

Suffolk County Scout Council

Registered Charity number 305682

County Mountain Activities Team
Event Administrator – Malcolm Bell
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Light Weight Hike & Camping Weekend in The Lake District National Park based at Park House, 34 Main Street, Hawkshead, Cumbria, LA22 0NT

**Saturday June 30th to Sunday July 1st 2018
(travelling to the venue Friday June 29th evening)**

- For those who have some experience in **summer hill walking** and wish to try out backpacking. Please ensure your outdoor gear is suitable for this event – see over.
- Participants may have the opportunity to camp out in the mountains on Saturday night, subject to favourable weather conditions and being suitably equipped. A return-to-base option will also be available for those not wishing to carry their equipment and camp out.
- For Leaders, approved Adults, Scout Network, Explorer Scouts, and Scouts (aged at least 11yrs on July 1st 2018).
- Cost £35.00 per person
- Covers the cost of Centre accommodation, breakfast and packed lunch on Saturday and a hot lunch on Sunday. Participants will be supplied with a light-weight meal to be cooked at the overnight camp on Saturday and also porridge and/or another substantial breakfast for Sunday morning.
- Transport – Units and Groups to make their own arrangements. Some transport may be available, please indicate if you are interested in this.
- There is a limit of 40 places for indoor accommodation – camping is not available on Friday night.
- Kit – See list overleaf.
- **InTouch information** – Groups/Units may arrange their own home contact but due to the adventurous nature of the activities offered by the Team we maintain a central Home Contact and all enquiries to the Team during the Event should be routed through this person.
- The Event Team will also convey any necessary information to individual Group/Unit contacts and/or parents/carers during the Event through the central Home Contact – this contact will be advised to participants after booking received.
- In Touch details will be sent to all confirmed applications and shown upon draft Leader's Form NAN.
- Fill in the application below and send with a cheque payable to SUFFOLK COUNTY CLIMBING TEAM to Malcolm Bell **as soon as possible** and by no later than June 16th 2018. There will be no refunds after that date for cancellations unless the Team can allocate places to another candidate.

- If you require any further information please contact Malcolm Bell – details as above.

Kit List: (Please have Group or Unit Scarf available)

Rucksac/bag - large enough to carry all you need for the overnight camp.

WARM Sleeping bag. Mattresses are provided at the hostel on Friday night.

Waterproof outer garments and hiking boots,

Warm sweater, T-shirts or similar, shorts/trousers, spare clothing, underclothes and socks.

Indoor shoes/trainers – please note outdoor shoes/boots not allowed in common areas & dormitories . Washing kit, towel, swimming trunks/costume and hankies

Personal first aid kit, torch/batteries and whistle.

Waterproof bags and/or bin liners to keep your kit dry when walking.

Mug and tea towel (*PLEASE*). Other crockery & utensils provided at the Centre.

Sandwich box and unbreakable drinks bottle/container.

Pencil and small note-book or pad. Map case and compass.

Groups will need to provide the following for their Scouts: Light-weight tent(s), light-weight cooking equipment (including fuel) suitable for the numbers using it

Please note this is the **minimum** amount of kit required for this type of event.

[Outdoor clothing and footwear must be suitable for the weather conditions that may be experienced when taking part in these activities in a hill or mountain environment.](#)

All activities will be run in accordance with the Scout Association Rules. No responsibility for personal equipment, clothing and effects can be accepted by the Event Organisers and the Scout Association **DOES NOT** provide automatic insurance cover in respect of such items. This includes mobile telephones and participants will be encouraged to turn off phones during the event and only use in an absolute emergency.

Walk Leaders should also have their own OS Explorer Maps OL4 & OL6 or the equivalent Harveys walkers maps all at 1:25 000 scale.

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Access to the Centre is not available until 1700hrs and until a delegated Team member has after taking responsibility for the accommodation.

DATA PROTECTION ACT 1984

To comply with section 33, sub-section 3 of the DPA the County Mountain Activities Team Secretary requires your agreement to holding your personal data on a computerised date base for the purpose of distributing, or recording the distribution of, articles or information to the data subjects and consisting only of your name, address or other particulars necessary for the effecting the distribution. If you do not agree please put X in a box at the bottom right hand corner of the page. Your details will not be released to any third party.

Walking Weekend June/July 2018 based at Park House Scout & Guide Centre

Please note: all participants to complete all sections of this form. It gives authority for the Event Leader to sign on your behalf any papers needed by the Medical Authorities in case of emergency treatment.

Leaders/Parents - Please ensure these forms are complete before sending in applications.

It is with regret the Team have decided that due to the high number of incomplete forms being received and the time consumed in retrieving this information that in future bookings will only be accepted upon receipt of application forms containing all the information required for the welfare of all participants.

Please reserve place(s) for on the [Park House 2018 event](#) - cheque for £ or BACS

Name: _____ Group/Unit: _____

Address: _____ e-mail: _____

Postcode: _____ Telephone: _____

National Health Service Number: _____ Date of Birth: _____

Date of last Tetanus injection: _____ Medicines currently being taken: _____

Are you allergic to anything (eg aspirin, antibiotics, particular drugs or food?), if so please give details:

Do you have any special dietary needs?

Do you have any mobility difficulties?

Name and address of family doctor:

Telephone number

During the event (if not at home, ie holiday etc) my can be contacted at:

Name: (of parent/carer, relative, family friend)

Telephone number (Landline please).....**If a landline number is not available please provide the address of the above if not the same as the participant in addition to a mobile phone number – thanks.**

Address: (of parent/carer, relative, family friend)

I will inform you if she/he/I has/ or have been in contact with any infectious disease within three weeks prior to the event. If it becomes necessary for to receive medical treatment and I cannot be contacted by telephone, or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the Scouter-In-Charge to the event, to sign any document required by the hospital authorities.

Signature.....Date.....

Note: The medical profession takes the view that the parent's/carer's consent to medical treatment cannot be delegated. This view is explicit in the Children's Act 1989. Thus medical consent forms have no legal status and a doctor or nurse insisting on the consent of a parent/care has the right to so. For this reason we do not recommend that Leaders insist on parents/carers signing the statement above. However, it can be a comfort to medical staff to have general consent in advance from parents/carers or to have a Leader on hand able to sign forms required by the medical authorities.

Please state (briefly) hill walking experience i.e. area, frequency and whether your wish to lead or assist in leading a walking group: