



White Hall

Outdoor Education Centre

Office: 01298 23260 9am - 5pm



Parental and Student Information

This information outlines a number of things that you and your parent/guardian should know about the course. Please read them carefully so that you know what to expect.

White Hall is a place for people to have new experiences, have fun, to feel challenged and overcome fears. It is somewhere they have to think, help each other and make decisions. These are all skills and experiences that will help them at school, home and in their life.

Our programme of exciting adventurous activities will challenge and inspire you. To help you reach your full potential you will have the support of friends, accompanying adults and White Hall staff. We know you'll have a fantastic experience and learn about yourself and what you can achieve.

Activities, run by nationally qualified staff, will depend upon the weather and the time of year, but may include some of the following:

**ADVENTURE WALKS
PROBLEM SOLVING
ORIENTEERING
ROPES COURSES**



CAVING



**ROCK CLIMBING
ABSEILING
BOULDERING**



**CANOEOING
KAYAKING
STREAM SCRAMBLING
PADDLE BOARDING**



**SHELTER
BUILDING**



**MOUNTAIN
BIKING**

Evening Activities – There will also be an evening activity which could be a night hike, shelter building or a wide game.

Duties - You will be expected to make your own bed and take your turn on daily duties like helping with the washing up!

Safety - White Hall has full risk assessments for all aspects of the Centre and has been inspected by DCC Health & Safety Department. The risk assessments for our main activities are available on our website -www.whitehall.derbyshire-outdoors.org White Hall is licensed by the 'Adventure Activities Licensing Service'. All safety equipment is well maintained and appropriate for use.

Insurance - White Hall **DOES NOT** insure students against personal accident, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged through your organiser or by yourself.

Supervision - Parents should be aware that whilst a male and female member of staff will be at White Hall during the course, we cannot guarantee that whilst on camp or activities every group will be accompanied by female as well as male staff. If you have any concerns about staffing please discuss these with us.

Free Time - We have 3 pool tables, table tennis, table football and you may play ball games on the lawn. There is also a selection of board games and books.

Although the "midnight feast" has possibly been a long-standing tradition of residentials, please do not send/bring food to eat in dormitories to avoid risk to people with severe allergies who may also be staying at the centre.

Specialist Clothing - White Hall provides all specialist, outdoor clothing and equipment. We can also provide hiking boots, wellingtons, waterproofs and rucksacks from our stores, but if you have your own, please bring them. At the end of your course, it is your responsibility to return the kit borrowed from us, scrubbed and clean, to the stores.

What to bring - It's important to bring clothes that keep you warm and dry and that you don't mind getting covered in mud and soaking wet.

- Trousers/Tracksuit Bottoms/Leggings (Denims are fine for indoors but not for activities as they are not good for keeping you warm).
- Sweatshirts/Fleeces/Hoodies
- Casual clothes for indoors.
- Warm waterproof coat/jacket for activities.
- It is important to have enough shoes to cover indoors and the different activities – wellingtons, old trainers (if canoeing/kayaking), trainers/walking boots for use outdoors and a pair of shoes/slippers only for indoor use – these need to have a proper sole ie not slipper socks.
- Underwear and socks
- Pyjamas/Night clothes
- Wash kit and Towel
- Thick socks to wear with walking boots
- Plastic bags for muddy clothes/shoes and for dirty clothing
- Water Bottle/Flask
- Torch
- Change for Tuck Shop

In addition to the above -

In the summer - sun cream, sun hat and insect repellent are essential.

In the winter - bring plenty of warm clothing including hats and gloves.

Groups often bring their **own packed lunch** on the first day of a course; your leader will let you know if this is required.

Tips/additional information for parents/guardians -

- Please let your child/children help pack their own bags so they know what they have with them. It also helps them when they are packing their bags at the end of the course.
- It will help if children can tie their own laces.
- It's important that **all clothes/shoes are named** so that it helps your child/children to take all of their clothes home with them.
- Don't bring anything valuable; it may get lost or broken eg hair dryers, straighteners, electrical equipment, and portable games.
- We also discourage students from bringing mobile phones, there is limited signal and we cannot accept any responsibility if they are lost or broken. A payphone is available for visitors/residents use (01298 23893), please check with the course organiser as many groups discourage young people from 'phoning home whilst on a residential.

Health Information - Please ensure that the consent form is completed, as fully as possible, ensure that all medical conditions, allergies, medicines and special diets are included. This information will be treated in strict confidence and will enable us to organise the course to meet your best interests.

Young people at White Hall do undertake activities in or near lakes and streams - Leptospirosis (Weil's disease) is a rare but endemic waterborne disease in Great Britain and there is therefore a small risk of infection from contact with water. Should a young person who has attended a course at White Hall develop flu or fever like symptoms, we advise consulting your doctor and informing them that your son/daughter has had contact with inland lake and stream water.

Ticks are found in the countryside. In some parts of the UK they are known to carry Lyme's disease, but as of yet, not in the Peak District – but it is always sensible to be aware. The most common symptom is a red skin rash that looks like a bullseye on a dartboard. If the rash or flu like symptoms occur– usually up to 30 days after the bite, or you discover a tick please consult your GP.

Feedback – We would really like to hear about your child's experience of outdoor activities. It would be a great help if you could take 5 minutes with your child once they have returned home to fill in this quick survey, using the link or QR code below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=s46aQhAyGk6gomzN4N2rxZhJzvxoIBBGvyDtREioYK1UMUZIS1BRTjg3REYwTVpYWDBTM0tUWVhKNy4u>



'The friends of White Hall Centre' charity supports White Hall in providing inspiring outdoor and adventurous activities. For more information on how you can get involved to support their work please visit:

<https://www.friendsofwhitehallcentre.com/help.htm>

