

2011/2012

OUTDOOR EDUCATION



THE GLASGOW ACADEMY

Where children come first

INSTRUCTORS



Miss R Gooden

MLT Mountain Instructor Certificate
SCA Level 4 Inland Kayak Coach
SCA Level 3 Canoe Coach



Mr I A Mackie

MLTS Summer Mountain Leader
SCA Level 2 Inland Kayak Coach



Mr G W Horgan

MLTS Summer Mountain Leader



Tamsin Gay

MLT Mountain Instructor Award
MLTS Winter Mountain Leader
SCA Level 4 Inland Kayak Coach



Alan Halewood

MLT Mountain Instructor Certificate
MLT International Mountain Leader

OUTDOOR EDUCATION

Introduction

There are many opportunities for pupils to take part in Outdoor Education activities during their time at The Academy. An aim of many of the activities is to provide training and experience for pupils in order that they may progress to undertaking Outdoor Education activities independently of The Academy. Opportunities for progression are key to the success of this programme. In addition, it is hoped that, through participation in Outdoor Education, pupils will develop a better understanding of their strengths and weaknesses, gain confidence by exploring their limits, have been educated in assessing risks and have had experiences which provide powerful and enduring memories.

Safety

Each activity is led by Academy teachers qualified and experienced in that particular area of Outdoor Education, using freelance instructors to support staff where necessary. Details of staff qualifications are available in the Administration Centre along with copies of many of the risk assessments; you are most welcome to view these at your convenience. Despite the outstanding safety record of Outdoor Education in the United Kingdom, and all the precautions that are taken regarding equipment and staffing, these activities are potentially hazardous and there is always a risk of serious injury. The comprehensive booklet Children... Hill Walking, Climbing, Mountaineering, Information for Parents, published by the Mountaineering Council of Scotland, provides much useful information. It can be downloaded at www.mcofs.org.uk/kids-info.asp.

Staff

Staff responsible for the organisation of activities:

The Duke of Edinburgh's Award (except for Gold level expeditions)	Dr Murphy
S2 Residential Experience	Miss Cuthbert
Skiing	Mrs Graham
All other activities	Miss Goolden

The Duke of Edinburgh's Award

There are a number of activities in this calendar entitled 'Duke of Edinburgh's Award Expeditions'. These expeditions qualify for the relevant section of the Award; however, they are open to all pupils whether or not they are participating in the Award. There are many alternative opportunities to complete the expedition section outwith The Academy and details of these opportunities may be found on the website: www.dofe.org. Please note that pupils must be fifteen years old to start Silver (unless they have completed Bronze) and sixteen years old to start Gold.

OUTDOOR EDUCATION

Joining an activity

To register your child's interest in an activity, an email should be sent to the appropriate Outdoor Education address, which are listed below. Some activities work on a 'first come, first served' basis, but the longer term aim is that every pupil at the Academy will get the opportunity to choose the same minimum number of Outdoor Education options. This would provide a fairer way of pupils booking activities. Outdoor Education activities that are offered in response to weather or conditions and at shorter notice will be 'advertised' on the Outdoor Education board and pupils may then sign the appropriate sheet.

When a pupil is offered a place on a course their parent should return an email of confirmation within 48 hours. The deposit, final payments and due dates will be given on the initial email offering a place, along with an equipment list, meeting times and all other relevant information. The deposit is non-refundable. This is unfortunate but necessary in order to cover, for example, the payment of accommodation and freelance instructors. Where a cancellation is made less than four weeks prior to the start of a course the full payment is non-refundable. When another pupil can be found to take their place the full payment will be refunded.

You will notice that some activities have only an approximate cost given. The final cost will depend on the number of pupils taking part and air fares. The cost of residential trips includes accommodation, food, transport, equipment and, when required, freelance instructors to support Academy staff. The only exceptions to this are the Duke of Edinburgh's Award expeditions where pupils are expected to provide their own food, having planned a menu as a group.

I would be very pleased if you chose to contact me to discuss your son / daughter's participation in any of the activities in more detail. I can be contacted by telephone through the Administration Centre or by email, enquiries@tga.org.uk marked for my attention. During activities, reception permitting, I can be contacted on **07720 706731**.

Miss R. Goolden

Head of Outdoor Education

Staff

To make a booking please email Miss Goolden at the relevant address:

climb@tga.org.uk

kayak@tga.org.uk

canoe@tga.org.uk

orienteer@tga.org.uk

mountaineer@tga.org.uk

Greenland@tga.org.uk

Norway@tga.org.uk



OUTDOOR EDUCATION PROGRAMME

AUTUMN TERM 2011

	Dates	Years	Activities
October	21 - 23	3 - 6	Rock climbing and scrambling: weekend in Glencoe, Lake or Peak District
	26	1 - 6	Rock climbing: evening session
November	2	1-6	Rock climbing: evening session
	5 - 6	1 - 2	Adventure event: weekend in Loch Lomond region
	8	1 - 2	Orienteering: evening session, Kelvingrove Park
	9	1 - 6	Rock climbing: evening session
	12	4 - 6	Hill run: local half-day session
	13	4 - 6	Mountaineering: day trip
	15	1 - 2	Orienteering: evening session, Mugdock Park
	16	1 - 6	Rock climbing: evening session
	22	1 - 2	Orienteering: evening session, Mugdock Park
	23	1 - 6	Rock climbing: evening session
	25 - 27	3 - 6	White water kayaking weekend
	30	1 - 6	Rock climbing: evening session
December	2 - 4	5 - 6	Greenland training: self-planned expedition
	7	1 - 6	Rock climbing: evening session
	14	1 - 6	Rock climbing: evening session

SPRING TERM 2012

	Dates	Years	Activities
January	21	3 - 6	Indoor ice climbing, Kinlochleven
	22	4 - 6	Hill run: Devil's Burden
February	4 - 5	4 - 6	Winter skills, Cairngorms
	11 - 19	4 - 6	Ice climbing & Nordic skiing, Norway
March	3 - 4	5 - 6	Snow-holing expedition, Cairngorms
	5	1 - 6	Youth Climbing Series competition, Stirling
	10	4 - 6	Hill run: local half-day session
	17	3 - 6	Winter walk: local mountains
	18	5 - 6	Winter climb, Glencoe
April	2	1 - 6	Youth Climbing Series competition, Edinburgh

SUMMER TERM 2012

	Dates	Years	Activities
April	12 - 16	3	Isle of Rum trip
	21	4 - 6	Hill run: local, half-day session
	30	1 - 6	Youth Climbing Series competition, Glasgow
May	5 - 7		The Glasgow Academy Adventure Race
	12 - 13	5 - 6	The Islands Peaks Race training
	18 - 20	5 - 6	The Islands Peaks Race
June	1 - 4	5 - 6	Duke of Edinburgh's Award, Gold Practice and Assessment

AND ROCK CLIMBING SCRAMBLING WEEKEND



This weekend trip is suitable for those touching rock for the first time, through to the seasoned climber looking to improve their climbing technique or wanting to take their first steps into 'lead climbing'. We will pick our destination according to an up-to-date weather forecast, and will journey to Glencoe, the Lake District or the Peak District. Pupils should pack their camping equipment as this will be our first option of accommodation.

If the weather does prove wild we will stay in a hostel or 'bunkhouse' and go mountaineering, which involves moving on ground with the use of a rope where necessary.

Dates

21 to 23rd October

Year groups

S3 - S6

Cost

£127

Number of places available

9

ROCK CLIMBING EVENING SESSIONS

Several series of four training sessions will take place after school, generally at the Glasgow Climbing Centre in Ibrox (<http://www.glasgowclimbingcentre.com/>). This course should allow pupils to gain the standard required to join the Centre and continue to climb there with friends. Instruction will be provided in climbing techniques, belaying another climber, the skills involved in leading a climb and bouldering. Membership of the Glasgow Climbing Centre is included in the cost for those pupils who are aged fourteen or over.

