

# **WINMARLEIGH**

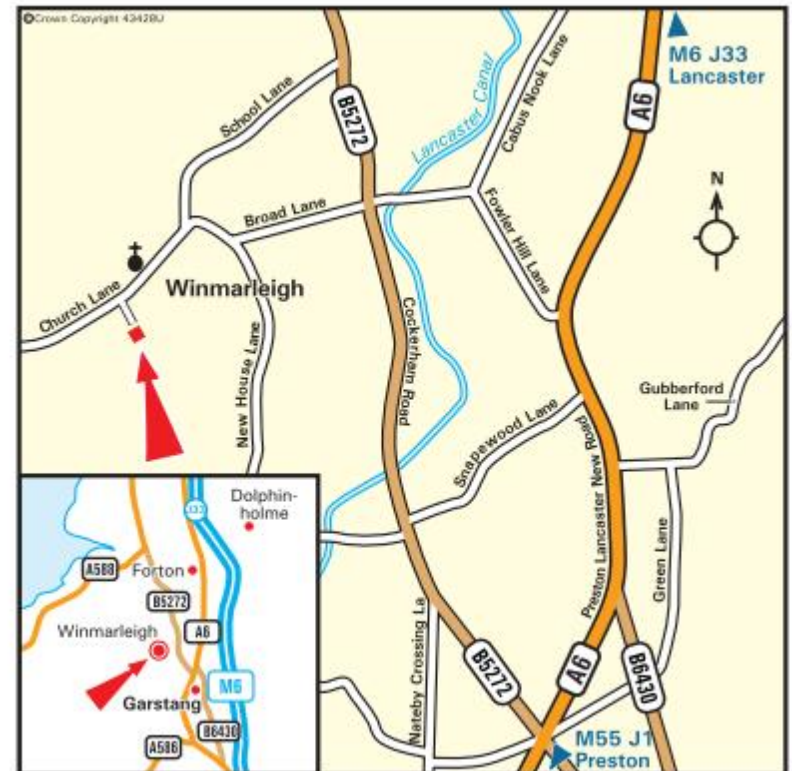
WEDNESDAY 25<sup>TH</sup> FEB-FRIDAY 27<sup>TH</sup> FEB

# WINMARLEIGH

Winmarleigh Hall adventure centre is located in woodland near the Forest of Bowland.

It is approximately 1 hour drive from Crosby

Trusted site and company



# WHY WINMARLEIGH ?



**What's it all about?**

Teachers and Leaders - more information



# PARENTS' CONCERNS



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0333 321 2116

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Why PGL

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## Accommodation

### Parent Guide



#### Parent Guide

- ▶ Accommodation
- ▶ Checklist
- ▶ Education
- ▶ Company history
- ▶ Food
- ▶ Peace of mind
- ▶ Further Questions

#### Find out more

Take a look at our centres and courses for your child's PGL trip. Choose from

#### What is the accommodation like?

We are proud to offer some of the best standards of accommodation for school groups in the industry. Accommodation varies from tents to en suite wooden lodges, or dormitories in mansion houses. We also use hotel accommodation which is carefully selected for suitability to school group requirements.

#### Are your centres and hotels inspected?

Yes, health and safety is our number one priority and all our centres and activities are subject to inspection by the relevant authorities.

- ▶ Our memberships and affiliations
- ▶ Take a look at our Code of Practice, Safety Management and Safeguarding Policies

#### Get in Touch



- ▶ Request a quote
- ▶ Request a callback
- ▶ Newsletter sign-up

Call us on 0333 321 2116

#### Shortcuts

- ▶ Teacher Guide
- ▶ Learnlink™
- ▶ Memberships and affiliations
- ▶ Free teacher preview weekends

# STAFFING

**Staff from Great Crosby staff will escort the children.  
Team is experienced – any concerns please speak to  
your class teacher**

