OUTDOOR LEARNING
BANGHOLM ◆ BENMORE ◆ LAGGANLIA

Lagganlia Outdoor Centre

Information Meeting

Welcome

vFeb 2022

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Edinburgh's Centres



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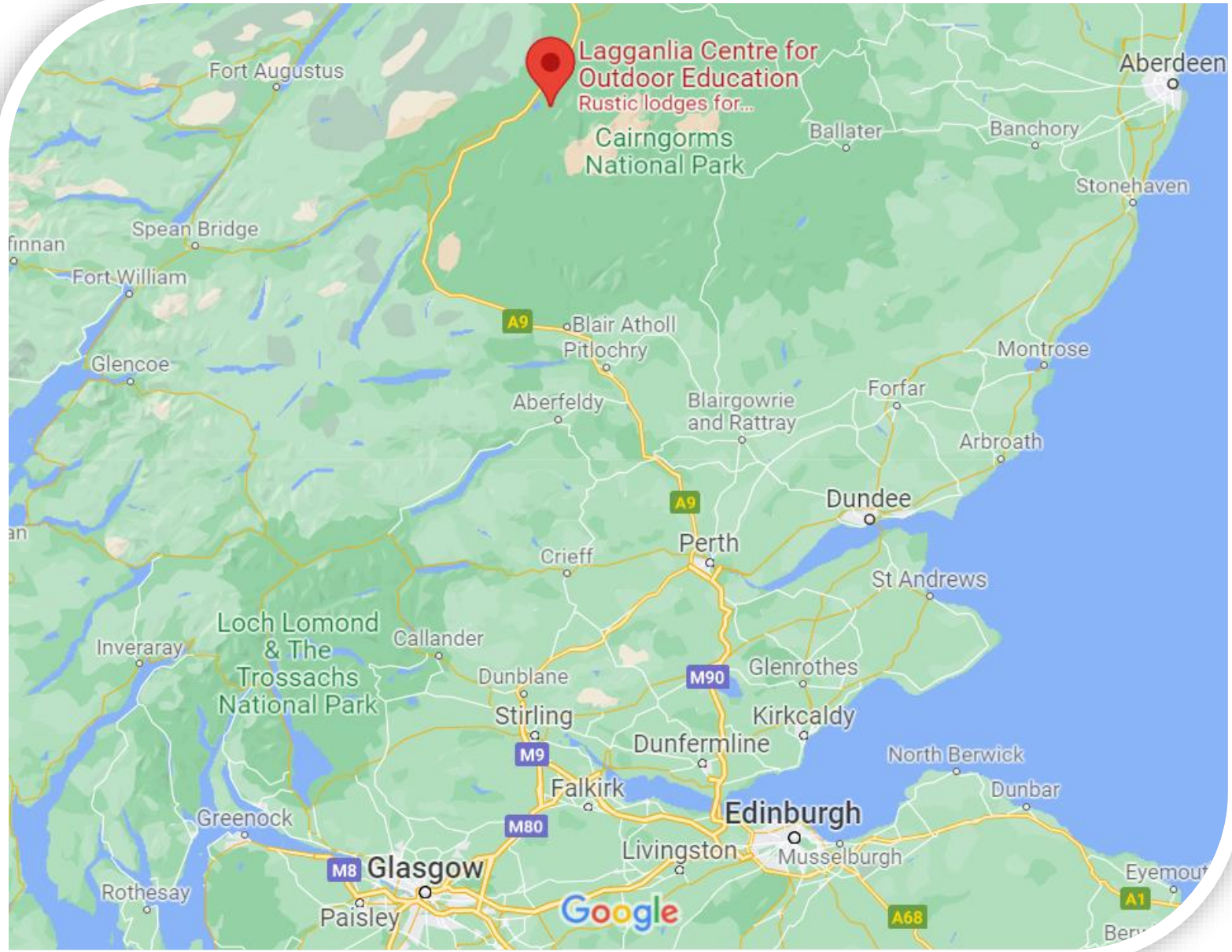




