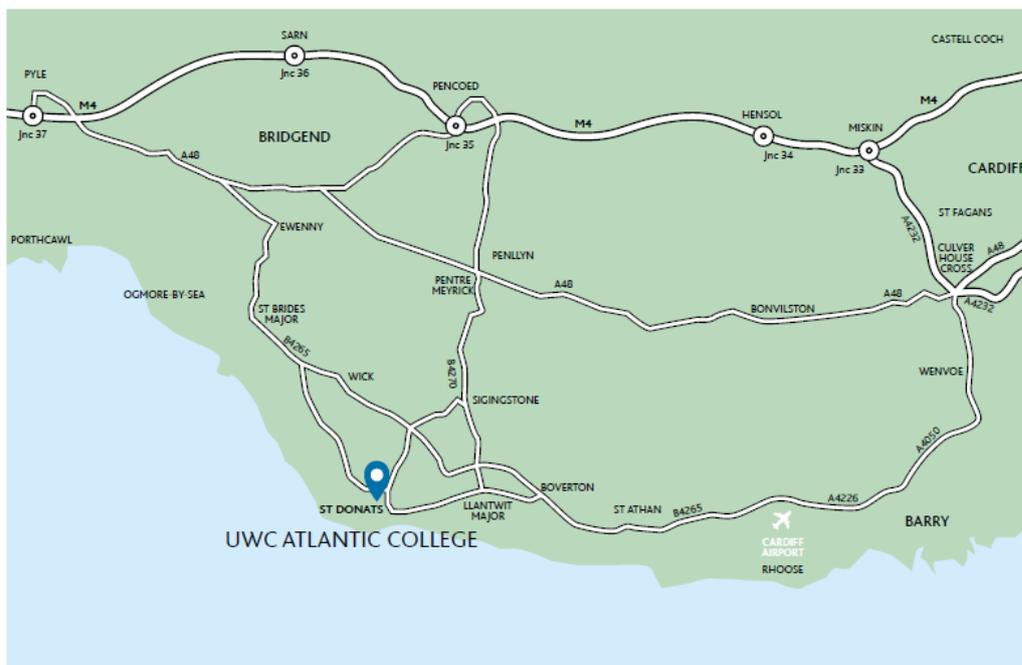


# Atlantic Outdoors Residential Adventure Course 2019 (ARAC)

## Welcome Pack

### 1. Location and Contact Information



**Address:** UWC Atlantic College, St Donat's Castle, St Donat's, Llantwit Major CF61 1WF, UK (Wales)

**e-mail:** [simon.neenan@atlanticcollege.org](mailto:simon.neenan@atlanticcollege.org)  
**Telephone:** +44 1446 799 000

**24/7 Emergency Number:** +44 1446 793 623

### 2. First Aid

In case of injury, there is always a member of staff on duty who is first aid trained, and will be able to aid on site. Should any participants require further medical assistance, transport to the nearest first aid post or hospital will be available 24h/day, and parents/guardians will be kept informed accordingly at all times.

### 3. Medical Requirements

Please complete the [Participation Medical and Consent Form](#)

Participants are encouraged to take any medication required daily without prior consent from course staff, or in case of emergency (eg. asthma pump or epi-pen for allergies), but this must be clearly indicated in the Medical and Participant Consent form as long as a clear dose regimen is provided before the programme starts. We strongly encourage any

medication to be given to a designated staff member for safe-keeping upon your arrival to UWC Atlantic.

Any changes to the information provided in the form must be provided prior to the start of the course.

#### 4. Information and Guidance – Adventurous, Physical and Outdoors Activities

The AO RAC will involve a wide and diverse range of outdoor and adventurous activities. These may include activities on land, water, underground, and those based on the sea. Atlantic Outdoors has a range of onsite facilities (e.g. climbing wall, swimming pool) and it also benefits from its coastal location. Sessions are also delivered off site at venues away from the college.

Taking part in any adventurous activity involves some element of risk. It is not possible to totally eliminate all risks. The management of safety is the shared responsibility of the participant, parent/ guardian and Atlantic Outdoors / Other appointed staff. Where the risks are managed effectively, a balance is achieved between having fun, learning and everyone's safety.

