

Year 7 activities day and overnight camp

- Friday 28th September and Saturday 29th September 2018
- Arrive at school for 8am to be taken to Tolmers (we will line up on the field outside the science block)
- Return to school on Saturday about 11.30 am
- Please arrange in advance if you will meet your child on Saturday or just let them go home by themselves

- Situated about a mile from the historic village of Cuffley, the site comprises some 100 acres, with about 70 acres of grass interspersed with tree plantations, with the remaining 30 acres being woodland.



Aeroball



- an activity that combines the game of basketball with trampolines
- try to get the ball in the opposite goal whilst your opponent defends
- 2 sets of trampolines, 4 players can take part at one time



Archery

- Two sheltered ranges and all the required equipment.
- Archery is run by Tolmers Service Crew instructors to Grand National Archery Society Sports Leader Award standards.





Air Rifles

- Tolmers has two outdoor and one indoor range.
- Air Rifle shooting using .177 calibre rifles is run by Tolmers Service Crew instructors holding the National Small-bore Rifle Association Youth Leader qualification.





Bungee Run

- How far can you run up the channel before being pulled back by the elastic bungee
- 2 participants at a time



Coconut Tree



- 22ft tall when in operation
- hydraulic belay system
- 3 climbers at one time
- one tree has an electronic timer
- covered under the ADIPS safety regulations
- includes a trained instructor



Giant Slide

Gladiators



- a large inflatable base with 2 podiums
- participants stand on each podium and using batons, have to try and knock their opponents off their podium.
- safety headgear provided



Mountain of Air





Pedal Karts

- pedal your way round a specially designed course
- 4 participants at a time
- covered observation area for waiting
- includes a trained instructor





Vertical Wall

- 26ft high climbing wall
- 4 climbers at one time
- hydraulic belay system
- covered under the ADIPS safety regulations
- includes a trained instructor



Toilets and showers



- There are four toilet blocks all have hot and cold running water.
- The two main blocks are placed centrally in the two main camping areas, and provide shower facilities too.
- All toilet blocks are regularly inspected and cleaned by our volunteer service crew.

Eating

There is a large covered
marquee that will hold all
270 students and
teachers.





Menu – options to be given in advance

	Friday Lunch	Friday Dinner	Saturday breakfast
Meat option		Beef lasagne	Full English, poached egg, veggie sausage, hash browns, beans.
		Chicken Korma	
Vegetarian option	Jacket potatoes, beans and salad	Vegetable lasagne	Full English, poached egg, veggie sausage, hash browns, beans.
Dessert		Chocolate cake with or without cream	Toast and jams Cereal selection Fresh fruit juice

Tea, coffee, squash and water available at meal times.

Camping area

5 man tents are provided and pitched by the staff at Tolmers



Friday Night Bonfire



Vending machine and shop



Fun we had last year





Team Spirit

- The Tolmers experience is about confidence building, new experiences, team building and healthy and fun competition.
- On all activities, students will have to wait their turn but everyone will have a go at 6 different activities.

Camping

- There will be one night of camping
- Tents will be pitched and taken down by the Tolmers staff
- Camping is an experience
- Camping is not a 5* hotel

What to bring and not bring

You will need to bring

- Warm clothes – fleeces
- One change of clothes
- Torches or a torch
- A sleeping bag
- A sleeping mat / bed or inflatable mattress
- Something to sit on
- A toothbrush and toothpaste
- Some snacks (no peanuts)
- A good sense of humour and patience!

You will NOT need to bring

- Your own tent
- A suitcase of clothes
- Stuff for a shower – go home smelly!
- Lots of Money
- Anything electrical – this is camping not glamping

Risks

- All activities will be accompanied by a trained member of staff from Tolmers and a member of staff from Fortismere.
- Tolmers is a large camp site set in woodland and grassland and there are potentially many risks on the site.
- All students need to be fully aware that they are responsible for their own sensible behaviour around the site and that they stay in a group and make sure that their leader knows where they are