Pupils will travel by minibus or the underground to the Glasgow Climbing Centre and should be picked up from there at 2000 hours by a parent.

We may also visit the new bouldering wall, the 'Glasgow Climbing Academy' or a local crag to go climbing there, weather permitting.



Dates

26 October, 2, 9, 16 November
23, 30 November, 7, 14 December

Year groups

S1 – S6

Cost

£40

Number of places available

10

Prerequisites

None.

S1 AND S2 BONFIRE WEEKEND EVENT



A special event has been designed just for pupils in S1 and S2. To enable as wide a range of children to attend as possible, this will start at 1300 hours from the Academy, thus enabling those taking part in sporting fixtures to attend.

The weekend will involve a range of adventure activities in the Loch Lomond region. These will include water, tree and land-based activities. The weekend will involve an exciting rescue mission, problem-solving, lots of action, a bonfire, intrigue and a dose of creative licence.

Dates

5 to 6th November

Year groups

S1 – S2

Cost

£45

Number of places available

18

Prerequisites

None.

ORIENTEERING EVENING SESSIONS



This is a series of three sessions which will take place in Kelvingrove and Mugdock Park. Pupils will learn to navigate using various measuring techniques, such as timing and pacing, and the use of map and compass. The aim of the sessions is to introduce pupils to the range of skills involved in orienteering - map reading, planning and running - by moving around a fixed course of markers.

These sessions will help to develop a basis of map reading and confidence that will be excellent for those wishing to take part in the Duke of Edinburgh Awards, fell running events and hill walking and mountaineering courses later on at The Academy.

Dates

To be confirmed

Year groups

S1 – S2

Cost

£15

Number of places available

12

Prerequisites

None.

SCOTTISH ISLANDS PEAKS RACE



This annual event involves sailing from Oban to Troon via the islands of Mull, Jura and Arran. On each island a team of runners completes a gruelling run. Adult teams (over 20 years old) run 60 miles with 11,500 feet of ascent. Youth teams have slightly shorter runs and are not permitted to complete two consecutive runs. The race normally takes around three days to complete. Pupils are expected to attend as many of the training sessions as possible in order that they are able to cope with the challenges of the race, which are conquerable by the majority of pupils.

Because only six pupils may take part in the Islands Peaks Race, a number and variety of other races and events will also be on offer. Some of these will be externally run events and others will be half-day courses organised by the Academy. There are also moves afoot to create the first Academy Adventure Race as an inter-House race that may develop into an inter-schools event in years to come.

Dates

18 to 20th May

Year groups

S6

Number of places available

6

Prerequisites

Good general fitness and lots of enthusiasm.

Training dates

Every Tues and Thurs evening, 12th November, half-day fell run. Further dates to be confirmed post Christmas.

Year groups

S6

Number of places available

20

Glasgow Academy Adventure Race

5 to 7th May

MOUNTAINEERING DAY TRIP



As a mountaineering day-trip from Glasgow, pupils will journey by a rocky ridge or route, developing their movement on challenging mountain terrain. Where necessary a rope will be used. With the first snow already in the mountains, participants should expect an adventurous and demanding day.

Dates

13th November

Year groups

S4 - S6

Number of places available

6

Prerequisites

None.

WHITE WATER KAYAKING WEEKEND

Two-day courses to introduce pupils to white water kayaking, be they beginners or those who have undertaken river trips in previous years. Over the weekend, pupils will build on their repertoire of skills whilst paddling moving water on rivers such as the Spey, Findhorn, Tay and Lyon. These rivers consist of sections of flat water interspersed with small rapids.

These weekends may also include the opportunity to undertake a gorge-walk as an additional, and optional, activity. Gorge-walking involves journeying up and down a narrow, vertical-sided rock slot with deep turbulent water powering through it. The journey may include wading, jumping, scrambling, sliding, swimming and abseiling.



