



Summer Camp - final information for parents

This contains very important information about the Camp and it is essential that all points are reviewed and dealt with.

Health and Permission Form

These forms must be completed as paper copies and returned by **JULY 8**.

H&P form. The programme may include hiking and water activities: so please include any relevant information, including if your son/daughter is a weak swimmer (less than 50 metres).

The H&P form includes an entry to give permission to the Scout Leader to give non-prescription pain-killer in a limited way, if we cannot contact you. It is a very rare occurrence to have to consider painkiller, however!

Coasteering. The programme will include a coasteering session, led by qualified instructors. We have not had final information on this yet: that will require a separate email to you.

Meanwhile, we EXPECT that the requirement will be

Old trainers (separate from main pair). We have to walk to the start and from the end, so flimsy beach shoes are not adequate.

Old shorts, to go over a provided wet suit.

Parent permission: not clear yet how you provide that on-line

Personal equipment and clothes

I hope that all scouts (and their parents) are quite clear about what they are taking: the list was on the previous letter. So please re-read the equipment list, notes, and other information, that were given in the previous letter, and contact me NOW if there is a problem so that we can sort out the best alternative.

A few extra notes: The programme may include water activities so a pair of old trainers (that can get wet) are needed for this.

Scouts might like to pack a small game (e.g. board game) suitable to play in the evening or (heaven forbid) during a wet spell. If this involves more than one person, so much the better.

We strongly suggest that Scouts should do their own packing and know where they put things. Tick off the items on the kit list as packed. ...and DEFINITELY use separate bags (for example - ideally colour-coded) to pack similar items together (e.g. socks).

Finally, we may be tight for space and so need all personal gear packed tightly.

Wood

There is no wood on the campsite, so we again ask for Scouts to bring in a bag of wood ONE WEEK before the camp. This should be DEAD and DRY and we really need wood that is 2 – 6 cm diameter.

Friday 22 July

There will be an important meeting, starting at the normal time for those scouts going to camp. However, no uniform is needed and we hope that we will finish by 8.30 p.m. We hope to load the van with the Group camping equipment during the evening. There will also be final instructions, so it is important that all campers come. Do not bring personal bags unless specifically asked.

Departure

Scouts should meet by 8.00 a.m. on Saturday the 21st, in the Homewood Road Church car park. Please bear with us, as we may not know until the day before, exactly when we can collect the equipment van to finish loading.

Scouts should bring a packed lunch, in a rigid lunch box that can then be used throughout the week, when we take packed lunches out of camp. It should be packed in a small day backpack (unframed) as the main personal bags will not be accessible during the journey. Cagoule/raincoat and anything else for the journey should also be in this day sack. The main bags will NOT be accessible until we arrive

Uniform

Scouts must travel in full, correct uniform on their top half (shirt and neckerchief). They may take off their shirts in the car (so t-shirts!). They may wear shorts as an alternative to Scout trousers. There are

NO OTHER alternatives: if they want to wear long trousers, it must be Scout Uniform Trousers.

Cakes

As usual, we expect that all parents will provide some cakes to add variety to our diet. Because several lunches are carried away from camp, we would especially appreciate cakes that will survive carrying. Nevertheless, all offerings are welcome. Please hand them in the evening before or at the car park to the leader designated for this: **do not** pack them in your son or daughter's bag.

Health

Medications (appropriately labeled) can be handed to the designated leader on the Friday evening before or on Saturday morning. They will be checked against the contents of the Health and Permission Form. Obviously, any last-minute alterations can be accommodated on departure. We must have written instructions about all medications.

Travel plans differ?

If any Scout is traveling one way or the other separately from the Troop, we need to know NOW. So, this MUST be indicated on the Health and Permission Form, whether you have previously mentioned it. Note that we leave the Campsite between 10.30 and 11.00 on Saturday. If you need to discuss details, contact me soon.

Mobile phones

These can be a problem at camps, both through their misuse and because anything electrical may get wet and ruined. We do not encourage Scouts to bring them. If they bring one, we need to register it: please use the Health and Permission form. The Group will take no responsibility for them, as it does not have insurance for personal equipment.

Scout and parents should note the Troop policy on mobiles on our website (Policies section)

Pocket money

The Troop runs a camp bank, into which scouts may deposit their pocket money. There is a limit of £15 per Scout in the bank, with the largest note accepted being £5, the rest in £1 or £2 coins, so that the money can be withdrawn in bits during the week. Thus if £15 is deposited, ideally it should be two £5 notes and the rest in £1 or £2 coins.