# RISK ASSESSMENT



## Risk Assessment - Winmarleigh Hall

### Activity Risk Management

#### Activities

	Inherent Risk Present					
	Drowning	Falling	Entrapment Entanglement	Getting Lost	Hypothermia	Specific Other
Abseiling	no	yes	yes	no	no	no
All Aboard	no	yes	yes	no	no	no
Archery	no	no	no	no	no	being struck
Canoeing	yes	no	yes	no	yes	being struck
Challenge Course	no	yes	yes	no	no	slips & trips
Climbing	no	yes	yes	no	no	no
Fencing	no	no	no	no	no	being struck
Giant Swing	no	yes	no	no	no	no
High Ropes Course	no	yes	yes	no	no	no
Jacob's Ladder	no	yes	yes	no	no	no
Low Level Ropes Course	no	yes	no	no	no	slips & trips
Orienteering	no	no	no	yes	no	slips & trips
Problem Solving	no	no	no	no	no	slips & trips
Quad Biking	no	no	no	no	no	no
Raft Building	yes	no	yes	no	yes	being struck
Sensory Trail	no	yes	no	no	no	slips & trips
Survivor	no	no	no	no	no	being struck
Trapeze	no	yes	no	no	no	no
Vertical Challenge	no	yes	yes	no	no	no
Zip Wire	no	yes	yes	no	no	slips & trips

	Control Measures In Place					
	Swimming Ability Check	Instructor Competence (see note 1)	Standard Procedures	Activity on PGL Site	Protective Equipment	First Aid Cover
		✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓
✓		✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓
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		✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓

Note 1: Please see Code of Practice for further details on instructor competence.

### Risk Assessment Summary

#### Activities

	Residual Risk Level (low, med or high)	Activities Residual Risk Explanation	Specific Control Measure
Abseiling	low	n/a	
All Aboard	low	n/a	
Archery	low	n/a	
Canoeing	low	n/a	
Challenge Course	low	n/a	
Climbing	low	n/a	
Fencing	low	n/a	
Giant Swing	low	n/a	
High Ropes Course	low	n/a	
Jacob's Ladder	low	n/a	
Low Level Ropes Course	low	n/a	
Orienteering	low	n/a	
Problem Solving	low	n/a	
Quad Biking	low	n/a	
Raft Building	low	n/a	

Sensory Trail  
Survivor  
Trapeze  
Vertical Challenge  
Zip Wire

	Residual Risk Level (low, med or high)	Activities cont. Residual Risk Explanation	Specific Control Measure
	low	n/a	
	low	n/a	
	low	n/a	
	low	n/a	
	low	n/a	











# CAFETERIA



# FOOD



# the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Scrambled Egg Mushrooms  Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon (V) Vegetable Sausages Baked Beans Tomatoes  Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce  Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon (V) Vegetable Sausages Omelette Baked Beans  Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Hash Browns Baked Beans  Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Scrambled Egg Mushrooms  Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon (V) Vegetable Sausages Hash Browns Spaghetti in Tomato Sauce  Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads  Pizza with a Choice of Meat or Vegetarian Toppings Potato Wedges  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Baguette or Wrap Choice of Meat & Vegetarian Fillings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potato Choice of Meat & Vegetarian Toppings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Pasta Bar Choice of Meat or Vegetarian Dish Garlic Bread  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Build a Burger Meat or Vegetarian Burger with Choice of Relishes Fried Onions Chips  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potato Choice of Meat & Vegetarian Toppings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Giant Sausage Roll (V) Roasted Mediterranean Vegetable Quiche Chips and Baked Beans  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Cottage Pie with Onion Gravy Fish Fingers (V) Vegetable Nuggets Chips Broccoli & Baked Beans  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Beef Bolognese Slow-Cooked Pork Casserole (V) Mushroom Stroganoff Pasta or Rice Green Beans & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Jam Sponge with Custard Hot & Cold Drinks	Homemade Soup of the Day  Oven-Baked Chicken Nuggets Beef Lasagne (V) Feta Cheese & Mediterranean Vegetable Lattice Chips Peas & Carrots  Seasonal Fresh Fruit & Salad Bar Angel Delight Hot & Cold Drinks	Homemade Soup of the Day  Meatballs in Tomato Sauce Chicken & Vegetable Pie (V) Sweet Potato, Lentil & Vegetable Curry New Potatoes or Rice Cauliflower & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Apple Crumble with Custard Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Chicken & Vegetable Curry (V) Sun-Dried Tomato, Basil & Mozzarella Pasta Chips or Rice Green Beans & Mushy Peas  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day  Coated Chicken Strips with Sweet Chili Sauce Sweet & Sour Pork with Vegetables (V) Ricotta & Spinach Cannelloni Potato Wedges or Rice Sweetcorn Cobbettes & Broccoli  Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day  Roast Beef and Vegetables with Yorkshire Pudding & Gravy (V) Macaroni Cheese Roast Potatoes Braised Savoy Cabbage & Carrots  Seasonal Fresh Fruit & Salad Bar Chocolate Sponge with Chocolate Sauce Hot & Cold Drinks