Dates

25 to 27th November

Year groups

S3 - S6

Cost

£85

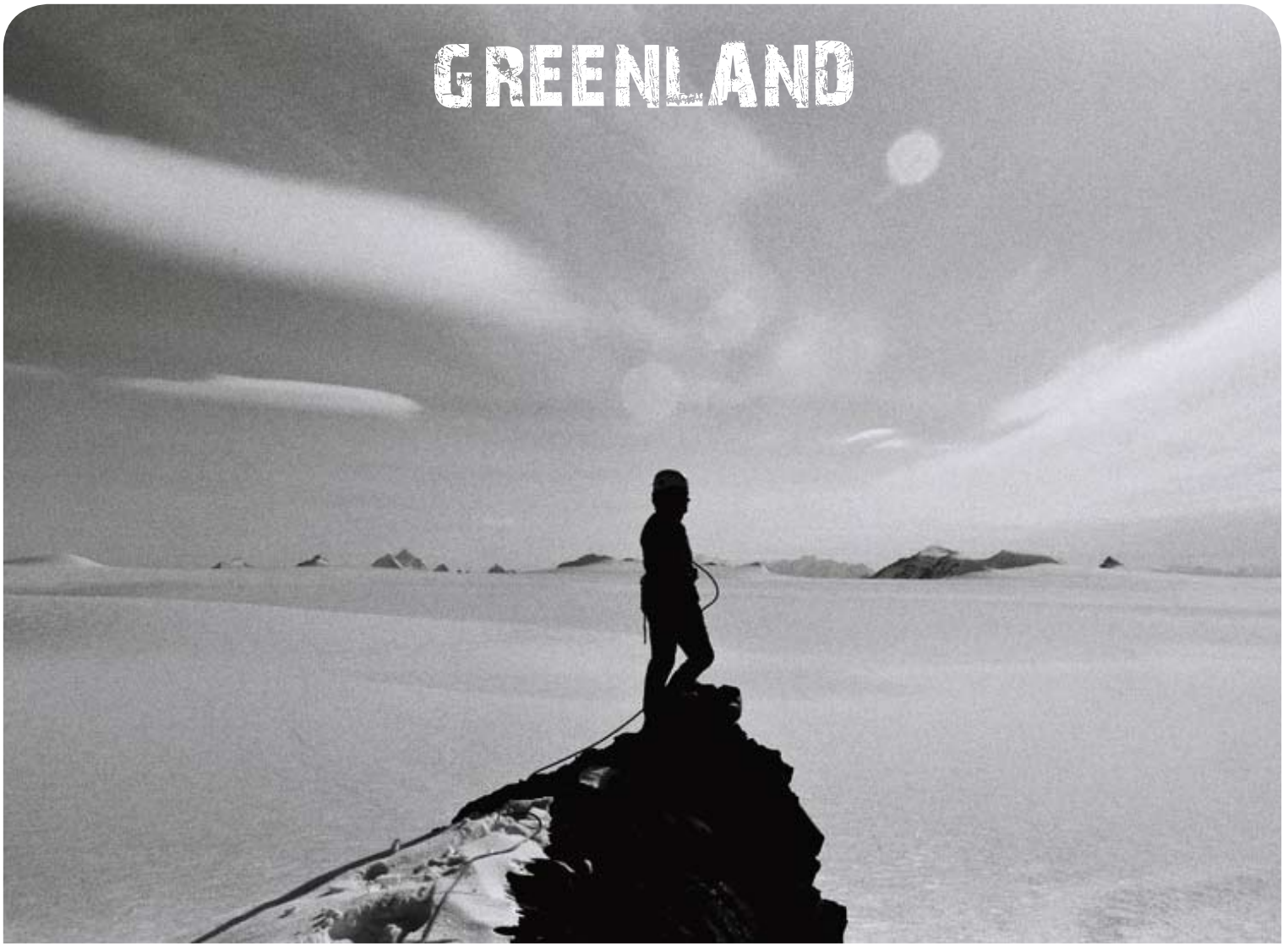
Number of places available

8

Prerequisites

Attendance on the Kayaking Introductory Skills Training in 2011 or a previous year, or a previous Glasgow Academy White Water Kayaking trip.

