



STEVENAGE SCOUTS

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District Scout Adventure Day Saturday 1st July 2017 - Fairlands Valley Park Final Arrangements



9:30am Saturday 1st July, 5th Stevenage Scout HQ, Shephall View. Please check-in and collect information on your activity session times. You will need the kit listed below and a **packed lunch**. Squash will be provided.

4:15pm Saturday 1st July, 5th Stevenage Scout HQ, Shephall View. Please arrange to be picked up from here. Scouts mustn't leave Fairlands Valley Park without first checking out at the 5th Stevenage Scout HQ.

Activity groups are arranged before the event to ensure an efficient start (maximising on activity time). It will not be possible to change groups on the day. **You may e-mail Neil no later than Thursday 29th June, using the e-mail address above to suggest a Scout who you would like to be in the same group as yourself.** We will do what we can to accommodate your request, but this can't be guaranteed. Please don't ask to change groups on the day.

We will aim to provide about an hour of each activity; Sailing, canoeing, shooting, high ropes and crate stacking. Activities may have to be adapted if the weather is unsuitable but we will do everything possible to ensure you have a good day! A one hour break will be provided for you to eat your **packed lunch (which you must supply!)**. Please do not plan to leave Fairlands Valley Park at lunch-time. If the weather is bad, we will provide shelter.

The following kit will be required:

- Please arrive in suitable activity clothing for the weather (not uniform), but **wearing your Troop Scarf.**
- Packed lunch and drink.
- A **complete change of comfortable loose fitting clothing with soft soled shoes** for wearing in the boats. You will get wet and there will be other activities to do before and after the water activities!
- A waterproof jacket, **regardless of the weather.**
- A large towel.
- A bag for your wet clothes.
- Suitable bag to carry all this kit in!
- Sun cream & sun hat.

Notes

- If you wear glasses, please tie them on.
- Cover all cuts with plasters.
- No jeans, wellies or bulky trainers to be worn in the boats.
- All Scouts **must** shower after water activities (at home is fine!)



The following information is only for guidance, and is usually provided for Scout water activities. There are some simple precautions which should be taken before and after any water sport on open water to reduce the risk of suffering from waterborne infections:

- Before - Cover any cuts with waterproof plasters.
- During - Scouts must not go bare footed.
- After - Shower or bath as soon as possible and wash your hands before eating.



If you develop **serious** flu like symptoms up to 3 weeks afterwards, consult a doctor **urgently**, tell him you have taken part in a water sport, and ask for an Elisa blood test for Weils disease. Please also notify your Scout Leader.

I look forward to seeing you on the day. **Neil**

Emergency contact number: 07805 389486