



Information for young people

Introduction for Staff:

- The following information is designed to be discussed with the young people before their visit to White Hall. It will give them an insight into the daily routine and help them to make the most of their course. It also helps to reduce the amount of information groups need to be given on arrival.
- We ask that teaching staff / group leaders read through the appropriate notes and discuss/share them with their group prior to their arrival.

Introduction for Young People:

- We are really looking forward to your visit to White Hall.
- There are a number of things you need to know about when you stay at White Hall so that you have a safe and enjoyable visit.
- You may be sharing the centre with another school; if so you will have the chance to make some new friends.
- You will be sharing your dormitory only with other children from your own school.
- You will be sent a programme with the activities that we have planned. These may change due to weather conditions.

What to bring:

- There is a kit list sent out with your information booklet and also with this information. It's really important to bring clothes that keep you warm and dry and that you don't mind getting covered in mud and soaking wet.
- We provide all specialist outdoor clothing and equipment and will lend you walking boots and waterproofs for your course. If you have your own you are welcome to bring them.
- You will need to bring wellies and trainers for use outside and a pair of indoor shoes (slippers/gym shoes).
- It's really important that your name is in all your clothes/shoes so you can make sure you take all of your clothes home with you.
- We have a drying room, but it's really useful to have some plastic bags for muddy clothes and shoes.

Kit List:

Warm Coat/Jacket for activities
Water Bottle/Flask
Wellingtons
2 pairs of Outdoor Shoes/Trainers (1 pair for wet activities)
Indoor shoes/slippers
Plenty of old clothes as they will get wet/muddy during activities
Waterproof bag(s) for dirty clothes/shoes
Torch
Wash kit and Towel
Underwear and socks
Shorts (summer only)
Trousers/Tracksuit Bottoms/Leggings
Sweatshirts/Fleeces/Hoodies
Pyjamas/Night clothes
Thick socks to wear with walking boots
Casual clothes for indoors
PLEASE NAME ALL CLOTHING & SHOES
CHANGE FOR TUCK SHOP

In addition to the above:

- In the summer - make sure you bring plenty of sun protection. Midge repellent is also strongly recommended.
- In the winter - bring plenty of warm clothing including hats and gloves.
- Groups often bring their **own packed lunch** on the first day of a course; your leader will let you know if this is required.
- Although the “midnight feast” has possibly been a long standing tradition of residentials, please can you ensure that students do not bring food for consumption in dormitories to avoid risk to people with severe allergies who are staying at the centre.
- Don't bring anything valuable; it may get lost or broken e.g. mobile phones, hair dryers, straighteners, electrical equipment, and portable games.
- You will be responsible for wearing the right clothing and footwear for all activities – ask a member of staff if you are not sure! At the end of your course it is your responsibility to return the kit borrowed from us, scrubbed and clean, to the stores.
- Mobile 'phones are not required at White Hall. There is limited signal and we cannot accept any responsibility if they are lost or broken. We do have a public pay 'phone.

When you arrive:

- One of the first things that will happen on arrival is that you will be welcomed by a White Hall member of staff who is working with you on your programme. The information you are given in that meeting is very important and will cover your health and safety as well helping you find out more about being at White Hall.

Inside the house:

- You may need to help each other carry your heavy bags to your bedrooms as they are upstairs. You will need to walk rather than run around the centre to prevent collisions or falls. You will also have to wear indoor shoes e.g. clean pumps or trainers, to prevent injuries to your feet. Never come inside the house in muddy/wet shoes or socks.
- Mealtimes are a good chance to chat with your friends and find out what other groups have been up to. We do expect that you dress in clean, tidy clothes, take off your hats and that you chat quietly in here. Make sure that you have clean hands!
- If you have special dietary needs or food allergies we will already have been sent your details. You will have a different meal to other people where necessary to ensure your dietary needs are met.
- We have a 'family style' dining service, which means that you will be serving the food for you and your friends. Make sure that everyone has enough food before you start to eat or share out any second servings. Please remain seated throughout the meal, particularly when food is being brought to the table and plates are being cleared and be careful of the hot trolleys in the room. We ask that you use the toilet before the meal to minimise the walking around.
- At night all the doors are locked so that you can get out in an emergency, but they cannot be opened from the outside. Make sure you know where your teachers' rooms are in case of emergency – you will be shown this when you get to White Hall.

Other rooms and areas at White Hall:

- **The Lounge** is the room where we meet for the welcome to White Hall and where you can use to sit and chat with friends about the exciting activities you have done that day! There is also a box of games you are welcome to use....we do ask that you put everything away after you have finished.
- **The Briefing Room** is where we sometimes have meetings held by other visiting groups. Most of the time it will be for you to use in your free time. There is a pool table, table tennis and table football. It is expected that you will share the games and act sensibly at all times.
- **The Coffee Lounge** (we don't actually use it for this purpose!) is another room where you can socialise during free time. There are two pool tables in here and plenty of seating.
- **The Tuck Shop** may be open during the evening after the main meal (If your staff have agreed it) and sells a variety of sweets and souvenirs of your stay at White Hall. Please make sure all litter goes in the bins otherwise we may not agree to Tuck Shop the next night! Please be sensible and do not bring too much money, do not exceed the limit set by your teachers. It is really helpful if you bring change rather than notes.
- **The Student Entrance** is the door we ask you to use. There are racks for your wellies outside and there are shelves inside for your outdoor and indoor shoes.

- **The Drying Room** is where you can hang up wet clothing and footwear so that it can be used again the next day.
- **The Main Stores** is where you collect and keep your White Hall waterproofs and boots.
- **The Showers** that you will need to use after doing the 'adventure activities' are near the student entrance. Please keep the area as clean and tidy as possible. Make sure you check that you have all your belongings once you have showered.

Outside the house:

- There are lots of areas to explore around the house. There is a lawned area you can use with football nets, basketball and volleyball during free time. If you want to explore the grounds a bit further you will need to ask a member of staff.

There can be cars, delivery vans and lorries on the driveway and in the car park which are used both day and night. Take extra care when walking in these areas.

- Do not go near the pond or play on any of the ropes courses, trees, walls or equipment set up for activities without a member of White Hall staff. If you go outside please wear outdoor shoes and change into indoor shoes before coming back into the house.

White Hall Expectations:

- All our requests are made so that you and your friends have a safe, fun time while at White Hall and that all groups can make the most of their time with us. Please help us by keeping to them:
- Listen to instructions from the staff and carry them out on time!
- Keep away from out-of-bounds areas including the ropes courses and ponds.
- Report any bullying or anti-social behaviour to a member of staff.
- Remember that you are only allowed in your own bedroom, you cannot go into anyone else's.
- Cameras and camera phones are not allowed in bedrooms or changing areas.
- Share equipment during your free time and let everyone join in games.
- Always try to remember your "please" and "thank-you's".
- Always have consideration for other people around you and other users in the building.
- Remember, the more you put into your stay, the more you will get out of it.
- You may get some free time while you are visiting us. It is a great chance to show how sensible you can be and to gain a little independence from your teachers. There will always be a teacher on hand if you need it. If you are sensible you will be allowed to have unsupervised free time.

White Hall Rules:

- Look after our centre and act in a sensible and safe manner at all times.
- Do not act in a manner that may harm, damage or upset another person.
- Only go on the ropes courses and other equipment with a member of White Hall staff.
- You are only allowed to go into your own dormitory.
- There is no smoking allowed at White Hall.
- Do not bring alcohol or drugs to the centre. You will be sent home immediately if you are found to have broken this rule.