



Benmore Outdoor Centre

Information Meeting

Welcome



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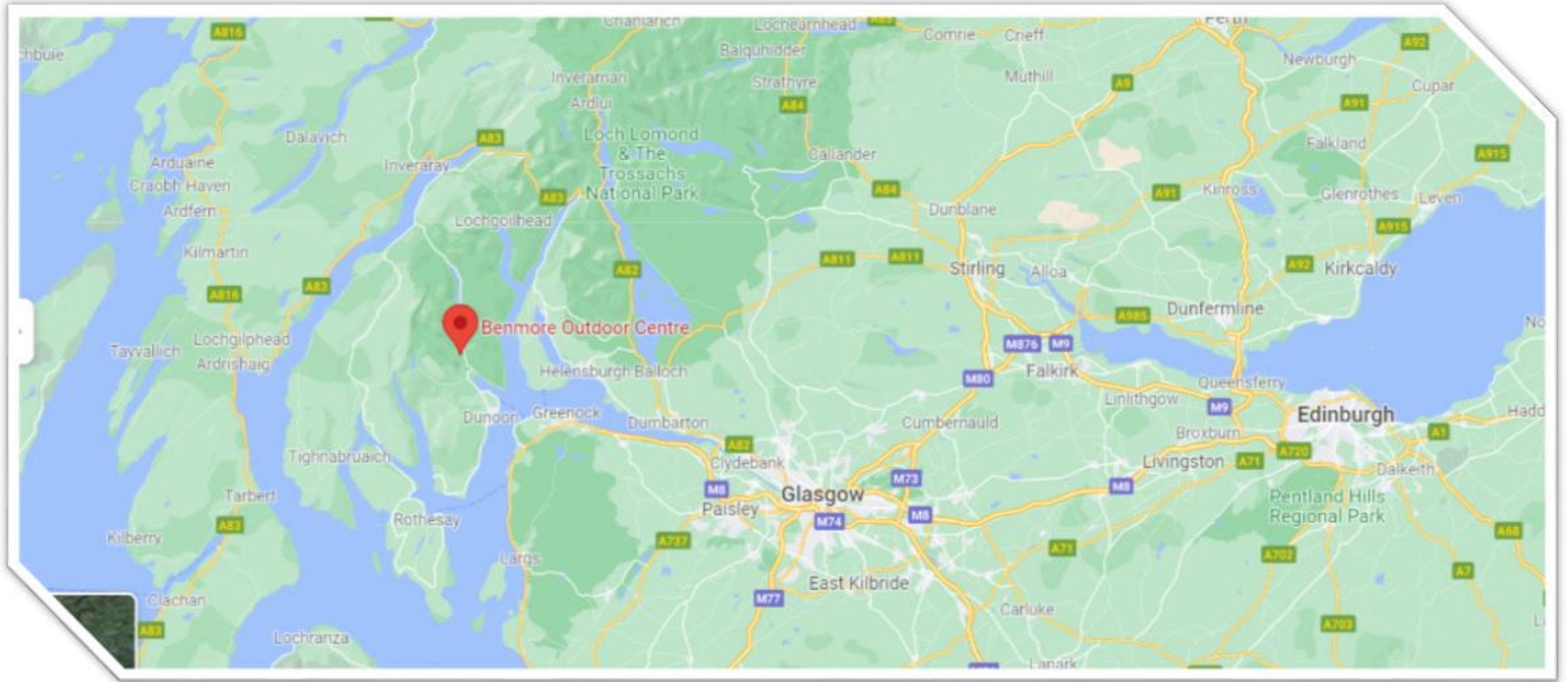
Edinburgh's Centres