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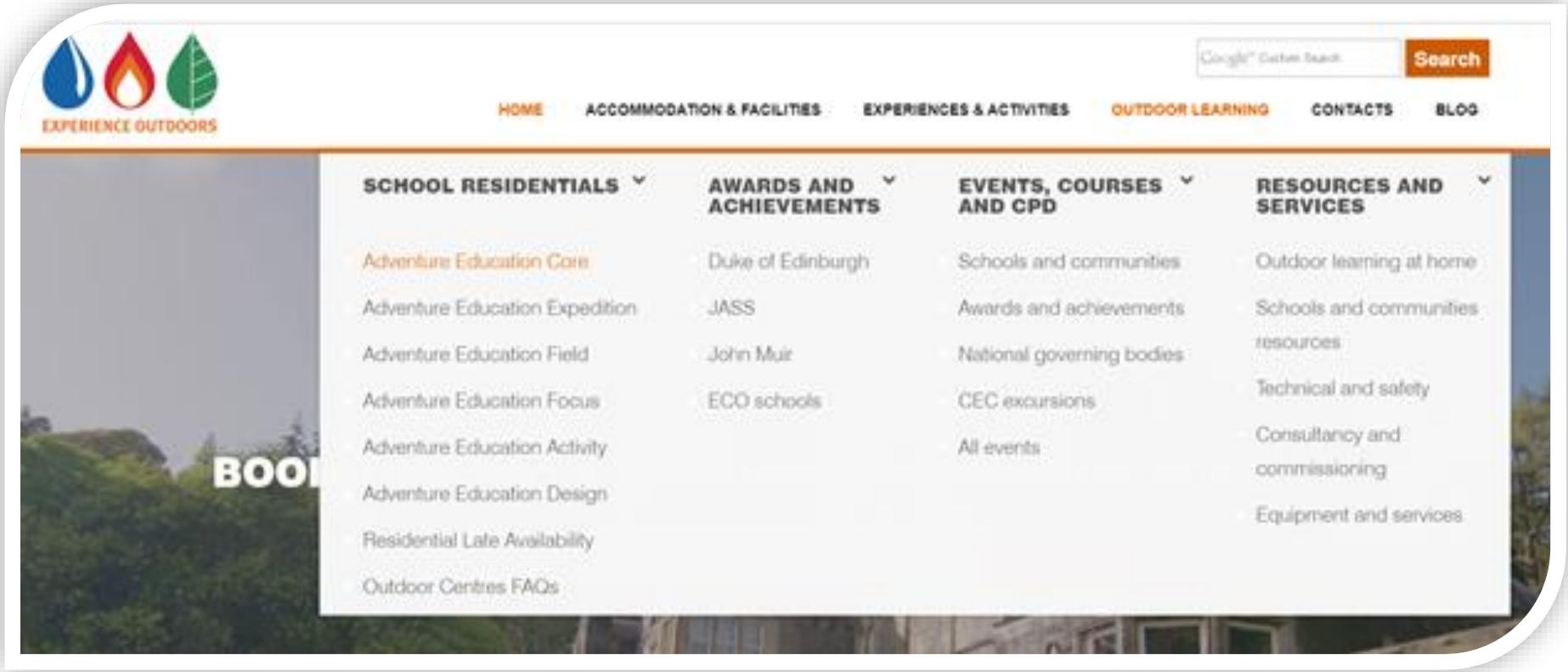
Where is Lagganlia?



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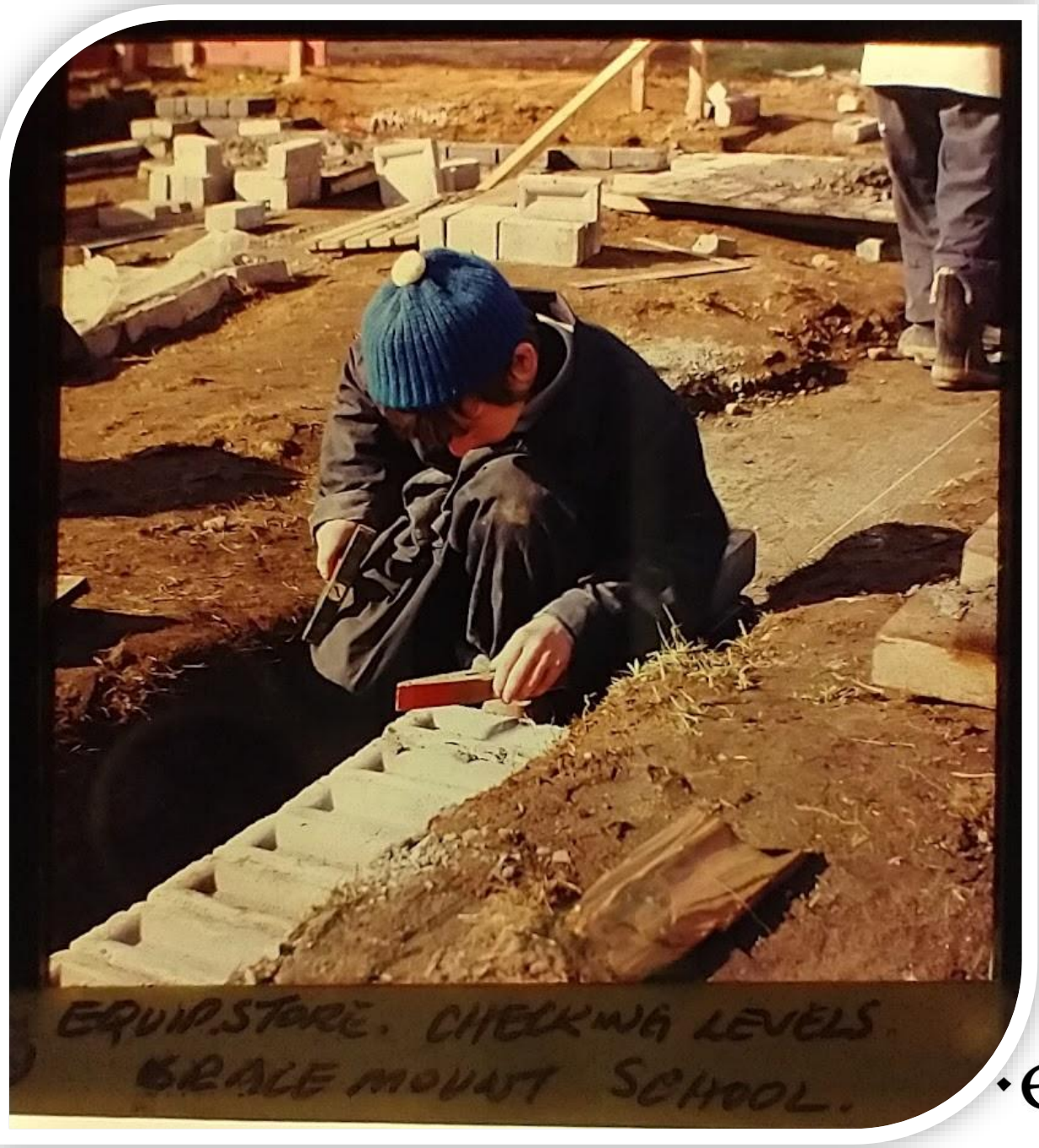
experienceoutdoors.org.uk



