

Devon Surfing and Coasteering – September 22nd – 24th



THE BEST TRIP WE HAVE EVER RUN!!!

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Trip Information and Permission Form



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Introduction

As you know from the program, we are running a weekend of Surfing and Coasteering on the weekend of September 22nd – 24th. Come on the trip and get one final blast of summer and a memory that will live long over the winter!!

We've got two activities set up: surfing and Coasteering.

Don't know what they are? Read on!!

We'll be staying indoors at a fantastic hostel in the coast town of Ilfracombe, within a stones throw of the beach and historic harbour.

We will start on the Friday evening by travelling by car to Ilfracombe, settling into the accommodation and getting an early night for the activities the next day.

We will provide all major equipment and food, all you need to do is bring yourselves with some clothes – you don't even need a sleeping bag or wetsuit, all bedding and water gear is provided.

This is an absolutely brilliant trip, read on!!!!

Activities

We aren't just doing one legendary activity, like **Surfing**, with proper real life actual existing surf lads and lasses who will instruct us in the ways of this mystic art, but **TWO** sessions of surfing with real life instructor like people who say 'dude' a lot.



There's more.....

After the first session of surfing, to fill in the second half of the first day, we're going to do what is commonly referred to as the second best activity known to man: **Coasteering!** This is where you jump off rocks or cliffs into the Ocean from varying heights. The brave can try backflips as well. It's legendary and has to be done!!

To finish off the weekend on the second day there will be another morning of trying to get the perfect wave and looking awesome, before we get into the cars for the return home.

All the activities are instructor led by insured and qualified specialists.

Accommodation

We will be staying at Ocean Backpackers (<http://www.oceanbackpackers.co.uk/>) for both nights.

This is an award winning independent hostel, famous with surfers and school groups and will provide everything we need during our stay, including all our bedding so we don't need to take any!

We will be self catering so whatever your likes or dislikes, we can probably accommodate them.

Location and Local Area

Whilst we will be staying in Ilfracombe, we will be surfing and Coasteering from Woolacombe, a short drive away.

Ilfracombe is a historic village with stunning views and is an area of outstanding natural beauty. The town is centred around a picturesque harbour and with breath taking coastal scenery, seaside fun, rural tranquillity and centuries of heritage and style, tourists have been attracted here since Victorian times and it is still a favourite holidaying destination for Brits looking for some fresh sea air and summer sunshine!

Woolacombe beach is an award-winning beach, voted Number 1 in the UK on Tripadvisor in 2015 & 2016!! This three-mile long stretch of golden sand is renowned for it's cleanliness, water quality and facilities. Lifeguards ensure safe family swimming during the summer and surfers come from all over the country to enjoy the great waves and clean water.



Weather

The usual weather in September is normally quite good – but it could still rain and be a little cool although we hope it won't be. Temperatures are usually in the 18 – 20 degrees area, so good for the time of year, but that doesn't matter as we'll be in the water most of the time and the water is almost at it's warmest all year. Whatever the weather, we'll be wet and warm at 16 degrees in the sea and our thick wetsuits.

If you need advice on equipment ~~please let us know~~ - you won't need any, it's all provided!!

Transport

We will be using cars to transport everyone with kit and boats to Devon – all you have to do is turn up to Bickers on the Friday night and get in. We'll get you there and back.

Activities & Schedule

The program for the trip is as follows:

Date	Activity / Event
Friday September 22 nd	<ul style="list-style-type: none">• Meet at Bickers at 5.30pm• Travel to Devon – fish & chips on route• Get into accommodation• Quick walk around town if poss• Quick snack• Bed
Saturday September 23 rd	<ul style="list-style-type: none">• Up, breakfast• Make packed lunch & out on to Woolacombe for the day• First half of day: Surf lessons• Lunch on the beach• Second half of day: Coasteering• Back to Ilfracombe with tales of huge curling waves and looking like gods.• Cook dinner, eat• Get to bed at some point
Sunday September 24 th	<ul style="list-style-type: none">• Up, breakfast

- Pack up hostel
- Make packed lunch & out for the day
- 2nd session of surfing
- Lunch on the beach
- Back in cars to drive home
- Return home to Bickers for 5.30pm - ish.

