

PARENT GUIDE



ABOUT LAND & WAVE

LAND & WAVE HISTORY

We love getting people outdoors; working really hard to make adventure accessible for everyone.

We've been delivering world class adventures to schools for over ten years now and we're really excited that your child will be spending time with us.

During the 2019 season, we worked with 74 different schools from across the UK and worked with over 5000 children, delivering epic adventures.

We promise we'll look after them like they're our own. With us, they'll be making new friends, learning new skills, developing their confidence and character everyday.

They'll return full of such great stories; you'll wish you could have come to.

We are Land & Wave and this is going to be the very best school trip.



Address: Unit 14, Jaden Centre, Prospect Business Park, Swanage, Dorset, BH19 1EJ

Contact: 01929 423031 | info@landandwave.co.uk



DAILY ADVENTURES

RAFT BUILDING

Raft building is a great activity to start the day. Students will be constructing a working raft from barrels, rope and poles, which they'll be paddling out into Swanage Bay.

This is a great way for the kids to develop their teamwork, leadership and most importantly, their communications skills.



PADDLE BOARDING

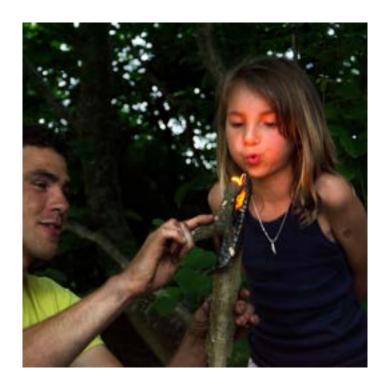
Using a mixture of individual and jumbo 17ft paddle boards in Swanage Bay, this great activity helps the students develop their personal and team building skills further.

It's all about balance, power and team building.

BUSHCRAFT SURVIVAL SKILLS

Getting out in the woods near Corfe Castle, the students will be learning all about fire lighting, campfire cooking (toasted marshmallows included), archery and how to build a waterproof den to protect them from the elements.

It's a great team building day filled with outdoor adventures, learning new skills and building confidence.



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DAILY ADVENTURES

ORIENTEERING

Students will be armed with maps and checkpoints to search out and reach. These navigation exercises promote independence and team building.

Group sizes will depend on abilities and we employ remote supervision with regular face to face check ups.



Students will be climbing a variety of routes up beautiful limestone cliffs, as they develop confidence, trust and resilience.

COASTEERING

One of the headline activities for the week.

Coasteering is all about jumping into and
playing in the sea, scrambling on the limestone
ledges and exploring the Jurassic Coast.

Coasteering really helps develop resilience, confidence, self reliance, risk awareness and teamwork.

SEA KAYAKING

Students will buddy up in double kayaks and be paddling around tranquil Swanage Bay.

Fun and games aplenty, as students develop teamwork and cooperation skills.





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THE CAMPSITE & FOOD

THE CAMPSITE

- Private and only used by Land & Wave groups
- Single sex tents
- Dedicated teacher tents at regular intervals
- Teachers will allocate spaces
- · Dedicated toilet and shower block
- Night Manager who sleeps on site
- Plenty of open space

THE TENTS

- 5 metre Bell Tents
- Maximum of 6 pupils per tent
- Single sex tents
- Camping mats provided

FOOD

- Provided by local business CrabApple Catering, www.crabapplecatering.co.uk
- Nut free
- Hot breakfast and dinners provided
- Packed lunches supplied (sandwich, crisps, fruit, cake and a chocolate bar)
- All dietary requirements are. Please provide full details to your trip organiser
- Bring a packed lunch for day 1.

HOMESICKNESS

- Full days of activities to keep the kids busy
- Instructors are sensitive to children's needs
- Talk to your trip organisor about your school's specific policy.





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ACTIVITY SAFETY

SAFETY

Safety is the most important part of any activity so:

- All Land & Wave instructors
- Have passed an enhanced DBS check
- Hold National Governing Body qualifications
- Are Safeguarding trained
- Will be in/on the water during water activities
- All safety equipment and clothing is provided
- If the weather is unsafe (high winds or swell), contingency activities take place to ensure maximum safety and enjoyment.



INSURANCE

- Land & Wave have £10 million public liability insurance
- We hold an AALS license and the Adventure Mark Certificate
- We are accredited by Learning Outside the Classroom (LOTC).

FIRST AID

- All our instructors all hold a Level 3 First Aid qualification.
- They specialise in delivering appropriate first aid in 'adventure' situations to children and adults.
- Land & Wave provide First Aid training to businesses and schools
- Trip leaders are responsible for the First Aid provision outside of activity sessions.



