

# The Topsham School

A love of learning and commitment to the success of every child at the heart of all we do



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## Exe Valley Challenge 2022

Dear Parents and Carers,

We are very excited that your child is taking part in Exe Valley Challenge 2022 on Sunday 10th July 2022. We are awaiting precise start timings from the organisers for the morning, but to give you a rough outline:

- 0800 – Teams start to arrive for kit check and final briefings.
- 0840 – First senior team (Year 6) departs, teams leave at 1 minute intervals
- 0950 – Junior (Year 4 & 5) and Mini (Year 3) teams depart at 3 minute intervals
- 1200 – First senior team expected return. Parents invited to arrive from 1200.
- 1345 – Last team expected return
- 1430 – Event finish

### Your child will need:

- Rucksack – needs to be big enough to store the following items and any clothes you remove if you get hot. Please include a plastic bag to use as a liner to keep things dry if it rains.
- Waterproof coat with a hood (not “showerproof or water resistant”)
- Waterproof over trousers
- Suitable trainers or approach shoes (not crocs, sliders, sandals or wellies)
- Socks (not invisible low cut socks)
- Sensible clothes (weather dependent) e.g. tracksuit bottoms, leggings, walking trousers, shorts, t- shirt, long sleeved top, hoodie or fleece (avoid jeans)
- Gloves, hat or cap (weather dependant)
- Hi - visibility bands or vest (*we can provide this from school if you need one*)
- Water bottle (avoid fizzy pop or energy drinks)
- Packed lunch & snacks (food that is easy to eat on the go)
- Small first aid kit e.g. plasters, blister plasters, sun block, antiseptic wipes
- Watch or clock (mobile phone with battery life)

- Children with known medical conditions e.g. asthma, hay fever, migraines etc. – must bring appropriate medication with them which is labelled.

Miss White, Mrs Daitz and Mr Elliott will meet this week in school with the children participating in the event to explain the day and answer questions.

As soon as we have precise timings we will send these to you, giving you the time you need to arrive and the start time for your child's team.

If you have any questions, please email Mrs Daitz [hdaitz@topsham.devon.sch.uk](mailto:hdaitz@topsham.devon.sch.uk)

Kind regards,

Miss White, Mrs Daitz and Mr Elliott

### **Here is a note for Parents from the Organisers**

As you can imagine this event has proven very popular in the past and we expect there to be in the region of 1000 people at Isca Academy on the day. Following several years of running this event and participating in many others, we would be grateful if all parents, carers or supporters would read the following guidelines.

The principle aim of this event is to encourage participants to challenge themselves as individuals and learn to work together as a team in a fun and safe environment. In order for the participants to gain a real sense of independence, once a team has started, we would request that they should not receive any advice or support from school staff, parents or carers until they finish back at Isca Academy.

Our main priority is the safety and wellbeing of all participants whilst completing this event and Isca Academy takes reasonable steps to ensure this by:

- If a participant is unable to complete the course and has to drop out, they will be collected by Isca staff, and returned to Isca Academy, where they will be handed over to their school or club Team Manager. If walkers drop out before the finish they **MUST** be dealt with through the correct "fallout" procedure so that all participants can be accounted for. Removing a child early from the event without following this procedure will trigger serious safeguarding concerns.
- Marshals on checkpoints will take reasonable steps to ensure that participants are fit to continue, many of them are First Aid trained. If they believe a team member is not able to continue, they will be withdrawn and returned to the school as above. This decision will not be taken lightly but should be respected. Teams of 3 will not normally be allowed to continue.
- All EVC Adult Volunteers are DBS checked.
- Marshals at checkpoints and along the course are aware of Child Protection Issues and all are briefed to treat with suspicion any approach to participants by adults unknown to them.
- Marshals at checkpoints have various duties which are very important, including watching out for suspicious individuals. Please avoid crowding the checkpoints and hindering the important work of the marshals.

### **How can you help?**

- **Please respect the main aim of this event.**

- Please know the details of your child's Team Manager and Team (*Mrs Daitz*)
- Please ensure your child has the correct equipment for this event, including medicines for known medical conditions (details of recommended kit list are on the Isca Academy website)
- Details of the route(s) are on the Isca Academy website.
- Report all concerns to marshals as soon as possible

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### Additional Information

**There will be limited parking at the school.** Parking is on a first come, first serve basis with a small recommended donation of £2 for North Dartmoor Search and Rescue Team. There is no parking available along Earl Richards Road South as this is for residents only. Alternative free parking will be available at County Hall along Topsham Road.

Please DO NOT try to use the car park at St David's bridge near check point 2 (senior route) as this is a narrow road with a railway crossing and extra cars may hinder the safety of the children. The car park near checkpoint 4 (checkpoint 3 Junior and Mini route) at Countess Wear Bridge is also limited and again excess use may cause unnecessary issues regarding the safety of participants. Both these areas will be attended by the Police Cadets.

The easiest solution to see your team(s) would be to watch them around the Quay side, getting there either by foot or bicycle (a short 20-minute walk from Isca Academy along the river). There are plenty of cafés and facilities in this area. This area has the only public toilet along the route.

There will be hot and cold refreshments on site all day as well as sporting activities and entertainment from 12 noon around the school site. All teams will receive a medal as they finish and formal presentations to category winners will take place at around 2:30pm at Isca Academy.

Unfortunately, **dogs** are not permitted on the school site and there will be very little dog friendly parking so please bear this in mind when planning your day out.