



# SCHOOL RESIDENTIALS

4<sup>TH</sup> DIMENSION 2020

# Itinerary Monday 4th May 2020

- ▶ **9am** leave Leybourne Chase
- ▶ **10.30** arrive at 4<sup>th</sup> Dimension
- ▶ **11.00-13.00** Low Ropes/Crates 1
- ▶ **13.00-14.00** Lunch
- ▶ **14.00-16.00** Crates 1/Perch
- ▶ **16.00-16.30** Break
- ▶ **16.30-18.30** Perch/Low Ropes
- ▶ **18.30-19.30** Dinner
- ▶ **19.30-21.00** Indoor Climbing
- ▶ **21.00** Hot Drink and Bed

# Itinerary Monday 4th May 2020

- ▶ **8am** Breakfast
- ▶ **9.00-11.00** Kata Kanus/All Aboard 1
- ▶ **11.00-12.00** Lunch
- ▶ **12.00-14.00** All Aboard 1/ Kata Kanus
- ▶ **14.00-14.30** Break
- ▶ **14.30-16.30** Long Zip/Scrambling
- ▶ **17.00-18.00** Dinner
- ▶ **18.00-19.00** Abseil Tower
- ▶ **19.00-21.00** **campfire**
- ▶ **21.00** **hot drink and bed**

# Itinerary Wednesday 6th May 2020

- ▶ **8am** Breakfast and pack
- ▶ **9.00-11.00** Scrambling/Long Zip
- ▶ **11.00-12.00** Lunch
- ▶ **12.00-13.00** Problem Solving
- ▶ **13.30** Depart
- ▶ **15.00** Arrive back at school

## 4<sup>th</sup> Dimension:

- ▶ 4th Dimension have been running residential adventure courses throughout the UK and abroad since 1976, and courses at their Sussex base since 1980. We has an unrivaled knowledge of this location, which is reflected by the popularity and quality of the courses that 4th Dimension runs. Courses are based at Blackland Farm, the Guide Association campsite near East Grinstead

# Training

- ▶ All 4th Dimension staff are trained to a high level. Every year their qualifications are checked and inspected by AALA, the Adventure Activities Licensing Authority and every 3 years by a LOTC inspector. All staff hold a current first aid award, an enhanced DBS (Disclosure & Barring Service) check and a Basic Food Hygiene award.

# What happens if my child doesn't want to take part?

- ▶ We do not coerce, we encourage. We try to get people to have a go before they decide not to participate. If there are medical reasons why a child cannot participate in an activity we will find a suitable alternative: this may mean repeating another activity. Children who are afraid of water can be assigned an alternative activity from the programme.

# FAQ

- ▶ Non swimmers can use our pool which is maximum of 1m20 deep. Non swimmers who are water confident can go kayaking, canoeing, katanuving as they will be wearing a properly fitted buoyancy aid.
- ▶ We provide all of the necessary safety equipment, helmets, harnesses etc. Your school will provide you with a kit list but it is particularly important that your child has warm and waterproof clothing plus appropriate footwear.
- ▶ There is a small tuck shop on site so a small amount of money could be appropriate. We cannot be responsible for any money that your child may bring.

# What will they eat?

- ▶ The children will need a packed lunch for the first day of a residential or for a day course. All other food is supplied and cooked daily on site: breakfasts and lunches by our staff and evening meals by our specialist caterer who holds a Food Hygiene Rating of 5\*. All 4th Dimension staff responsible for catering hold a Level 2 catering basic food hygiene award. In addition our specialist caterer holds Public Liability insurance.
- ▶ If your child has a special diet because of a medical condition or for religious reasons, we can inform our caterer. If you would like to provide a particular food we can store this for you. You will need to fill in the section at the bottom of the medical form.

# Mobile Phones

Mobile phones are not permitted on our courses for children. It is usual that group leaders will inform the school of their safe arrival at 4th Dimension so that parents can be informed. Past experience also shows that it can be hard for a child to settle if they are constant contact with home. Your school will provide you with contact details while your child is away, in addition to having your contact details.