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GLAMPING FAQs

CAN STUDENTS BRING A MOBILE PHONE OR A TABLET ETC?

We would strongly advise against students bringing any electronic devices. The week away is all about adventure and shared experiences.

WILL WE BE ABLE TO CONTACT OUR CHILDREN?

In the case of an emergency, call 01929 423031 and we can put you in touch with the trip leader. We and the school will have your contact details should we need to contact you.

WHAT KIT DO STUDENTS NEED TO BRING?

We supply all the equipment you'll be using, you just need to bring clothes, sleeping bag, pillow, medication and toiletries. Have a look at the Kit List for everything you need.

WHAT IS THE INSTRUCTOR TO PUPIL RATIO?

There will be at least 1 instructor to every 10 students. Each activity has different ratios

WHAT ARE YOUR SAFEGUARDING POLICIES

All our safeguarding policies are available on the School Booking page on the Land & Wave website. All our instructors are Safeguarding trained and DBS cleared.

WHAT TIME DO THEY START / FINISH?

Breakfast begins from 07.30am, with the students out on activities for around 09.00am. Then its a full day of adventure, with a break for lunch. The evening sessions normally finish at 9.00pm.

TELL ME ABOUT THE TENTS

Up to 6 children sleep in a 5 metre bell tent. We provide camping mats for children and all tents are single sex. Teacher tents are interspersed in between the kids tents and sleep 2 to a tent. We provide beds for teachers. Teachers and children must all bring a pillow and a warm sleeping bag.

WHAT'S THE TOILET SITUATION?

We have a lovely large toilet block on site. We also provide one or two festival style toilets next to your camp to make those annoying midnight toilet treks a little less annoying.

WHAT HAPPENS IN AN EMERGENCY?

All the Land & Wave instructors are First Aid qualified. Both teachers and Instructors will be on hand to deal with any emergency. Should we need to contact you, we have your contact details.

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GLAMPING FAQs

CAN PARENTS COME AND VISIT?

Due to the Safeguarding protection and procedures, parents are not allowed to come to site unannounced.

WHAT IF MY CHILD DOESN'T WANT TO DO THE ACTIVITY?

During our activities we challenge the students to participate voluntarily, to push their comfort zone and test themselves. No child will be forced to do anything they don't want to do.

WHAT ABOUT DIETARY / MEDICAL / BEHAVIOURAL NEEDS?

We adapt our activities and catering requirements for all students.

WHAT ABOUT POCKET MONEY?

There may be the option to buy a few sweets and souvenirs during the week. £10-15 would be more than enough.

WHAT HAPPENS IF THERE IS BAD WEATHER?

We rotate activities to best suit the weather. Activities such as bushcraft are very sheltered in the woods. If the wind or swell is too strong for water sports, these will be switched for something land-based, such as rock climbing.

IS THE CAMPSITE SECURE?

Yes. This is a private campsite for the sole use of Land & Wave guests. It's on a working farm, but the camping fields are tucked away from the hustle and bustle of daily farm life. A duty manager sleeps in camp every night and is on hand should you need anything.

ARE YOU INSURED?

Yes we are insured. We have £10 million public liability insurance. We are accredited by: Institute of Outdoor Learning, National Coasteering Charter, Adventure Activities Licensing Authority, DofE Approved Activity Provider and Learning Outside The Classroom.

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GLAMPING KIT LIST

WARM SLEEPING BAG & PILLOW	A three season single bag is great
TWO TOWELS	For showering & wet activities
PYJAMAS OR A ONESIE	Just one is plenty. Make sure its warm
UNDERWEAR & SOCKS	Enough to last the week
SWIMWEAR	Trunks or an all in one costume
WARM JUMPER/FLEECE	Just one is plenty
T-SHIRTS	Enough to last the week
LIGHT LOOSE FITTING TROUSERS	Tracksuit trousers are perfect
OLD TRAINERS FOR THE WATER	Not Crocs or wetsuit boots
TRAINERS FOR DRY ACTIVITIES	They're going to get muddy
WATERPROOF TROUSERS & JACKET	Likely to get dirty
WARM JACKET	Make sure its easily identified
A HAT	Sunhat or a woolly hat
TOILETRIES & SUNSCREEN	Shampoo, soap, toothpaste etc.
A TORCH	A small hand held one is perfect
PERSONAL MEDICATION	Inhaler etc.
REFILLABLE DRINKS BOTTLE	Make sure its easily identified
RUCKSACK FOR DAILY USE	Double shoulder strap
ONE COMPLETE SET OF CLOTHES	Additional shirt, trousers etc.

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