

Year 7 Residential Camp Information Pack



Global Footprints Expeditions

Global footprints was established in 2011

Over 30 years experience in Outdoor education

Delivered and facilitated multiple UK residentials

Travelled and Led many expeditions to Multiple countries around the world



What.?- Multi Activity Residential Camp

Where.?- Gradbach Scout Camp in the Peak District

When.?- Monday 22nd June to Wednesday 24th June

Who.?- Yr 7 students

How.?- 2-night / 3-day Activity residential

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- Your son/daughter will have the opportunity to experience a variety of outdoor Activities
 - The students will experience 2-night stay, under the stars, in a tent
 - Onsite Activities will include, Pioneering, Orienteering, Team Building Tasks and wide games
 - Off site activities will Include Rock Climbing, Abseiling, Weaseling, Bouldering, Trekking and a variety of Watersports.
 - All our Instructors have at least 10 years experience of working in the outdoors and hold all relevant NGB Qualifications



Itinerary overview

Day 1- Will Include Bushcraft, Team building tasks, Orienteering, Mini Olympics and Wide games

Day 2- Will include Rock climbing, Abseiling, Weaseling and an Adventure trek

Day 3- Will include watersports at Tittesworth watersports Centre. This will include Mega SUPs, canoeing or Raft building

Rock On

- Your son/daughter will have the opportunity to Experience “Real Rock” Activities.
- These will Include:
 - Rock Climbing
 - Abseiling
 - Weaseling
 - Bouldering
- These activities will take place at the world Renowned “Roaches” in the Staffordshire Moorland.
- The area is a Gritstone playground for Rock based outdoor activities



Rock Climbing

- All students will have an opportunity to experience Rock climbing on "Real Rock"
- They will also have chance to Belay (Hold the rope) the climber which works on teamwork and trust.
- Students will also learn the importance of safety equipment including harnesses, helmets, Gri-Gris and ropes
- They will also learn to overcome their fears.....!







Abseiling

- The students will have the chance to abseil down a Flat faced slab on the Roaches Rock Face.
- The Abseil is 20m high in a stunning Location overlooking the Staffordshire Moorlands and Tittesworth Reservoir
- The students will control their descent using a figure of 8, and overcome fear and install a sense of achievement and well being
- Their will be a qualified climbing instructor facilitating the session and in control of the “safety Rope”.







Weaseling and Bouldering

- The students will take part in a fun, dynamic activity amongst the Rocks and Boulders of the Roaches.
- Weaseling is a unique activity involving journeying through a maze of huge gritstone blocks.
- Is best described as above the ground caving and Parkour mixed together.
- Using the Natural environment as a natural playground. Weaseling takes part in the natural holes and tunnels formed over many thousands of years along the gritstone edges of the famous “Roaches”







Watersports

Your son/daughter will have the opportunity to Experience outdoor water activities in a natural scenic environment

Activity choices will be:

- Canoeing
- SUP
- Raft Building (Race)

- Students will participate in 2 water-based activities .

- These will take place on the beautiful “Tittesworth” Reservoir.









Canoeing

- Canoeing is a watersport where the students will use a single sided paddle.
- Students will work together with a partner to learn how to maneuver the canoe around the reservoir
- They will have to work on communication, coordination and be understanding and aware of their partners actions
- They will get chance to take their canoes on a journey across the Reservoir and play and participate in fun team games





