

St. Aidan's CE High School

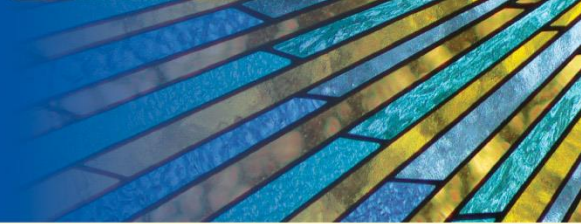
Year 11
Ardeche 2024





Information for students & parents/ carers

- Overview of the trip
- Itinerary
- Clothes & Equipment, tips for travel
- Safety
- Expectations, conduct & behaviour
- Final points



Itineraries: Departures (July 6th-13th)

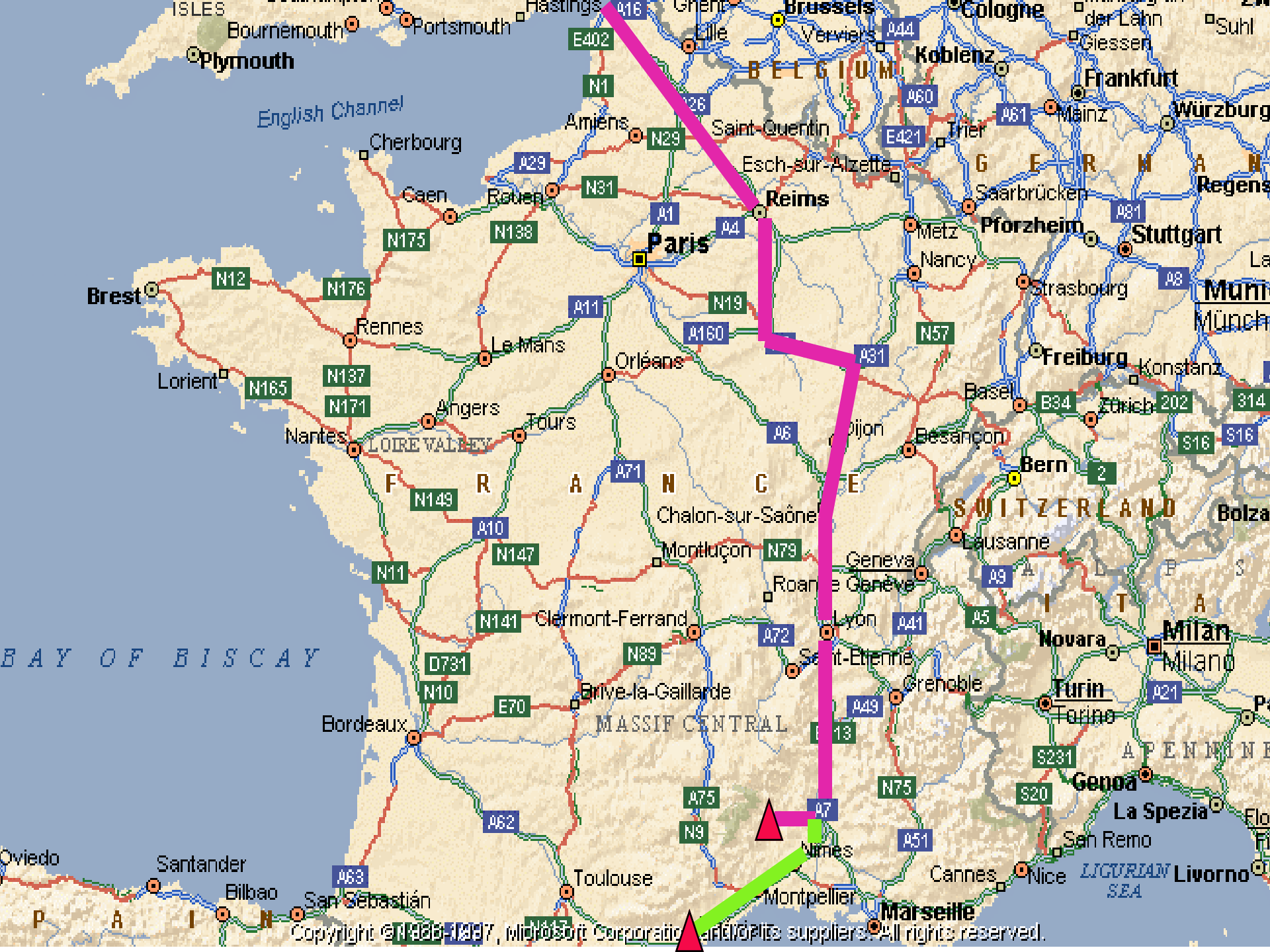
(Saturday 6th July)

