



Exmouth  
Community  
College

*Belonging · Ambition · Responsibility*

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## **Activity Week – Wednesday 8<sup>th</sup>, Thursday 9<sup>th</sup> & Friday 10<sup>th</sup> July**

### **Program Letter – Red Rock Water Sports Activity,**

### **Activity Venue, each day: Orcombe Point, Exmouth Beach, Queens Drive Roundabout**

We look forward to celebrating the end of school year with an exciting water based activity at our own Exmouth Beach, courtesy of our hosts, Red Rock Outdoor Ltd.

Please take the time to read the information in this letter as it contains tips and guidance aimed to keep the students safe and to help them enjoy the activity to the full.

### **Times and Travel Arrangements**

The group will meet at 9.00am each morning at the pedestrian space at the far end of Queen's Drive. Here they will be registered and signed in for the day.

Students are expected to make their own way to the location.

This area is the pedestrian space beyond the traffic roundabout, by the flagpoles. We will convene at the wall near the slip way which leads down to the beach.

After registration the students will be sized, allocated wetsuits and then briefed for the day by the Red Rock activity leaders and instructors. There will be facilities for the students to change clothing in private.

\*School uniform does not have to be worn when arriving or leaving the event.

Students will need swimwear (**no bikinis**) and a towel. No jewellery or glasses may be worn during the day. Students are welcome to bring along and wear their own wet suits if preferred. The Red Rock team will provide colour specific buoyancy aids to each pupil. Other than at lunch time, the buoyancy aids are required to be worn throughout the day.

It is highly recommended that students wear beach shoes for the activity. There have been very rare incidents of cut feet and weever fish stings reported from the beach.

A change of clothes is recommended for when the students leave for home. The activity will be completed, each day, by 3pm. Students may either walk home or be picked up from the site. College staff will be present to supervise the pupil's arrival and departure.

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It is strongly recommended that students apply sun cream throughout the day if the weather is hot. Also, a bottle of water and sun hats are recommended for when students are not in the water.

It is strongly suggested that students bring a packed lunch and a bottle of water for each day. There is one food outlet at the location. Though prices may be prohibitive and long queues are likely at this time of year. Students eligible for free school meals will have packed lunches provided by the College available at the venue. Students are **NOT** permitted to leave the activity site.

### **Medical Conditions**

It is important that staff are made aware of any medical condition that may affect students and that trip leaders know what action to take in the event of a medical emergency.

Therefore, a Data Collection Form will need to be completed for **ALL students** taking part in this activity. Please ensure you inform the college of any changes (medical, contact details etc.) so that our records are up to date.

### **All College standards of behaviour apply for all activities:**

- No smoking/vaping or consumption of alcohol
- No swearing or bad language
- All rubbish to be put in bins
- Students will behave in a considerate manner to all other students/staff
- All students and staff will be treated with respect
- Instructions given by staff will be followed promptly and without question

The College accepts no responsibility for the loss of any personal belongings, including phones and tablets. Therefore, in the interest of safety, please leave all valuables and personal items at home.

Paul Jeffery

Trip Leader

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