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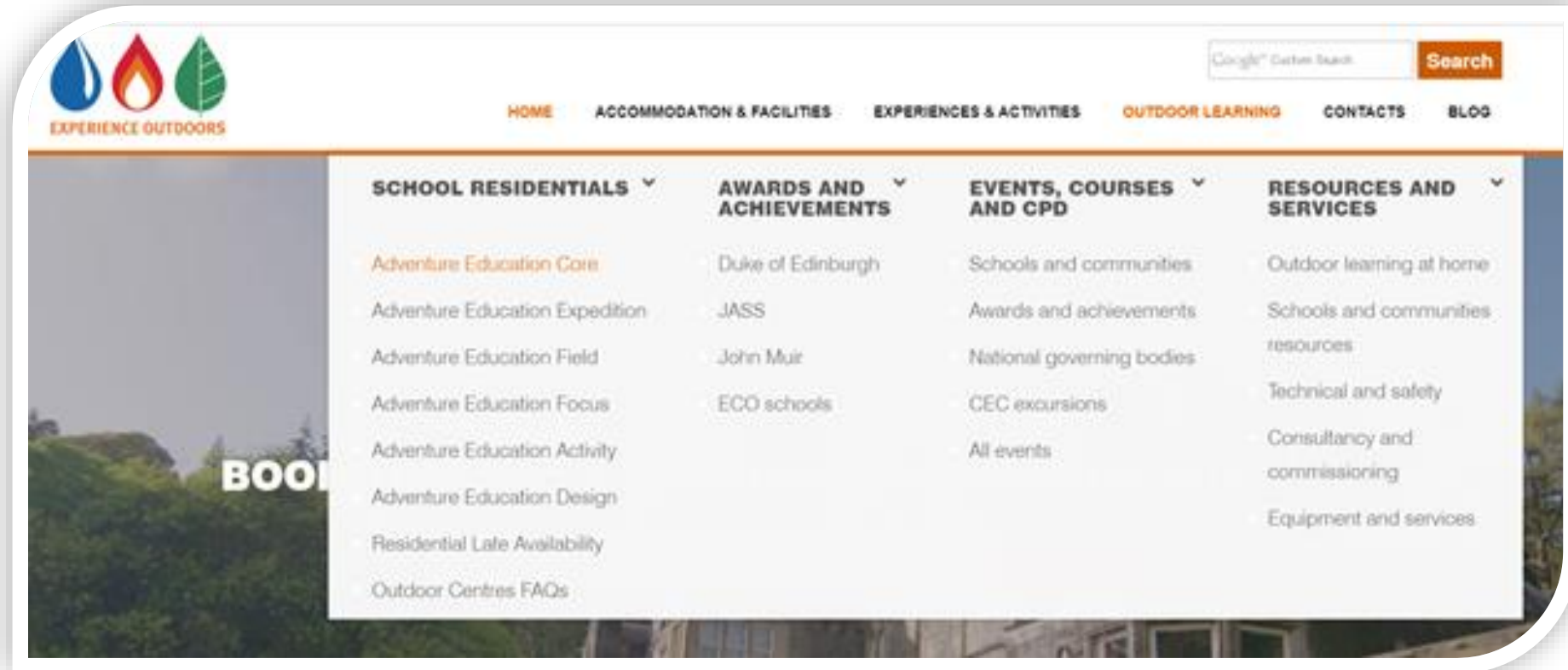


Where is Benmore?





experienceoutdoors.org.uk



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**Our best asset –
OUR STAFF**

Arrival Day



- Depart School Mon AM
- Lunch ***SEND A PACKED LUNCH***
- Arrive Benmore 13:00
- Visiting staff/Benmore
- Introduction 13:30
- Meet Instructors 13:45
- Instructors' site orientation with group 13:45, including local walk
- staff induction meeting
- Make beds/unpack 16:30
- Cake and juice 17:00
- Evening meal 18:00
- Diary/review session 19:00
- Evening activity 19:30
- Bed 21:00

A 'Typical Day'



- Wake Up 08:00
- Breakfast 08:30
- Benmore staff meeting 09:00
- Room inspections 09:00
- Meeting with instructor 09:20
- Morning activities 09:20 – 12:30
- Lunch 12:30
- Afternoon activities 13:30 – 16:30
- Review of day 16:30 – 17:00
- Cake and Juice/free time 17:00 – 17:30
- Dinner 18:00
- Diary/review time 19:00
- Evening activities 19:30
- Bed 21:00

Activities



- Gorge Walking
- Mountain Biking
- Rock Climbing
- Abseiling
- High Ropes course
- Hill Walking/Forest walk
- Caving

- Canoeing
- Kayaking
- Duckies
- Orienteering
- Sailing
- PSG/Teambuilding
- Shore Scramble



Sample Day Menu

- **Breakfast** Cereal, toast with preserves, fruit, yogurt and one hot choice per day
- **Packed lunch** Filled wholemeal or white roll (choose from tuna, ham, egg or cheese with salad) fruit and biscuits.
- **Cake** e.g. flapjack, sponge, crispy cake,
- **Dinner (2 courses)**
- Fish, chips, peas
- Mac cheese, garlic bread, veg
- Battered chicken breast chunks, separate curry sauce, rice, veg
- Cheese pizza, wedges, salad



