



Year 4 Residential Tolmers Camp

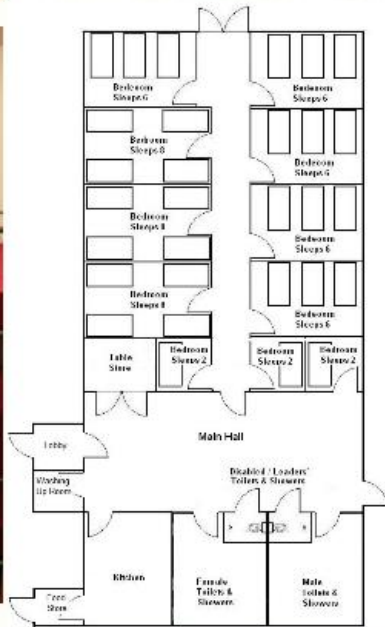
- Monday 30th April – Tuesday 1st May
- Wednesday 2nd May- Thursday 3rd May

Aims

- To know what your child will be doing at Tolmers Activity camp
- To know what things your child will need to pack for their night away
- To answer any questions or queries you may have



Tolmers Activity Camp



- Bunk bed accommodation (chn **must** provide sleeping bag or duvet & pillow)
- Dormitories
- Catering facilities

Plan for the 2 days

Day 1:

Arrive at site 9.00am

	Group 1	Group 2
10.00 to 11.00am	6 figure Grid Ref	Indoor Wall
11.00 to 12.00pm	Indoor Wall	6 figure Grid Ref
12.00 to 2.00pm	Lunch	
2.00 to 3.00pm	6 bed trampoline	School Activity
3.00 to 4.00pm	Archery	6 bed trampoline
4.00 to 5.00pm	School Activity	Archery

DAY 2

	Group 1	Group 2
10.00 to 11.00am	Fixed Assault Course (Self instruct)	Gladiators
11.00 to 12.00pm	Gladiators	Fixed Assault Course (Self instruct)
12.00 to 2.00pm	Lunch	

Depart site – 2pm





6 bed trampoline

- suitable for 12 years and younger
- 6 trampolines allowing 6 children to take part at a time
- groups of up to 30 per hour



Indoor wall

New for 2014, our indoor climbing walls offer a range of routes using the same hydraulic belay system as some of our other climbing activities.

- 21ft high climbing wall
- 3 climbers at one time
- hydraulic belay system
- covered under the ADIPS safety regulations
- includes a trained instructor
- groups of up to 25 per hour





Archery

We have two sheltered ranges and all the required equipment. Archery is run by Tolmers Service Crew instructors to Grand National Archery Society Sports Leader Award standards. Groups who wish to instruct themselves must have an instructor with G.N.A.S. Sports Leader Award qualification and bring their certificates with them.

- Outdoor range with covered area for participants
- Four shooting positions on each range
- Floodlit for evening use
- Equipment suitable for 6 years upwards
- Covered under the Grand National Archery Society (GNAS) regulations
- Includes a trained instructor
- Groups of up to 20 per hour



Gladiator duel

- a large inflatable base with 2 podiums
- participants stand on each podium and using batons, have to try and knock their opponents off their podium.
- safety headgear provided

Day 1:

Arrive at site 9.00am

	Group 1
10.00 to 11.00am	6 figure Grid Ref
11.00 to 12.00pm	Indoor Wall
12.00 to 2.00pm	Luncheon
2.00 to 3.00pm	6 bed trampoline
3.00 to 4.00pm	Archery
4.00 to 5.00pm	School Activity

DAY 2

	Group 1
10.00 to 11.00am	Fixed Assault Course (Self instruct)
11.00 to 12.00pm	Gladiators
12.00 to 2.00pm	Luncheon

Depart site – 2pm





info@tolmers.org.uk



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like us



Tolmers Activity Centre
Tolmers Road
Tolmers Road
Cuffley
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EN6 4JS



Behaviour

We expect the behaviour of the children to be as it would on any other school trip or day in school. The children are not permitted to bring any toys, mobile phones or money. A school emergency mobile phone number will be provided to you closer to the time.



Day 1 Food

A lunch of sandwiches, fruit and crisps will be provided by the school on day 1.

SAMPLE DINNER MENU:

Choice 1:

Beef lasagne served with bread and salad.

Choice 2:

Chicken korma served with rice, salad and naan bread.

Vegetarian option:

Mediterranean vegetable Lasagne served with bread and salad.

Pudding: chocolate fudge cake served with or without cream.



Day 2 Food

SAMPLE BREAKFAST MENU:

Pure fruit juice

Fruit

Selection of cereals

Toast & jams

Cooked options will include, bacon, poached eggs, sausages, beans and hash browns.

SAMPLE LUNCH MENU:

Topped jacket potatoes to include butter, tuna mayo, cheese, beans and coleslaw served with salad.

Served alongside the main lunch option there will be available crisps, fruit, yoghurts and cakes/biscuits.



Kit List

Required equipment

Old clothes -

Jogging bottoms

Sweatshirts

T-shirts

socks

Old trainers

Wellingtons / walking boots

Waterproof coat

Sleeping bag or Pillow and duvet

Warm jumpers

bin bag for dirty clothes

1 towel

Pyjamas / nightwear
underwear

Hairbrush & Bands

Wash bag (toothbrush,
toothpaste, soap,
shower gel)

Medication

Medical forms must be submitted. If your child is deemed unwell by us (with a high temperature) we are able to administer Calpol with your authorisation. This medical form must be returned to use as soon as possible. They will be in your packs today.



Lastly...

One of your child's class teacher and either myself or Miss Breckenridge will be on the residential with the children. If you have any concerns, please do not hesitate to come and speak to one of us.

Remember, you can see where your child will be as you will drop off on site @ 9:00am and collect @ 2pm the following day.



Questions

Please feel free to ask any questions
and share any experiences!