Equipment

The weather should be warm and who cares if it rains, we'll be in the water anyway!

All the technical kit is provided, the most you will have to provide is some old trainers and a towel!

Leaders

The leaders on this trip are as follows:

Leader

A little about them, in case you didn't already know

Simon Thomas

Likes: Aston Villa, Curry, Muse concerts, offshore yachting & Water Skiing.

Dislikes: Fishing, Darts, Snooker Birmingham City, Bear Grylls, Westlife, queues, Halifax bank adverts

Age: about 12

Simon has been planning and running trips for youth groups for over 20 years. Simon has extensive mountain experience and is currently completing his Mountain Leader award. He's a very smart fella!

Having worked in the U.S. for 16 years, Simon was also a waterfront activities director at a kids summer camp in Maine, USA.

Interesting Fact: Simon can tie a knot in a twig using just the stare of his eyes!!

Lindsay Underwood

Likes: Aston Villa, Maps and sunshine

Dislikes: Birmingham City, Crème Caramels

Age: 44

Lindsay is fast turning in to CAG's very own Beares Grylls, although not quite as annoying and full of.... She won't be staying in a tent on this trip – instead she intends to find a rotten animal carcass, furnish it with leaves, build a small electrical generating plant out of materials by hand and create a home from home in which to live for the weekend.

Interesting Fact: Linds is going to run the New York marathon in 2016!!

Ruth Billingham

Likes: Everybody

Dislikes: Nobody

Age: 21

Ruth makes great sandwiches, so be nice to her! She's been skiing with CAG three times and lived to tell the tale (just)

Interesting Fact: Ruth is a fitness fanatic and can run faster than she can drive. She is great at knitting and made her own wetsuit from rubber bands.

Home Contact Details

During to be confirmed.

Trip Cost

The trip is £140. We appreciate this is a big cost, it's the biggest of the year – so we've subsidised it – but it's also the best trip of the year, by far.

Alternatively speaking, this is about three good car washes, so easily attainable if you get out and wash! If you haven't done enough washing by the time we go, do it afterwards!

If this is a barrier to participation please let us know. We want as many people as possible to take part so if you have a question about affordability, please let us know, we can help.

Payment Instalments

In order to spread the cost we will operate the following payment plan:

- Initial payment with application by July 18th: £40
- Second payment to be received by August 18th: £40
- Final payment to be received by September 15th: £60

All payments are to be sent online (electronically – no cash or cheques please) to:

- Sort code: 402622
- Account: 41271806
- Payment reference: son's name and "Devon"

If you wish to pay in one instalment in advance, please do so, we won't stop you.

Application

To apply to go on the trip please return your form to:

Ruth Billingham
1603 Warwick Road
Knowle
Solihull
West Midlands
B93 9LF

Please return your form to the address above by Tuesday July 18th!! If you want to bring your forms to a meeting night please do so. If you want to bring them back as soon as possible, please do, that will really help!

If you can't return your forms by that time please email simon@challengeadventure.org to notify him of your intention to take part.

Intention to Participate:



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Your name:

Name of CAG member intending to take part in the trip:

I understand the cost of the trip will be £140 and have paid either the first instalment of £40 or whole trip cost of £140 online, please indicate:

I have paid first instalment of £40 online

I have paid whole trip cost of £40 online

I understand the trip will run from the dates of September 22nd – 24th.

I understand the deadline for application and payment of any rental fees will be **Tuesday July 18th 2017**. If I don't complete the payment by that date I understand my son's place may be offered to another CAG member.