Our Accommodation

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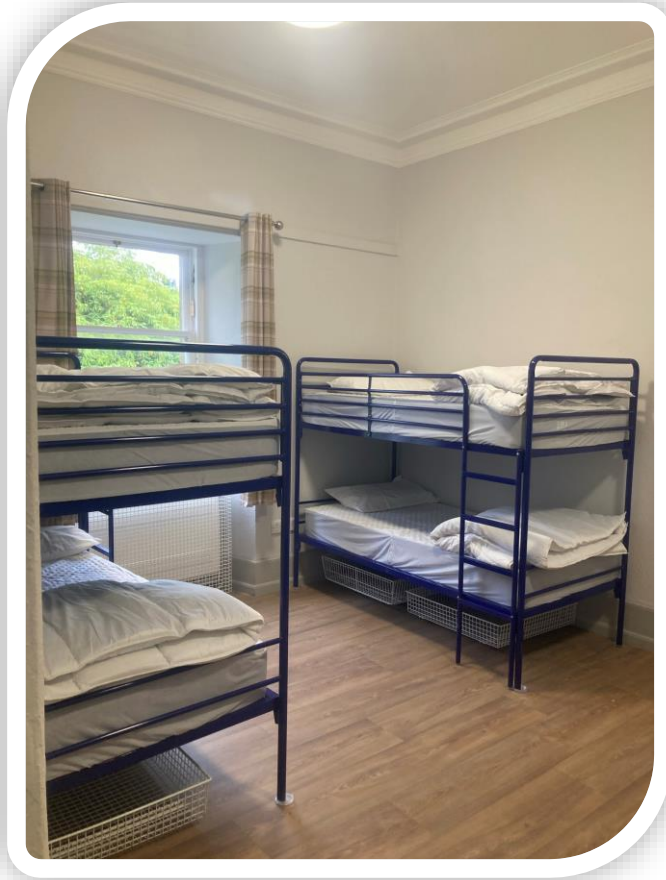
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Example Experiences & Outcomes

- SOC 2-07a I can describe the major characteristic features of Scotland's landscape and explain how these were formed.
- MTH 2-18a I can use my knowledge of the co-ordinate system to plot and describe the location of a point on a grid.
- HWB 2-05a I know that friendship, caring, sharing, fairness, equality, and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

What To Bring.....



- At least three warm 'tops' (fleeces or woollen jumpers)
- At least three pairs of loose fitting warm trousers (track suit or jogging bottoms but not jeans)
- Casual clothing for evening use
- Underwear
- Shorts (summer)
- Socks (at least 3 thick pairs)
- Training shoes (2 pairs, the grubbier the better)
- Slippers or something to wear inside the Centre
- Gloves & hat
- Pair of wellies
- Pyjamas
- Water bottle
- Soap, towel, toothbrush
- Sun Cream & Insect repellent
- Plastic bag for taking home any clothes that are still wet



Reducing the risk of transmission

Pandemic guidance is dynamic (can change) and additional mitigations can apply to individual schools (outbreak management). Benmore 'mirrors' school practice, including enhanced cleaning, regular hand washing, face coverings (as per guidance) and physical distancing (as per guidance). Significant planning and support in place.

Pre-visit	During	Post-visit
<p>(i) Be vigilant.</p> <p>(ii) We encourage:</p> <ul style="list-style-type: none"> -LFD testing and report (letter from school). -Minimise contacts where practicable. -Inform the School regarding young person having Covid within the last 90 days = date and test (LFD/PCR) is useful. <p>(iii) High risk contact = follow current Council policy, includes exception. Symptomatic person in household = not attend until PCR result known (exception may apply).</p> <p>(iv) Positive test result = comply with national guidance. Not attend during the isolation period.</p>	<p>(i) Each 'Covid situation' is assessed ad-hoc using general guidance and support from Health Protection Lothian.</p> <p>(ii) High risk contacts (HRCs) = dorm ('temporary household').</p> <p>(iii) Positive test result = this person and HRCs go home then follow national guidance (exceptions can apply to HRCs).</p> <p>(iv) Symptomatic person = this person will go home. HRCs – situation assessed and latest CEC guidance applied. Some may need to go home (Covid context).</p> <p>(v) LFD testing to support a Covid situation (consent via letter).</p> <p>(vi) Repatriation = parent/carer support required (cost not covered by Council). Council has support in place to support most vulnerable families.</p>	<p>(i) Be vigilant.</p> <p>(ii) Bespoke COMMS may be issued by the school. Please follow the guidance.</p> <p>(iii) Follow wider general societal national guidance. Please undertake LFD testing before returning to school. Sat/Sun = please report positive result to school too.</p>

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THE CITY OF EDINBURGH COUNCIL

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Have a great time at Benmore!