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Happy 50th Birthday!



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Covid Safety

Reducing the risk of transmission

Pandemic guidance is dynamic (can change) and additional mitigations can apply to individual schools (outbreak management). Lagganlia '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
(i) Be vigilant. (ii) We **encourage**: -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. (iii) High risk contact = follow current Council policy, includes exception. Symptomatic person in household = not attend until PCR result known (exception may apply). (iv) Positive test result = comply with national guidance. Not attend during the isolation period.	(i) Each 'Covid situation' is assessed ad-hoc using general guidance and support from Health Protection Lothian. (ii) High risk contacts (HRCs) = dorm (main building) / lodges ('temporary household'). (iii) Positive test result = this person and HRCs go home then follow national guidance (exceptions can apply to HRCs). (iv) Symptomatic person = this person will go home. HRCs – situation assessed and latest CEC guidance applied. Some may need to go home (Covid context). (v) LFD testing to support a Covid situation (consent via letter). (vi) Repatriation = parent/carer support required (cost not covered by Council). Council has support in place to support most vulnerable families.	(i) Be vigilant. (ii) Bespoke COMMS may be issued by the school. Please follow the guidance. (iii) Follow wider general societal national guidance. Please undertake LFD testing before returning to school. Sat/Sun = please report positive result to school too.

Covid Guarantee

Arrival Day



- Depart School Morning
- Arrive Lagganlia 12:30
- Lunch ***PLEASE SEND A PACKED LUNCH***
- Framing the Week 13:30
- Fire Drill 13:45
- Meet Instructors 14:00
- Visiting Staff/Lagganlia Staff Meeting 14:00
- Instructors Site Orientation With Group 14:15
- Make Beds/Unpack 16:30
- Lagganlia Staff Meeting 16:30
- Evening Meal 17:30
- Evening Activity 18:45
- Diary Time 20:45
- Bed 21:00

A ‘Typical Day’



- Wake Up 07:15
- Breakfast 08:00
- Lagganlia Staff Meeting 08:45
- Visiting Staff and Lagganlia Staff Meeting 09:00
- Room Inspections 09:00
- Meeting With Instructor 09:15
- Morning Activities 09:15 – 12:30
- Lunch 12:30
- Afternoon Activities 13:30 – 16:30
- Review of Day 16:30 – 17:00
- Free Time 17:00 – 17:30
- Dinner 17:15
- Evening Activities 18:45
- Diary Time 20:45
- Bed 21:00

Activities



- Gorge Walking
- Mountain Biking
- Rock Climbing/Tree Climbing
- Abseiling
- Tyrolean Traverse

- Canoeing
- Kayaking
- Duckies
- Archery
- Orienteering

- Hill Walking
- Skiing (Dry Slope/Snow)
- Snowboarding (Dry Slope/Snow)
- XC Skiing

- Sailing
- PSG/Teambuilding
- Snowshoeing

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What To Bring...

- SOCKS (including at least 3 thick pairs)
- 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)
- Training shoes (2 pairs, the grubbier the better)
- Slippers or something to wear inside the Centre
- Gloves & hat (we provide these but another set is always useful)
- Pair of wellies (not essential)
- Pyjamas
- Swimming costume
- **Water bottle or flask**
- **Lunch box to fit in rucksack (essential)**
- Soap, towel, toothbrush
- Sun Cream & Insect repellent & lip balm
- Plastic bag for taking home any clothes that are still wet

Please liaise with your school if you need support.

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Sample Day Menu

- **Breakfast** Cereal, square sausage roll, toast with preserves.
- **Packed lunch** Filled wholemeal or white sandwich (choose from tuna, ham, egg or cheese with salad & pickles) fruit, crisps and biscuits.
- **Traybake** Flapjack
- **Dinner** Vegetarian bolognaise pasta served with salad & garlic bread or Fish served with potato croquettes and salad, Sticky Toffee pudding

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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.

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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.

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