By signing this form I confirm that the above named CAG member will take part in the trip, and I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

Signed:

Date:

Permission and Health Form:



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To be signed by a parent / guardian. Please complete legibly in black ink.

Please return the lower section of this form signed and dated by **Tuesday July 18th 2017** to Ruth Billingham at: **1603 Warwick Road, Knowle, Solihull, B93 9LF or the next meeting.**

The trip will take place at:

Ocean Backpackers, Ilfracombe and Woolacombe Beach.

The trip will take place on September 22nd – 24th.

We are leaving from Bickenhill on September 22nd at 5.30pm and will return at 5.30pm on September 24th.

The cost of the trip is **£140**.

No responsibility for the personal equipment / clothing and effects can be accepted by the camp organisers and Challenge Adventure Group does not provide automatic insurance cover in respect to such items.

I give permission for

Does he have any special needs? Please continue overleaf if necessary.

to attend the Devon Surfing and Coasteering Trip on September 22nd – 24th 2017.

Does he have any conditions that may prevent him from taking part in the programmed activities?

Has he been in contact with any infectious diseases within the last three weeks:

Yes No

Yes No

If so, please provide details below. Please continue overleaf if necessary.

Date of last tetanus immunisation: _____ / _____ / _____

Name and address of own doctor:

Medicines currently being taken:

Does he have any allergies to food, medicines or other? Please provide details.

Date of birth: _____ / _____ / _____

Does he have any special dietary needs? Please provide details.

During the event I can be contacted in an emergency at:

Address: _____

Telephone number: _____

Mobile Number: _____

I understand that the Leader reserves the right to send any participants home if necessary and that I may be requested to pick up my child from any location on the trip. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

Signed: _____

Date: _____

Note: The medical profession takes the view that the parent's consent to medical treatment cannot be delegated. This view is explicit in the Children Act 1989. Thus medical consent forms have no legal status and a doctor/nurse insisting on the consent of a parent to a particular treatment has the right to do so.

Kit List:



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You will need the following:

- Some thin layers
- Waterproofs
- A set of clothes to travel home in

You will need a set of under clothes to wear under the wet suit, such as swim shorts and rash vest. You will also need some old trainers for the Coasteering.

The following list is a minimum that you must bring.

You must have WATERPROOFS. That doesn't mean 'showerproof', but WATERPROOF. If you need to get equipment, some suggestions for you:

- Go to Millets in Solihull – they will give you 10% discount if you mention you are with Challenge Adventure Group (ask them to put it down as a scout discount if they look confused).

Required!!

- Underwear x 2
- Socks x 2
- T shirts x 2
- Swimshorts x 2
- Wetsuit under shirt (old t-shirt) x 2
- Shorts / trousers x 1
- Fleece pullover / jacket (not sweatshirt!!)
- Warm Jacket
- Water bottle
- Spare plastic bags for dirty / wet clothes
- Personal First Aid Kit
- Waterproof Jacket
- Waterproof Trousers
- Towel

Please note:

Cotton clothing will pick up moisture very quickly and won't dry in the conditions we will be in. Please make sure that you don't bring cotton clothing if you can.

Naming Items:

Please make sure all of your items are suitably marked or named so that you can reclaim them. We always have items of clothing left over that probably amount to over £100. If they are named we will be able to get them back to you. Call Simon on 07808 481688 if you have any questions.

Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- Gloves & Hat
- A full washkit – if will it be used? Don't bother if it won't

Do NOT bring:

- A knife of any kind – you won't need it and we'll take it off you!
- Mobile Phone!!!!!! There's no signal there.
- Ipod or other music player if you don't want to damage it – it will be your responsibility.
- PSP / Game Boy Advance, etc ditto.

Spending money:

There will be opportunities to spend money, both on the trips there and back and also on Saturday evening. There are the usual gift shops full of mostly nonsense, if you want some nonsense in your life bring as much money as you want. We will look after it for you if you wish, but we can't be responsible for any losses.