



# Clonturk Community College

1st Year Turas

# Staff



Anna (Group Leader)

Kate

Kathy

Ella

Darren

Ciara

Rosa

Nikki Jo

Margaret

# Contact Details



Carlingford Adventure Centre:  
042 93 73 100

School Mobile Phone (will be with group leader):  
083 034 6050



# Itinerary Day 1

## **Day 1**

7.45 am- Students arrive at school

8.00 am- Bus departs school- We will not wait for latecomers

**9.30 am** Arrive Carlingford Adventure Centre.

**1.00 pm** Hot Lunch, Optional Volleyball session

**2.00 pm** Activity session

**6.00pm** Dinner

**7.00pm** Evening Activity Session – Nightline in the forest

**9.00pm** DVD/ Board Games / Table Tennis / Pool Table / Volleyball

*Overnight accommodation at the Centre. 24hr supervision\*\**



# Itinerary Day 2

## Day 2

**8.30 am** Continental breakfast

**9.30am** Activity session

**1.00pm** Hot Lunch, Optional Volleyball session

**2.00 pm** Activity session

**4.00 pm** Bus Departs

**5.30 pm** Bus arrives at school

ALL STUDENTS MUST BE COLLECTED BY THEIR PARENT/ GUARDIAN

# Health & Safety



- All students must stay in groups of three at a minimum.
- All students must follow the instructions of the Carlingford Adventure Centre Staff at all times.
- Students should listen to instructions and advice from instructors for all activities.



# Mobile Phones

Carlingford Adventure Centre have drawn up a mobile phone policy for students visiting the centre in response to the significant increase in mobile phones, hand held electronic devices and smart watches amongst the school population over recent years for security and child protection reasons.

When we refer to mobile phones we refer to all mobile devices, mobile phones, tablets (iPads etc), Game Boys/PSPs, MP3s/iPods, smart watches etc.

As it is difficult to detect specific usage, this policy refers to ALL mobile communication devices.

At Carlingford Adventure Centre the welfare and well-being of our visitors, students and staff is our top priority.

The aim of the Mobile Phone Policy is to allow users to enjoy their stay at Carlingford Adventure Centre and provide them with the opportunity to use their mobile devices, whilst promoting safe and appropriate practice by establishing clear and acceptable mobile user guidelines.

It is recognised that the camera and video functions of mobile phones cause the most concern. These are most susceptible to misuse, mainly the taking and distribution of indecent images, exploitation and bullying.

We recognise that mobile phones are part of everyday life for many children and that they can play an important role in helping students feel safe and secure. However, we also recognise that the camera function on mobile phones can be mis-used especially in a situation where children are changing or if they are staying over on a residential stay.



# Mobile Phones

Residential Visits: Mobile phones are permitted for residential stays. HOWEVER they are only permitted from 5.00pm – 7.00pm & 9.00pm – 10.00pm. Mobile phones will be collected from all students before lights out. This is a Child Protection procedure so there will be no exceptions to this policy. Under no circumstances are phones allowed in bedrooms and are not allowed to be kept overnight. It is the teacher's responsibility to collect / distribute phones whilst they are here in the centre.

Teachers will store the mobile devices in a safe in Carlingford however, we are not responsible for the devices.



# Money and Valuables



- Money : All meals are paid for and are provided for in the Adventure Centre. There is a small shop attached to the centre but otherwise there should be no need for money.
- Everybody must take responsibility for their own money.
- Valuables : NO expensive jewellery, cameras etc should be brought. Teachers and instructors are **not** responsible for minding students' belongings.

# Rules & Regulations of the Centre



- Appropriate clothing and footwear should be worn.
- Absolutely no jewellery to be worn when on session.
- When out on adventure sessions- please keep to roads, paths and tracks at all times.
- Respect the environment; look after plants and animals.
- Listen to what your Instructors say and follow their instructions at all times – it is for your own safety.
- Behaviour should not be excessive, noisy or disruptive especially at night.
- Smoking, alcohol or unlawful substances are not permitted in the Centre.
- Fire extinguishers and other safety equipment are essential safety items and must only be activated in an emergency or in the event of fire. €20.00 p.p. per room- is charged for tampering with Fire alarm system/ smoke detectors.
- Please use the Centre and its contents with care.
- Bedrooms should be left clean and tidy on day of departure.
- We reserve the right to charge you for any extra cleaning, maintenance, missing or damaged items.
- On Day of Departure please vacate bedrooms before 10.00am. Baggage rooms are available

# School Trip Consent Form



1. I will behave in an appropriate and responsible way at all times. All members of the group will be treated with courtesy and respect. I accept that ALL the schools Rules including the Code of Behaviour applies during the turas.
2. I agree to give full co-operation to each member of staff throughout this turas. This applies especially in relation to punctuality as any delay will cause great inconvenience to the group and also with regard to obeying instructions.
3. I am in good health and I have permission to take part in all the organised activities. Any medical conditions or dietary requirements have been notified in writing to the school.
4. I accept that no alcohol, cigarettes, drugs or paraphernalia will be taken or purchased. This also includes items inc. pellet guns, and all material that would be deemed inappropriate in Clonturk Community College.
5. I accept that my luggage will be checked and inappropriate material confiscated.
6. I accept responsibility for my own property, money, luggage and valuables.



# Consequences

- Staff are legally obliged by the Education Act to take action.
- On Turas: may be made to spend days with teachers, stay in centre and not take part in activities.
- Parents asked to collect and take home.
- Return to school: **what goes on tour does NOT stay on tour.** On return to school, further action will be taken according to the normal disciplinary procedures.

# Medication



- We **must** be informed of any on going medical requirements.
- Any student who is taking medication must give the medication to their group leader in a ziploc bag.
- We will carry a First Aid Kit.
- Anyone who suffers from travel sickness please advise teachers prior to boarding the bus.

# Dietary Requirements



- Breakfast (Saturday), Lunch & Dinner are provided in the Centre.
- Everybody **must** have breakfast as days are long.
- We must be informed of any specific dietary requirements in advance of travelling.

# Medical Consent Form



**In the event of my son/daughter becoming ill, permission is given for her to receive medical attention (either from a doctor or in a hospital).**

**Signed: \_\_\_\_\_**  
**Parent/Guardian.**

**\*It is school policy to contact parents personally in the event of a medical emergency**

# What to bring

## WHAT TO BRING!

- › Waterproof jacket (hill walking boots are essential for Gaisce) tracksuit top, fleece, track bottoms & socks - at least one change per day. Jeans are not suitable. Clothes will get mucky, you may prefer to bring old clothes.
- › Swimming togs
- › 2 Pairs of runners (one old pair for water sports);
- › 2 Plastic bags for storage of wet gear.
- › Torch (winter only);
- › Personal toiletries & towels;
- › Sun screen (we cannot provide sunscreen due to unknown medical conditions)
- › Hat (if sunny)
- › If possible - small rucksack, waterproof trousers & walking boots (there is no need to buy walking boots/waterproof trousers, if you have them bring them).
- › Please note: wetsuits, buoyancy aids & helmets are provided for water-based activities

### WHAT NOT TO BRING!

**VALUABLES** - it is strongly recommended that any valuables are left at home. Lockers are provided free of charge for any personal items, Carlingford Adventure Centre cannot accept any responsibility for any damaged or missing property.

**There are no Hidden Extras!** The price of your Adventure Break includes all pre-booked meals, accommodation and activity sessions. However, students may wish to bring pocket money for sweets, minerals and crisps etc.





# Questions?