Please note: this menu is subject to product availability and may change.

Wk1517

# MEDICAL FORM

**Send into school as soon as possible**

**Must be completed with emergency telephone numbers and medical details.**

**Please ensure that any medicines mentioned on the medical form are sent into school on the day of the trip along with the administering medicines form found on the school website and both handed to the class teacher**





# MEDICINES

**On the morning of the trip -**

**Labelled with children's names and clear instructions written down. When? How much? Forms can be found on the school website**

**Children should not have any medicines in their cases.**

**Inhalers (labelled) should stay with children at all times and spares handed in.**

**Travel sickness tablets for homeward journey to be handed in**



**SWEETS**

**No sweets or snacks**



# VALUABLES

**No mobile phones/smart watches**

**No ipads/ipods**

**No digital cameras-only disposable camera**





# ACCOMODATION-LIST OF FRIENDS



# EMERGENCY

**In case of an emergency please contact school via email  
and school will contact staff at Winmarleigh**



# PACKING

Children need to be able to carry/pull along their bags/cases.

Please use the clothing list to help pack.

Please encourage the children to pack so they know what is theirs! If possible please label the children's clothes



## WHAT TO BRING

Please ensure that all items are named.

### CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- ☐ T-shirts
- ☐ Long sleeved shirt/T-shirts
- ☐ Waterproof jacket
- ☐ Fleece/jumpers
- ☐ Tops & jackets
- ☐ Trousers or leggings but not jeans as they get heavy and cold when wet
- ☐ Underwear & socks
- ☐ 1 or 2 sets of clothes for the evening
- ☐ Suitable nightwear

### What to wear

We have included some guidance on what to wear and what not to wear for activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

#### Water-based activities

Old trainers/water shoes  
Warm clothing  
Layers  
Old clothes  
NO Jeans  
No flip flops etc

#### Rope sessions

Sturdy shoes/trainers  
Tops to cover shoulders  
Long trousers  
No flip flops etc  
No jeans

### FOOTWEAR

- ☐ 2 pairs of trainers
- ☐ 1 pair of dry Slippers /sliders for indoors

1 for activities  
1 old pair for watersports

### OTHER ITEMS

- ☐ 2 towels
- ☐ Reusable drinks bottle
- ☐ Small rucksack/bag
- ☐ Labelled bin bag for wet and dirty clothing
- ☐ Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- ☐ Disposable camera to take some pictures
- ☐ Hair ties for long hair
- ☐ Torch
- ☐ No Mobile phones
- ☐ No Smart Watches
- ☐ No Money
- ☐ No Sweets
- ☐ No digital cameras

#### Muddy activities

Old trainers  
Long trousers  
Layers  
Waterproof coat  
No flip flops  
No jeans /shorts



# BEFORE THE DAY!

Send in final payments

Send in medical form

Please DO NOT BUY and new clothes- old clothes are ideal



## ON THE DAY

Arrive school at normal time and take luggage into the classroom. Children should be dressed for activities

Children need a packed lunch

Hand all medicines to me/class teacher with instructions written down. These sheets are available on the website



# ARRIVAL HOME

We will leave Winmarleigh at approximately 1:30pm so should be at school about 2.45pm- we will send texts out to advise

Children can be collected from the classroom or alternatively they can be dismissed at 3.15pm

