

Outdoor Adventure Residential

Trip Handbook



ellen
macarthur
cancer trust
rebuilding young
people's confidence



We're delighted you'll be joining us on another Trust trip this year! We hope this handbook will help answer any questions you might have about your trip. Please read it thoroughly and keep it somewhere safe. We will ring you a week or so before the trip to check you have all the information you need and answer any final questions. If you do have any questions before then, please do not hesitate to contact us (contact details on back page)





Outdoor Adventure Residential

A Bit More Info

This multi-activity trip run on the North Coast of Cornwall gives you the opportunity to try loads of different activities and challenges, building skills and confidence and having loads of fun!

You'll be surfing, body boarding, coasteering, kayaking, canoeing, climbing, abseiling, archery and coastal traversing.

Having met your Trust volunteer at your choice of meeting point you will travel to Outdoor Adventure where you will join the rest of the group. You will be shown to your room (these will be same sex, shared bedrooms or dorm rooms). We will do a short welcome, you can then spend the rest of the day familiarising yourself with the centre and getting to know everyone during team building activities.

The activities during your trip will be subject to weather conditions.

The activities will be lead by the Outdoor Adventure team and supported by the Ellen MacArthur Cancer Trust volunteers.

You will be split into groups for daytime activities. These will be decided based on age, ability and medical condition. You will be encouraged to take part in all activities on offer. The more you get involved, the more you will get out of the week!

Health & Safety

Whichever trip you join with the Trust, our aim is for it to be a safe and happy one! Safety is paramount to us and we make sure all the correct procedures and precautions are in place.

At Outdoor Adventure we operate under Outdoor Adventure Ltd safety management. All of their staff have enhanced DBS checks. For more information on this, visit www.outdooradventure.co.uk

We will be at: Outdoor Adventure, Atlantic Court, Widemouth Bay, Bude, Cornwall, EX23 0DF.
☎ 01288 362900



Everything you need to know

Medical Support

On all of our trips we have two qualified medics to help cover all necessary medical needs of our young people.

The medics will collect in any medication on the first evening and store it safely in a locked medical box until needed, supervising any use. If meds need refrigerating or ice packs freezing for the return journey, this is not a problem.

The medical information we have is taken from the medical and consent form filled in prior to the trip, when filling in these forms please ensure you include all relevant, up to date medical and non-medical information that you feel we should know about.

It is essential that you ensure all medication is in date and in its original packaging with the dispensary label.

Spending Money

You should not need to spend any money whilst on a Trust trip as everything is provided. However you may wish to bring along enough to buy extra snacks or souvenirs so we suggest no more than £20.

Volunteers

The Trust relies on volunteers to help run our trips. All those involved are trained to a high standard and have an enhanced DBS check. All are friendly and approachable and are there to make sure you have the best time possible. If you have any questions, concerns or worries whilst on your trip, please talk

to one of our staff or volunteers. If we don't know there's a problem, we can't help! Many of our volunteers are young adults who have sailed with the Trust as young people themselves. They can be very inspiring role models!

Rules & Regulations

We don't have many rules at the Trust, but those we do have are in place to ensure that everyone involved, young people and volunteers alike, are safe and happy.

During your welcome we will have a short discussion about acceptable behaviour on the trip, which everyone is expected to agree and adhere to.

Any form of bullying, be it verbal or physical will not be tolerated. Please talk to a member of staff or volunteer if you feel uncomfortable with anything said to yourself or anyone else on your trip, to enable us to deal with the situation as soon as possible.

Our staff and volunteers work extremely hard to try and make sure you have the best time possible whilst on your trip. We'd like to make it very clear that any abusive language or behaviour towards our staff and volunteers will not be tolerated.

Our residential trips are held at centres owned by other organisations. We ask you to please respect your surroundings, equipment and living areas.

As with all Trust trips there is a no smoking and no alcohol policy.



Travel

You will have received a letter with this handbook giving details of where and when you need to be at your pick up location. During your pre-trip phone call we will give you the name of the volunteer who will be meeting you. The cost of all transport is covered and if you need to be reimbursed for any travel to get you to the pick up location, please let us know.