First aid will be administered, if required, by first aid trained and qualified staff. In the event of serious injury and/or illness medical care will be provided by local doctors or hospital services.

The information provided in the brochure will help you to understand the nature and risks involved with the activity and programmes being delivered. On occasions we may use external providers to deliver our activity, in this case we will ensure that any relevant checks and safety systems are in place and meet the regulatory standards.



The range of activities offered can be grouped into the following categories and examples:

##### **Mountain and Land Based**

*Trekking and Mountaineering, Rock Climbing, Abseiling, Mountain Biking, Caving, Camp Craft*

##### **Water Based**

*Paddle Sport (sea and inland), White Water Rafting, Paddle Boarding, Powerboat Training*

##### **Sea and Surf**

*Board Surfing, Lifesaving, Surf Kayaking*

##### **Combined Water and Rock**

*Coasteering, Gorge Scrambling*

##### **General Activity**

*Archery, Problem Solving and Team Tasks/Games, Pool Activities, Bush Craft, Field Work*

##### **Physical Activity**

*Team sports, Gym, Dance, Swimming, Physical Activity, Ball Games*

### **Our Commitment to Safety**

Atlantic Outdoors is a college department with specific responsibility for outdoor and adventure activities. As part of its safe management our qualified staff will provide risk managed activities. Our safety management system is externally inspected by the Adventurous Activities Licensing Authority as per UK Regulations and Legislation. (License number R0118). In addition, we are an Approved Training Centre offering Royal Lifesaving Society Awards and Qualifications.

Should you wish to discuss any aspects of outdoor, adventure and physical activity or if you have any questions about the delivery of the programme and/or service you can contact the Head of Atlantic Outdoors. Parents / Guardians are entitled to withdraw participant consent for any aspect of our services / activities at any time by stating so in writing to the Head of Atlantic Outdoors. Tom Partridge – [Tom.Partridge@atlanticcollege.org](mailto:Tom.Partridge@atlanticcollege.org) +44(0)1446 799025

### **5. Travel Information**

**Participants** should aim to arrive at UWC Atlantic on Wednesday 14<sup>th</sup> August between 10:00-11:30, and to depart Friday 23<sup>rd</sup> August between 16:00-17:00. We anticipate the majority of participants to be dropped off by Parents. However, those wishing to travel by train, should aim to arrive/depart from either Bridgend or Llantwit Major stations during the times listed above, we can arrange for transfer to the college, these must be requested and agreed via email through the following email address. [simon.neenan@atlanticcollege.org](mailto:simon.neenan@atlanticcollege.org)

### **6. Dietary Requirements**

**Please include all dietary requirements in the Parental consent and personal details form.**

If we do not receive this information from you, we assume you have no specific dietary requirements and you can eat meat, eggs, fish and dairy products. All main meals will be prepared by our catering team at UWC Atlantic, and include a range of healthy options, including vegan and vegetarian options. Hot and cold drinks, snacks and fruit will also be available throughout the day, and cereal, milk, toast and preserves will be available in the Student Houses throughout the whole duration of the programme. Weather permitting, we envisage to have at several meals outside, picnic style, where cold food or a BBQ will be served. Participants are welcome to bring any food or nibbles of their choice, a communal fridge is available in the accommodation day room, please avoid bringing any food which contain nuts in case there is someone allergic to these.

### **7. Kit List (What to bring)**

<u>Essential</u>	<u>Optional</u>
<ul style="list-style-type: none"><li>• Appropriate clothing (day to day clothes)</li><li>• Loose fitting clothing that can be worn for outdoors and sports activities, eg.</li></ul>	<ul style="list-style-type: none"><li>• Full wetsuit if you have one</li><li>• Sleeping bag if you have your own for the expedition</li></ul>

