



Year 6 Residential



18th - 22nd September 2017



UKSA - Isle of Wight



Day Sailing



Wind Surfing



Kayaking

Background

The United Kingdom Sailing Academy (UKSA) is based in West Cowes on the Isle of Wight and specialises in introducing people under the age of 25 to a range of watersports, including Dinghy Sailing, Yachting, Kayaking, Surfing and Windsurfing. They are a registered charity that is a globally recognised professional training establishment, training in watersports and yachting to the highest level. They boast Dame Ellen MacArthur, M.B.E., as their Official UKSA Ambassador.

Facilities

On-shore facilities include a swimming pool, games room and cinema. Children will be supervised at all times, in all areas of the site. Up to 8 children sleep in bunk-bedded dormitories, each of which has a washbasin and room for storing clothes. Within our designated accommodation area there are separate boys' and girls' showers and toilets. Large drying rooms are available for drying wet clothing from the daytime activities.

Meals

On-site dining facilities provide on-shore meals and packed lunches for activities that are away from the site.

Safety

As you would imagine, UKSA take safety very seriously:

- They provide personal buoyancy in the form of a buoyancy aid or inflatable lifejacket, which is worn at all times by everyone going afloat. Instructors check that students have this properly fitted before each water-based session. For some sports children will also wear light and comfortable helmets.
- A safety net of 18 powered rescue craft, each manned by a fully qualified first aider and equipped with a first aid kit and flares.
- All UKSA lead instructors carry marine VHF ship-shore radios, enabling constant two-way contact with the base ashore.
- Safe, contained and secure campus area with CCTV camera network for security. Self-contained dormitories ensure each group has secure accommodation.
- UKSA staff have a safety briefing every morning.
- UKSA have 24-hour supervisory cover.



Daily Schedule

During our stay the children will be involved in a variety of outdoor activities, which support skills such as team-building, confidence and self-reliance. Below is a draft timetable for Godalming Junior School.

Day	Monday		Tuesday		Wednesday		Thursday		Friday
	AM	PM	AM	PM	AM	PM	AM	PM	AM
Group A	Arrive at UKSA	Team Games	Dinghy	Keel	Wind-surfing	SUP	Raft Build	Kayak	Depart UKSA for GJS
Group B			Dinghy	Wind-surfing	Keel	SUP	Raft Build	Kayak	
Group C			Keel	Dinghy	Wind-surfing	Raft Build	Kayak	SUP	
Group D			Wind-surfing	Dinghy	Keel	Raft Build	Kayak	SUP	
Group E			Keel	Dinghy	Kayak	Wind-surfing	Raft Build	Dinghy	
Evening	Pool Games Groups A - C		Beach Games		In House Cinema		Egg Drop Groups A - C		
	Egg Drop Groups D - E						Pool Games Groups D-E		



Contact Details

Address and Emergency Contact Details:

Godalming Junior School Party
UKSA
Arctic Road, West Cowes
Isle of Wight
PO31 7PQ

In an Emergency:

During the day, please contact the School Office on: 01483 421597
We will have mobile contact numbers with our staff on location.

At other times the emergency number to staff only is: 01983 94941

**THERE WILL ALSO BE A DAILY BLOG ON THE SCHOOL WEBSITE
FROM 5.00PM EACH DAY.**



Packing Checklist

School uniform will not be required during the week, but the children will need suitable clothing for the daytime activities and casual clothes for the evenings.

All clothing must be clearly labelled.

Clothes - On the Water	✓
Swimming costume x2: one for the pool and one for the water activities	
T-shirts / Rash Vests to wear under the wetsuit	
Woollen hat and gloves for warmth (just in case!)	
Micro-fleece or warm sweatshirt (to go over wetsuit - surfing/windsurfing)	
Sun hat	
OLD Trainers or wet-suit boots / deck shoes (These will get wet - bare feet are NOT permitted during any water activity)	
Sun cream / sun block and after-sun cream	
Sunglasses with strap (straps also required for normal glasses)	
<u>Optional</u> : children can bring their own wetsuit, spray top and buoyancy aid	
Clothes - Off the Water	✓
Shirts / T-shirts	
Trousers / shorts (jeans are fine for evening activities)	
Underwear	
Socks	
Trainers / shoes for walking around the site	
Indoor shoes / slippers / socks	
<u>Wash Kit</u> : 2 large towels, washcloth, toothbrush and toothpaste, soap, shampoo, conditioner, hairbrush, scrunchies (long hair must be tied back during activities)	
Large plastic bag/bin liner for taking home wet kit	
Waterproof coat for the journey	
General Items	✓
Small comfortable rucksack	
Reading book	
Pencils and rubber for drawings and note-taking	
Plastic water bottle	
Cuddly Toy!	
<u>Medicines and/or travel pills</u> Please ensure these are clearly labelled with the child's name and include dispensing instructions. These items must be given to a member of staff before the children leave Godalming (please see medical form).	
<u>Children MUST NOT bring:</u> Any electrical equipment (including hair-dryers, straighteners, I-pods, MP3/4 players, mobile phones, computer games), cameras, jewellery, aerosol deodorant sprays, torches, penknives, sweets/gum, drink.	