Scouts are responsible for any money they keep themselves. There are bank withdrawal

opportunities daily, but deposits and withdrawals must be in units of £1.

Money should be brought to the scout meeting on the Friday evening before we depart and deposited with the designated leader: after that the next bank opening may not be until Sunday, so Scouts should not deposit any money that they want for the journey. Our bank will not be open Saturday morning.

Location and contact

Postal address:

Name of Scout
18th St Albans Aquila Scout Troop
c/o St Brides Scout Campsite
Abbey Cottages
St Brides Green
St Brides
Haverfordwest SA62 3AJ

No site Telephone, but My mobile (but uncertain reception): ask the Scout Leader for this or look at bottom of emailed Newsletters

Return

We will be arriving back in St Albans at the Scout Group Headquarters on the Saturday afternoon about 4.00 p.m. Because we cannot estimate the time exactly, we post on the parents whatsapp group an hour or so ahead of arrival. Other parents can then contact that parent. Please remember that the equipment must be unloaded from the van and tents hung on our arrival, before scouts are dismissed. Of course, all campers - scouts and leaders - will be very tired, so I hope there will be some parents on hand to help with this unpacking and putting away.

Equipment pack away session

Sunday 31 July, 2:00 p.m.

Monday 1 August 7.00 p.m.

We will most likely have our usual sessions at the hut to clean up and put away all the camping equipment. We need some scouts and parents to help at one of these - even if for a short time. Arrangements will be finalised on our return.

Finally

Please contact me if you have questions but try to do so at least a week before we go.

Scout Leader

scout-leader@quila.scout-troop.org.uk

18th St Albans Aquila Scout Troop - Health and Permission form

The parent or guardian of the named scout must complete this form. It gives responsibility for your son/daughter to the Leader in charge of this Activity.

Use a separate sheet for extra information if necessary, but attach to this form.

Activity, location and date	Summer Camp
Scout's surname	
First name	

At the start of the activity, please inform the Leader:

- If your scout has been in contact with any infectious disease, within 3 weeks of departure.
- If your scout is bringing any medicine, this should be handed to the Leader at the start of the Camp, labeled with Scout's name. The dose should be recorded on this form. Any changes to medications should be reported ON PAPER at the start of the Activity.
- If your scout is undergoing any current medical treatment, giving details of the appropriate hospital or doctor concerned.

Please note that leaders take photos of the various activities at Camps:
I give permission for this. (If not please, cross out the paragraph)

I give permission for my son/daughter to attend this Camp. In the event of illness or accident requiring emergency hospital treatment, I authorize the Leader to sign any form of consent required by the hospital authorities, if the doctor concerned considers the delay required in getting my own signature unavoidable. I understand that the Leader reserves the right to send any Scout home should the need arise.

Scout's date of birth	
Parents/guardians names	
Scout's home address	
Post code	
Telephone number	

Address and telephone where a parent may be contacted during the period of the Activity, if different from the above home address:	
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Scout has Mobile phone at the activity? Write phone number	
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Travel: Indicate whether you can drive TO or FROM campsite and total number of Scouts (not names).	(does not apply to Summer Camp)
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NOT travelling at the times in activity information? Give time of drop off or pick up at the activity and who will be picking up.	
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My scout is a strong swimmer (50 metres) (Yes/no)	
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Health and Medical Information

Scout's National Health Number:	
Name of Scout's doctor:	
Doctor's address:	
Doctor's telephone:	
If your scout has been immunised against tetanus within the last ten years, give date, if known	

Indicate any relevant points about your scout's health, including:

- Allergies or sensitivities (e.g. to penicillin, aspirin)
- Disabilities (e.g. travel sickness)
- Any dietary restrictions

Give full details of precautions and remedies. List below medications that will be taken.

Medications:	Medication 1	Medication 2
Write the name of each medication		
Reason for medication (ailment etc)		
Precise dose, including amount and frequency (or the conditions that would require the medication)		
	Medication 3	Medication 4
Write the name of each medication		
Reason for medication (ailment etc)		
Precise dose, including amount and frequency (or the conditions that would require the medication)		

I give permission for the Leader to give up to two appropriate doses of non-prescription painkiller (paracetamol, ibuprofen), if we cannot contact you by phone. After that, parent permission will be sought by phone. Add "yes", if so, with any limitations beyond what is written here. A blank will be considered as being "no".	
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Parent's/guardian's signature <i>(original signature)</i>	
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Date	
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