If your travel time is over lunch time please ensure you bring a snack and pack lunch or money to buy some.

Food & Drink

You will be given a Trust water bottle to use whilst on the trip. We will make sure you drink plenty of liquids before, during and after activities. Any dietary requirements will be catered for providing you have noted them on your medical forms. All meals will be provided by the Outdoor Adventure team. Breakfast consists of cereals, toast and a cooked option. Lunch will be served at the centre in between activities. A hot meal will be provided in the evenings, followed by pudding, and snacks are available in the evening should you still be a bit peckish!



Mobile Phones & Valuables

Please be aware that any mobile phones or valuable electronic equipment are bought along to our trips entirely at your own risk. We recommend that these items should be left at home, as they tend to cause a distraction and could potentially get damaged. We do understand that you may want to bring these along for the journey. We will not prevent anyone from bringing these items along, however it is done so at your own risk and we will not be responsible for any loss or damage. Phone signal can be limited at Outdoor Adventure. Our staff and volunteers will have phones that can be used to phone home if necessary and Trust contact numbers are on the back of this booklet should family or friends need to get in touch while you're away.

Cameras

There will be a number of waterproof digital cameras available to use whilst on your trip. Please feel free to take as many photos as you like whilst on activities. These photos will then be emailed to your parents after the trip. If taking photos on your own personal camera or phone, please be aware that if other young people are in the photos they may not be happy for you to share these. Please make sure you get their permission before sharing!

Photos, Social Media & Press

The Trust respects the privacy of everyone who sails with us, but also knows that the more people that know about us, the more young people we can help. On your

medical and consent forms there is a section about consenting to the Trust using images of you on social media sites, using video and images for promotional material, having interviews and sending press releases to your local media. We would only do this with your permission. Please fill in the relevant 'yes' 'no' answers. Please feel free to like our Facebook page, follow us on Instagram, Twitter etc and become friends with other young people on your trip, however we ask that you please do not ask to become friends with, follow or add any of our staff or volunteers on any social media. You can contact volunteers via the Trust Facebook page or through a Trust member of staff by email.

After the Trip

After the trip we will ask you for some feedback, this is to help us to improve what we do. We will also email a link to you or your parents so that you can download the photos from the trip. We recognise that the recovery process can often last long after treatment ends. If you are under 18 you will receive a return to sail invite every year until you are 18. If you are over 18, you will receive at least two return to sail invites. Following this, there may then be opportunities to become a volunteer for the Trust.

What to Bring

Firstly we ask everyone to bring a sense of FUN! On a practical level however, the centre will provide waterproofs, wetsuits, safety equipment and we also always have plenty of high-factor sun cream on all of our trips. Please note that space in the bedrooms and dorm rooms can be quite tight,

so please bear this in mind when packing. We recommend packing clothes that can be layered depending on weather conditions and suggest you don't bring your best clothes as they may get ruined.



kit checklist

- All medication
(in original packaging with dispensary label, please make sure all emergency medication is in date)
- Washkit
- 2 x towels
- Trousers/shorts
- Sweatshirts/hoodies/fleeces
- T-shirts
- Underwear & socks
- 2 pairs of suitable shoes
(1 x old trainers/wetsuit boots you don't mind getting wet, 1 x practical onshore shoes)
- Pyjamas
- Swimming costume/shorts
(to wear under wetsuit)
- Sunglasses
- 2 large polythene bags to take home any damp clothing
- Woolly hat and gloves
(depending on the weather!)
- Waterproof coat for travel

*Bedding/pillows are provided at the centre

Visit www.ellenmacarthurcancertrust.org
to find out more about our trips



Contact us

We hope you have a fantastic time sailing with the Trust!

If you have any questions or problems before, during or after your trips,
please don't hesitate to contact us

Cowes, Isle of Wight Office: 01983 297750

Address: Ellen MacArthur Cancer Trust,
Unit 53, East Cowes Marina, Britannia Way,
East Cowes, Isle of Wight, PO32 6DG

returertosail@emcancertrust.org

   [@EMCTrust](https://www.instagram.com/emctrust) [#confidenceaftercancer](https://twitter.com/emctrust)

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