6, 8, 10 and 16

A member of Imberhorne staff will be the site leader for each accommodation.

Each accommodation will have a member of staff responsible for medication.



Rooming

Rooming is currently being organised

These will be released after half-term

Changes will be met where possible and only if appropriate

Your name (Inc. Surname): _____

Put down who you'd like to share with in order of preference. Write their **full name**.

1. _____
2. _____
3. _____
4. _____
5. _____

Any other information you want to include

Example Itinerary

- 07.30 – Rise and shine
- 07.30 – 08.20 – Breakfast
- **09.10- 10.30 – Activity session 1**
- 10.30-10.45 - Break
- **10.45- 12.15 – Activity session 2**
- 12.15- 14.00 – Lunch time
- **14.00 –15.30 - Activity session 3**
- 15.30 – 15.45 - Break
- **15.45- 17.15 – Activity session 4**
- 17.15- 19.00 – Evening meal & free time
- **19.00 – 20.30 Activity session 5**
- 20.30 -22.00 Get ready for bed
- 22.00 Asleep

In groups of 12
for activities
with an
instructor &
member of
staff

Groups are
likely to include
students from
their rooming
request

A note on photos..

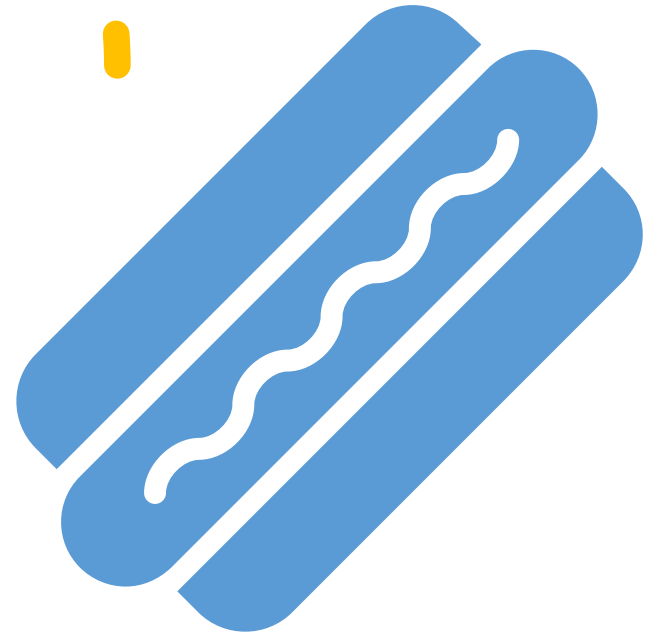
Given the remoteness of the location, internet access and 4G is limited.

We are highly unlikely to be able to upload photos to the school Facebook site whilst we are away.

We are often inundated with requests and want to pre-empt possible disappointment.

Food

- **3 hot meals a day. Last year there were several choices each day for lunch dinner**
- **Bring snacks if wanted**
- **There is a SMALL shop and it only sells sweets**
- **Make sure we know about any allergies or dietary requirements**



Rules

- Do not bring any banned or inappropriate items in luggage
- No mobile phones or other electronic items
- It is not permitted to enter other students' rooms. Boys in girls rooms and vice-versa is strictly forbidden.
- Always listen to and follow instructions



Not covered by insurance

Imberhorne Staff will be easily contactable



Will be confiscated for the week and a sanction will be given on return to school

All part of the 'Challenge'

Packed schedule

Safety



- **Fully qualified instructing staff**
- **1: 10 Imberhorne staff ratio**
- **4 Sixth Form Year 13 students**
- **All safety equipment provided**
- **Fully insured**

Kit List

What to pack

Here's a list of things you'll need to pack – along with a few that aren't essential but could be useful.

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage.
(Metal frames rucksacks should be avoided as they are difficult to fit into the coach)
- **Freshly laundered Sleeping Bag & Pillow with Pillowcase**
- A drink bottle (essential in the summer)
- Torch (for evening walk and if staying in tented accommodation)
- Rucksack
- Toiletries etc (please note deodorants must be roll-on, no aerosols or glass bottles)
- Old clothes for activity sessions – (long-sleeved shirts/jumpers, trousers / jogging bottoms (Not denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty). Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat & Gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and slippers
- Swimming kit - if you have swimming on your programme (this applies for Culmington Manor only)

Useful items:

- Books, playing cards and other quiet activities
- Money for snacks (sweets & drinks), souvenirs (i.e postcards). Please bring coins not notes.

Useful notes:

- No glass containers
- No jewellery (including piercings), except for stud earrings
- No wellies
- Please name all clothing
- Denim jeans are not ideal for outdoor use

An e-mail will be sent a week to 10 days before departure with:

- **Kit list**
- **Emergency contact**
- **Address**

Challenge Medical Consent

Consent to administer non-prescribed medication on a residential visit

The school will not administer medication unless this form has consent. This information will be kept securely with your child's other records. Whilst away if your child feels unwell the school staff may wish to administer the appropriate non-prescription.

Please do not hesitate to contact kmoss@imberhorne.co.uk if there are any issues you wish to discuss.

If your child develops the relevant symptoms during the [residential](#) visit, with your consent they will be given a standard dose suitable to their age and weight of the appropriate non-prescribed medication. If symptoms persist medical advice will be sought and if necessary the emergency services called. You will be informed when the school has administered medication on our return by email/verbal conversation with trip leader.

The school will hold a small stock of the following medicines:

Please select yes/no for each of the non-prescription medications below that you give your consent for the school to administer their stock of during the [residential](#) visit.

Paracetamol:
YES/NO

[Ibuprofen](#):
YES/NO

[Antihistamine](#):
YES/NO

Diarrhoea Relief:
YES/NO

If you would like your child to be given travel sickness medication please supply medication suitable for their age and weight in its original packaging with the patient information leaflet

Travel Sickness:
YES/NO

I give my consent for the medications ticked above to be administered by the school from their stock and confirm I have administered them to my child in the past without adverse effect.

Consent Parent/Carer:

Yes, I consent to the above medicines being administered

Contact Information

Emergency contact: A trip mobile number will be provided before departure

Payment Enquiries: Miss Kayleigh Moss kmoss@imberhorne.co.uk

Medical Issues: Mrs Sandra Cook scook@imberhorne.co.uk

General Enquiries: Mr Dan Monckton dmonckton@imberhorne.co.uk

Challenge 2023

- 26th June -30th June
- 09.00 on Monday 26th June
- 18.00/18.30 on Friday 30th June
- See you there!