<p>Tracksuit, hooded sweatshirts, shorts, leggings, etc. (Not just jeans)</p> <ul style="list-style-type: none"> <li>• Range of appropriate clothing for the activities and different types of weather (Please remember it is Wales in the summer)</li> <li>• Warm clothes/Waterproof clothing (can be provided if needed)</li> <li>• Several changes of underwear/socks (although laundry facilities available on campus free of charge)</li> <li>• Swimming Costume</li> <li>• Sports shoes</li> <li>• Flip flops</li> <li>• Wellington boots</li> <li>• Hiking Boots or shoes and thick socks</li> <li>• Sun screen</li> <li>• Wash Kit (Personal Hygiene items)</li> <li>• At least 1 large towel</li> <li>• Pyjamas or similar sleeping clothes</li> <li>• Torch</li> <li>• Drinks bottle and lunch box</li> <li>• Medication</li> <li>• Pocket money</li> </ul>	<ul style="list-style-type: none"> <li>• Musical instrument (if you have/play one and would like to bring it and shared your musical talent with the rest of the group)</li> <li>• Reading book</li> <li>• Personal Journal/Diary</li> <li>• Camera/mobile phone</li> <li>• Laptop/Tablet</li> <li>• Writing utensils</li> </ul>
---	--

*Note (1): We strongly advise you to leave any **valuables** at home as AO cannot be responsible for the loss or damage of any personal belongings. A lockable safe can be available to allow the safe storage of valuable documents (eg. passport and pocket money).*

*Note (2) Wales is known for mild and wet Summers, therefore, we can't stress enough the need for appropriate clothing as well as a waterproof jacket, a hat, and enough sun screen to last the whole duration of the programme. Basic toiletries can be purchased on campus but we advise you to pack enough personal hygiene items to last the whole duration of the programme.*

*Note (3): All specialist and safety equipment for activities will be provided by AO.*

## 8. Participants' Expectations

To ensure all participants and staff make the best out of this experience, we would much appreciate if you could reflect on these expectations which are to be respected, and followed by everyone at all times. Should participants fail to adhere to these, parents/guardians would be informed, and a decision of withdrawal from the programme may incur without prior warning. We hope you appreciate the physical and emotional well-being, and safety of all participants and staff is our priority.

<p><b>Medical and Dietary Requirements</b></p>	<p>The dining hall provides healthy and balanced meals, and food containing nuts should not be brought on campus. All medical problems are handled promptly and discreetly at a highly personal level by appropriate medical services which are on call at all times, and we will attempt to accommodate religious or medical dietary requirements if notified prior to arrival</p>
--	---

<b>Use of Technology</b>	Free Wi-Fi is accessible on the campus to all participants, but participants are encouraged to limit its use in order to maximize face to face social interactions with your peers. ARAC will not be responsible for any loss or damage to personal belongings of any kind, however, any damage to or loss of personal belongings needs to be reported directly to the member of staff on duty during the programme, so we can take this into account and find solutions together. Misconduct, including cyber violence/harassment/bullying using UWC Atlantic College's equipment and/or internet facilities will not be tolerated throughout the whole duration of ARAC 2019.
<b>Alcohol, Drugs and Smoking</b>	The possession use and trafficking of any type of recreational drugs and alcohol is not permitted on and off campus throughout the whole duration of ARAC 2019. Smoking is only permitted on designated areas around campus, and if you are 18+ years of age or you have parents/guardian's consent (if under 18). Any participants not abiding by these rules may incur in immediate dismissal from the programme without prior warning.
<b>Sexual Interaction</b>	No sexual interaction of any kind will be permitted on campus and off campus throughout the whole duration of ARAC 2019. Access to other participants' dorms will not be permitted during daytime time activities and after curfew. Participants are expected to use designated areas (eg. Day Room) to interact with each other when back in their dorms
<b>Social Interaction</b>	No violence/harassment/bullying of any kind towards participants, staff and members of the public will be tolerated on campus and off campus throughout the whole duration of ARAC 2019.
<b>Property and Local Environment</b>	No damage to property and/or the local environment of any kind will be tolerated on campus and off campus throughout the whole duration of ARAC 2019.
<b>Off Campus &amp; Curfew</b>	<p>Participants will only be allowed off campus if supervised by a member of staff of Atlantic Outdoors and/or UWC Atlantic College.</p> <p>During breaks and free time, participants are encouraged to take advantage of the beautiful location of the UWC Atlantic College campus with the exception of the seafront, farm, churchyard, public pathways, upper floor/balcony areas inside St Donat's Castle, and any other areas designated as out of bounds.</p> <p>Curfew is at 22h30, therefore, all participants must be back in the Student House by then unless undertaking any activity supervised by a member of staff of ARAC 2019 or Atlantic Outdoors</p>