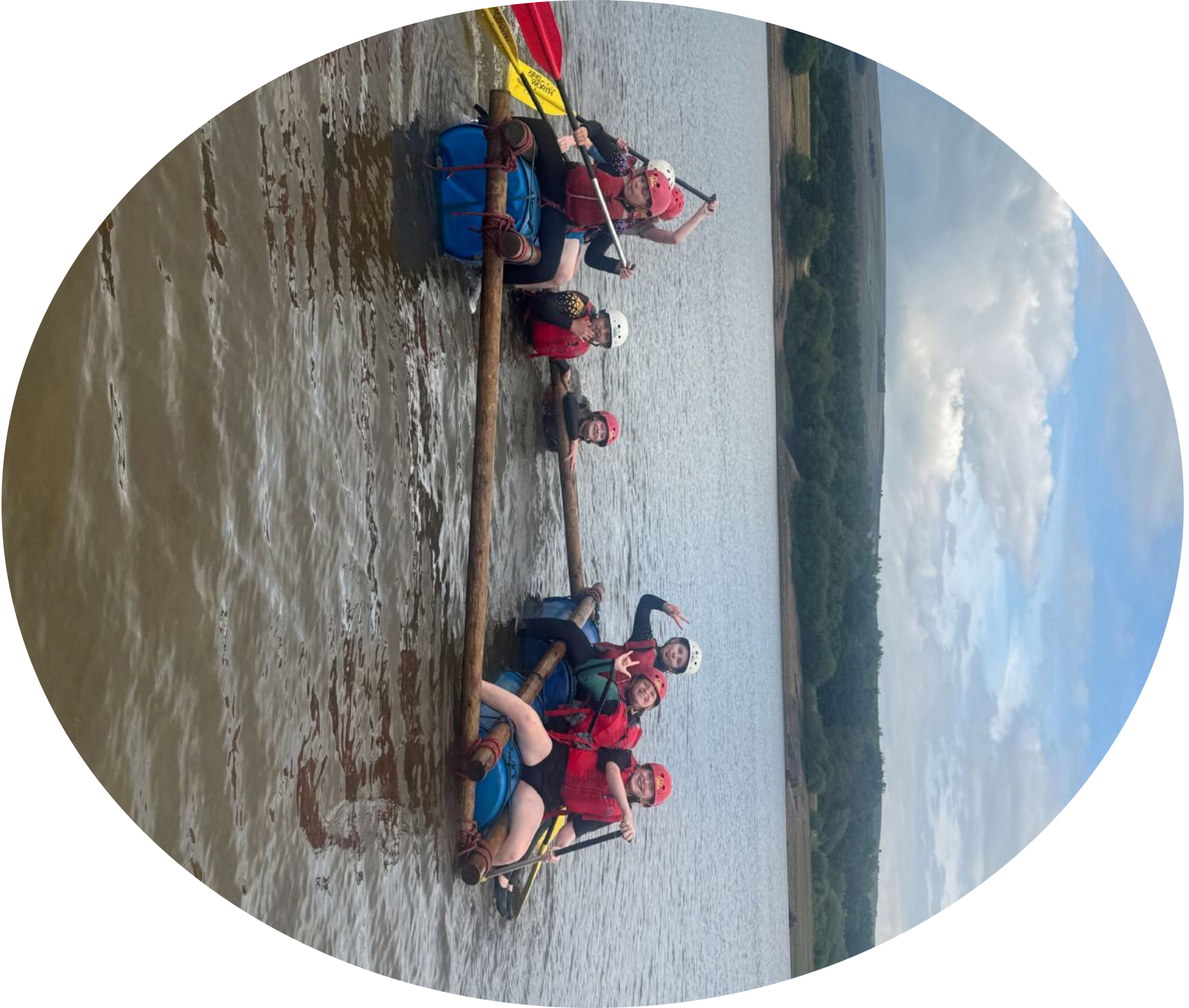
Raft building

Raft building is where the students will design, construct and build a raft to race on the reservoir.

- They will be given Barrels , Spa's and lashings to construct a raft as a team.
- They will work on teamwork, communication, listening and sharing ideas to formulate a water worthy raft to race against the opposite team.
- Learn knots, designs and the importance of having a plan of action

- Then they will have chance to test their raft out and compete in a race against the opposing team.





Trekking

Students will have chance to trek in the stunning and beautiful Staffordshire Moorland countryside

- Students will have chance to either walk to or back from the Climbing activities are at Gradbach
- The trek will take them along the scenic "Roaches Edge" and into the Black forest.
- They will also have chance to visit the ancient and famous "Luds Church"
- Students will also learn the countryside code and some basic navigation while with their qualified instructor.





On site Activities

The students will Participate in Onsite activities at Gradbach Camp which will include:

- Team Building Tasks
- Pioneering
- Orienteering
- Bushcraft
- Mini Olympics

- The students will get chance to work as a team on a variety of activities within the Gradbach camp.
- Students will work on teamwork, communication, leadership, sharing ideas all while having fun
- They will learn new skills in an outdoor environment that can be transferable back at school and in their home settings.









Wide Games

The students will also participate on wide games in the evenings

- These are fun interactive games that the students will play in the evenings which will include:
 - Towerball
 - Volleyball
 - Tug of War
 - Football
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- This is a time in the day for students to unwind and have fun in a more collective (big group) environment,



Bushcraft

The students will learn some basic Bushcraft skills:

- Build a fire
- Start a fire with a flint , cotton and Kindling
- Boil water over an open fire a make a Hot chocolate
- Learn some whittling skills
- Learn to put up a hammock and Basher







Accommodation

Students will spend 2 nights at Gradbach Campsite in the Staffordshire moorlands

- Students will spend 2 night under the stars in a tent with their friends. They will be 3 or 4 person tents.
- Students will need to bring a sleeping bag and we also advice a pillow (and a blanket if nesh)
- Students will master the skills of erecting and putting down a tent in their groups





Food

Students will spend 2 nights/3 days at Gradbach Campsite in the Staffordshire moorlands

- Students will be given 2 hot Dinners, 2 packed lunches and 2 Breakfasts while on their Residential
- The food will be wholesome, plentiful and accommodate for varied dietary requirements (please let school know of any dietary requirements, allergies at least 1 month prior to residential)
- Please bring a packed lunch for their 1st day on the residential
- They will be access to an onsite tuck-shop in the evenings but please feel free to bring personal snacks to supplement meals.





Transport

Students will travel to Gradbach by by coach organized by Global footprints.

- Students will be transported by 23-seater coach to activities when needed. These are operated by private coach company. (Golden Green Travel)
- Sometimes students will walk to or from activities with a qualified instructor
- The school will have a trust minibus onsite all week to use when needed.



Equipment

Follow kit list and the advice given

Label everything

No Mobile phones/devices allowed

Do bring cards / travel games / books etc. for relaxing in the evening

Spending Money – approx. £10 (tuck-shop and extra snacks etc.)

Sleeping bag and pillow (optional)

Bring extra additional snacks, food items from home if needed

Students must pack their own bags

Clothing

Old clothes are ok as students will get dirty

Waterproofs-Top and bottoms- It can still rain in July

Swimming costumes/swim shorts/ T-shirts with Old trainers or sandals for watersports.

Towel and wash kit/Headtorch / Rucksack or sports bag/Hold all (to carry kit in) also a good strong day sack to take on day activities

3 changes of underwear

Sleeping bag

Spare old T-shirts/tracksuit bottoms and tops for 3 days

Footwear-Old boots/trainers for trekking and Rock activities

And spare pair for watersports- Closed toe: water shoes/crocs or spare old trainers

It can Rain in Sunny Peak District...!!!



Additional information



ON MONDAY 22ND JUNE PLEASE
BRING A PACKED LUNCH FOR THE
FIRST DAY.



THE STUDENTS WILL TRAVEL TO
GRADBACH SCOUT CAMP ON
GOLDEN GREEN BUSES



STUDENTS WILL ARRIVE BACK AT
SCHOOL BETWEEN 2.45PM AND
3.15PM



www.global-footprints.co.uk

Click Schools page
Password

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