GREENLAND



We hope that the Glasgow Academy Greenland Expedition III will run in June/August, 2012. There will be places for 12 S5 or S6 pupils. The Outdoor Education department plans to do what it has done so well, and uniquely, in the past: to claim some first ascent of pristine, remote alpine mountains and create an opportunity for its pupils to experience frontier adventure in a beautiful and challenging environment off their own steam.

There will be sessions once a week in the morning on a variety of topics. There will also be a self-planned training weekend in the Highlands. Participants for this expedition will need to have a good level of fitness and make a commitment to attend the winter skills course, the snow holing expedition and a mountaineering course, as well as the majority of the morning training sessions. A place on the expedition will cost in the region of £4,000, partially raised through pupil fundraising.

Dates

Self-Planned Training Weekend - 3 to 4th December

Year groups

S5 - S6

Cost

£75



DUKE OF EDINBURGH'S AWARD EXPEDITIONS

Pupils complete one residential training weekend at Ardmay Outdoor Centre in Arrochar where they receive instruction in navigation, campcraft and emergency procedures. After Easter pupils undertake two expeditions, both in the Arrochar area and lasting two days, with one night camping. Pupils are supervised on these expeditions, but are not accompanied. Pupils who do not wish to enrol on the Duke of Edinburgh Award Scheme are still welcome to participate in the expeditions.



Dates

Training: boys - 16 to 18th March

girls - 23 to 25th March

Practice: 21 to 22nd April

Assessment: 5 to 6 March

Year groups

S3

Cost

Approx £350

Number of places available

Unlimited

Prerequisites

To be fourteen years old in order to comply with the Duke of Edinburgh's Award regulations.

Website

www.ardmay.com



DUKE OF EDINBURGH'S AWARD EXPEDITIONS

Pupils complete one day's refresher training in The Academy before undertaking two three-day expeditions. Both these expeditions will start from Dalmally, on the Oban road, making use of the hills and valleys to the east of Loch Etive. Pupils are supervised on these expeditions, but are not accompanied.



Dates

Training: 10th June

Practice: 15 to 17th June

Assessment: tbc

Year groups

S4 to S5

Cost

Approx £300

Number of places available

Unlimited

Prerequisites

To be fifteen years old in order to comply with the Duke of Edinburgh's Award regulations. Pupils who have completed Bronze may start before their fifteenth birthday.



DUKE OF EDINBURGH'S AWARD EXPEDITIONS

The Gold practice and assessment expeditions in June take place in the Highlands and will cross very rough and remote terrain. The physical and mental demands of these expeditions are great. Successful completion of the expedition section at this level requires all the skills that pupils will have learnt at Bronze and Silver levels, excellent teamwork and a high degree of physical fitness.



Dates

Practice: 1 to 4th June

Assessment: 1 to 4th

Year groups

S5 to S6

Cost

Approx £90

Number of places available

Practice: 28

Assessment: 28

Prerequisites

To be sixteen years old in order to comply with the Duke of Edinburgh's Award regulations.

THE BIG EVENTS IN 2012



Winter Skills Weekend, 4 to 5th February

Norway Ski and Ice Climb Expedition, 11 to 19th February (region of £800)

Snow Holing Expedition Weekend, 3 to 4th March

Youth Climbing Series competition, 5th March, 2 & 30th April

S3 Rum Expedition, 12 to 16th April

The Academy Adventure Race 5 to 7th May

Scottish Islands and Peaks Race 18 to 20th May

Gold Duke of Edinburgh Award 1 to 5th June

Greenland Expedition 28th June (region of £4,000)



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