



## Transition Year

# Carlingford Adventure Trip Info

### Summary

1. Overview
2. What to Bring
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5. Additional Rules



**Please read through the entirety of this document carefully**

**Please keep an eye on the school app for updates and information**

**We expect that all TY students will travel. However, if it is medically or physically unwise to do so, please inform me immediately.**

While the trip is quite physically demanding, I have no doubt it will be enjoyable, memorable and extremely worthwhile for everyone.

I expect that all students will cooperate fully with the teachers, instructors and staff at the centre while they are away. There will be 24 hour supervision provided by the staff while in the Carlingford Adventure Centre.

**Please also see Carlingford Phone Policy & Additional Rules included**

The success of this trip will determine the future of further trips within our TY programme for 2023/24. The health and safety of our groups relies heavily on the individual responsibility of each student travelling. We expect full compliance from all students.

## What to Bring

Three / four complete changes of clothing. (Don't bring good clothes, you will get clothes and footwear, very wet and dirty). Jeans not suitable

- **SLEEPING BAG**
  - Students have beds, they just need something to sleep in - Single duvet cover will do. Small pillow. Don't leave these items loose. Pack into bags.
- Old pair of runners suitable for water based activities.
- Towel and toiletries.
- Wet / rain gear and hat, gloves.
- Swimming togs / shorts (for wearing under wetsuit, supplied).
- Plastic bags for bringing home wet shoes and wet / dirty clothes.
- Small amount of pocket money for refreshments from the shop.
  - **Students MUST Not leave the centre unsupervised.**
- Small personal rucksack
- Personal Hand sanitiser

**Could you please let me know in advance if there are any particular medical requirements / important needs / food allergies etc your son might have or if he is unable to travel.**

### Medical/ Dietary Requirements

**If your son has any dietary or medical needs please fill in this brief form:**

**[Medical & Dietary Requirements Form](#)**

# Itinerary

Tuesday 19th March

**Buses departing 8.30 a.m SHARP**

Arrive early in school and go to the assembly to sign in with teachers

Go to bathroom before leaving

Arrive Carlingford 10.30

## 19th March

10:30 Arrival & Welcome Brief

11:00 Half Day Activities

13:00 Hot Lunch

14:00 Half Day PM Activities (School/Youth)

17:30 Evening Meal

18:45 Evening Session

23:00 Accommodation & Lights Out

## 20th March

08:00 Cont BFast

09:30 Half Day Activities

13:00 Hot Lunch

14:00 Half Day Activities

17:30 Evening Meal

18:45 Evening Session

23:00 Accommodation & Lights Out

## 21st March

08:00 Cont BFast

09:30 Half Day Activities

13:00 Hot Lunch

14:00 Half Day Activities

17:00 Departure

**7.00 - 8.00 p.m Arrival back to School-**



## Carlingford Adventure Centre Mobile Phone Policy

Carlingford Adventure Centre have drawn up a mobile phone policy for students visiting the centre in response to the significant increase in mobile phones, hand held electronic devices and smart watches amongst the school population over recent years for security and child protection reasons.

When we refer to mobile phones we refer to all mobile devices, mobile phones, tablets (iPads etc), Game Boys/ PSPs, MP3s/iPods, smart watches etc.

As it is difficult to detect specific usage, this policy refers to ALL mobile communication devices.

At Carlingford Adventure Centre the welfare and well-being of our visitors, students and staff is our top priority.

The aim of the Mobile Phone Policy is to allow users to enjoy their stay at Carlingford Adventure Centre and provide them with the opportunity to use their mobile devices, whilst promoting safe and appropriate practice by establishing clear and acceptable mobile user guidelines.

It is recognised that the camera and video functions of mobile phones cause the most concern. These are most susceptible to misuse, mainly the taking and distribution of indecent images, exploitation and bullying.

We recognise that mobile phones are part of everyday life for many children and that they can play an important role in helping students feel safe and secure. However, we also recognise that the camera function on mobile phones can be mis-used especially in a situation where children are changing or if they are staying over on a residential stay.

### **Therefore:**

#### **Residential Visits**

Mobile phones are permitted for residential stays. **HOWEVER they are only permitted from 5.00pm – 7.00pm & 9.00pm – 10.00pm.** Mobile phones will be collected from all students before lights out. This is a Child Protection procedure so there will be no exceptions to this policy. Under no circumstances are phones allowed in bedrooms and are not allowed to be kept overnight. It is the teacher's responsibility to collect / distribute phones whilst they are here in the centre. On Arrival Teachers/leaders will be given a key to a locker and they will collect & distribute the phones within the times set up below.

## Other rules and regulations you must be aware of for Carlingford before you arrive

- Any student found in possession or under the influence of alcohol will be sent home immediately at their own expense.
- Any student found in the possession or under the influence of any illegal drug will be sent home immediately at their own expense.
- This is a non-smoking/vaping centre. No smoking or vaping is permitted.
- Carlingford has an excellent safety record, to ensure this continues we reserve the right to remove any uncontrollable pupils from adventure activities.
- Students must adhere to any safety requests by their instructors during a session. Any failure to comply will result in the student being removed from the activity.
- Children are responsible for keeping their own possessions safe.
- All damage must be paid for.
- At Carlingford we work a policy where any damage in the bedrooms is charged to the students in the room divided equally amongst them. Please let us know before your stay if you would prefer if the individual responsible for the damage is charged only. If nobody admits to the damage and it is clear someone from your school is responsible-the bill will be sent directly to the school.
- When out on adventure sessions- please keep to roads, paths and tracks at all times.
- Respect the environment; look after plants and animals.
- Absolutely no jewellery to be worn when on session.
- Fire extinguishers and other safety equipment are essential safety items and must only be activated in an emergency or in the event of fire. €20.00 p.p. per room- is charged for tampering with Fire alarm system/ smoke detectors.
- There is CCTV in the centre.
- Students are not allowed off the premises unless supervised by a teacher or instructor.
- Bedrooms should be left clean and tidy on the day of departure.



## **VALUABLES**

Carlingford recommends that you do not take any valuables e.g phones, iPods, etc. to Carlingford Adventure Co. If you do decide to bring them, we are sorry but we will not accept responsibility for them.

## **CLOTHES:**

As we have a lot of people who leave clothing behind at the centre, this is discarded the following day or passed onto the charity shop if usable, so make sure you check that you have everything with you before you leave the activity site or the centre. We advise people not to take valuables with them on activities and suggest that you leave any valuables at the reception desk

Students are not allowed to leave their rooms after 11pm. The only time they may leave their rooms is if they need to contact the night supervisor.

We have developed these rules to ensure you and your students have a truly safe environment in which to enjoy your stay with us

Thanks in advance

Stephen Coy  
TY Coordinator and Year Head  
sc@naascbs.ie