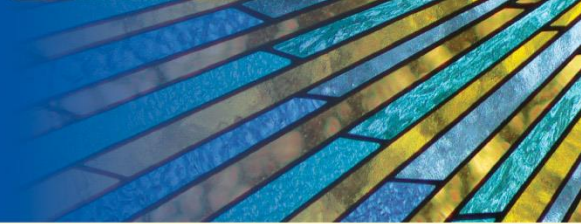
- Coaches A and B and C – Meet 12-00pm for 12-30pm
- Arrival at centre – 2-00pm (7th July)

(12th July)

- Depart centre – 3-00pm
- Return to school – 2-00pm (Saturday 13th July)







- Accompanying Staff

Coach A

Mrs Searby

Mr McVey

Miss Rhodes

Mr Mallinson

Mr Watkinson

Coach B

Mr Walton

Mr Holdsworth

Mrs Littlejohn

Mrs Connell

Mrs Ainsley

Coach C

Mr Walsh

Mrs Morgan

Miss Metcalfe

Mr Culver Dodds





Activity provider, Acorn - NY advisory trusted provider.

- Acorn Adventure, Camping La Savane,
696 Chemin du Flojas, 07120 Labeaume
France

Tel: 0033 475 396 354



Accommodation – The three coach groups divide into two camps with the same activities on different days. (Groups are arranged so that students are with the friends they highlighted)





Activities at Centre

Ardeche Day activities

- 2 day - two-person kayak descent of the Ardeche Gorge
- Bivvie overnight camp out
- High Ropes adventure
- Excursion Day - Wave Island Water Park
- French market

Evening Entertainment's

- Pont d'Arc – River beach (with lifeguard)
- Pool activities
- Visit to town of Vallon
- On site activities with Acorn staff
- Bar/ Discos



ST. AIDAN'S
CHURCH OF ENGLAND HIGH SCHOOL





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Bivvi out under the stars





Wave Island Water Park





Safety

- Safety record of Acorn – Excellent company, recommended by NY advisor
- Training Accreditation by French national governing bodies – rigour
- Staff are DBS/ French equivalent
- Safety procedures on the River Ardeche
- Coach safety
- Procedures on excursions to Towns – Risk Assessments
- Acorn and SA staff First Aid trained on site during day/on call
- Site security



Medication

- Please complete and return the Microsoft Form to update medical details.
- Bring medication in a labelled plastic bag (name, medication, frequency) **HAND IN TO STAFF**
- Essential medication – inhalers, epipens to be kept on person (with spares given to staff)



Clothes & Equipment

Holdall/ Case

- Clothing etc.
- Wash kit. Towels x2.
- Sleeping bag
- Wet and dry footwear
- (old trainers for the watersports)
- Camera & other items

24 Hour bag for coach

- Food/drink for journey
- Medication (at least two inhalers/ epipens)
- Small wash kit/ toothbrush
- Music, Reading.
- Money/ Card – Euros and £'s
(Guide - £10-15 per day)
- Pillow
- Passport & GHIC card



Clothes & Equipment (cont'd)

- Occasional unseasonable cold weather
- Fleece/ warm jumper
- Leggings tracky bottoms
- Light waterproof jacket
- Nice summer clothes for the evenings
- T shirts not vests for canoeing (sunburn)
- Hat/cap
- Water bottle
- Cord for glasses (old sunglasses)
- No denim or vests for watersports
- Insect repellent (Bivvie out)
- High Factor suncream



Conduct & Behaviour

- Drinking, Smoking, Vaping not allowed
- Illegal substances – at the mercy of the Gendarme and French law
- What not to buy?
- Relationships, Just be nice!!
- Importance of following instructions at all times.
- Sanctions.
- Staying within the rules guarantees a good time!
- Parental support



Final Points

- Emergency contact in school Mr Addison
- Any additional medical information
- Any special dietary requirements to notify us
- Valid passport & GHIC hand in on the coach
- Please arrive on time on Saturday
- Be prepared to get stuck in and have a great time!