

INTERNATIONAL AWARD FOR YOUNG PEOPLE

EISAP



BRONZE EXPEDITION



EISAP Bronze Practise & Qualifying Hike 2011

Dear Parent/Guardian,

I am pleased to announce that this year's expedition for students registered in EISAP undertaking the Bronze Award Expedition will take place in the beautiful Hajar Mountains, UAE. This practice hike and qualifying hike will be run in conjunction with **North Star Adventure Company**.

The summary details of the trip are as follows:

- Dates:** Practise Hike - Thursday 17th – Friday 18th November 2011
Qualifying Hike - Thursday 8th – Friday 9th November 2011
- Training Days:** Friday 28th October – 7.30am – 11.00am at EIS-J
Tuesday 15th November at EIS-J, 3 - 4pm
Tuesday 29th November at EIS-J, 3 - 4pm
- Venue:** Hajar Mountains (for both practice & qualifying hike)
- Activities:** Hiking, Navigation and Camping
- Accommodation:** Tents supplied by EIS
- Cost:** 450 AED per student, this cost includes the following:

Transport from EIS and back	Tents & maps
Water	School chaperones at checkpoints
Qualified instructors from North Star	Support vehicles supplied by North Star
Public liability accident insurance	EISAP polo shirt

NOT included in the price:-

Food	Backpack, sleeping bag & hiking shoes
Personal medical (health) insurance	Eating utensils

If you are interested in sending your son/daughter please complete the form below and return it with a **payment of 450 AED by Thursday 20th October – this is a non refundable payment**. The payment is best given before school to **Mr. Munnery** in **HS39** (this can be cash or a cheque made out to Emirates International School).

EISAP Registration

All students attending this trip must be registered EISAP members. A completed registration form and the 200 AED registration fee paid prior to departure.

Yours sincerely,

Mr. Stephen Munnery
ASA & EISAP Coordinator
smunnery@eischools.ae

October 4, 2011

Mr. Kenny Lim
ASA & EISAP Assistant
klim@eischools.ae

Further Information and Requirements for EISAP Bronze Expeditions

Please read this carefully and complete the attached medical forms. Please return these forms by Thursday 27th October 2011.

Meeting & BBQ – Monday 17th October 5.30 – 7.00pm

There will be a BBQ beside the main pitch of the high school. Following this will be an information session on what EISAP is all about followed by a specific Bronze Expedition information session. Please ensure at least one parent (along with your child) attends this meeting. You will need to RSVP using the attached invite and return it to HS39.

Training Programme

Detailed information will be given out and practical skill based activities will take place during these sessions. During each session the students will be assessed on their readiness and ability to complete the expedition in a safe manner. This will be judged by the EISAP teacher leading that activity. You may be denied the opportunity to participate in the expedition if the teacher feels you are not ready or incapable of completing the expedition safely. The expeditions are physically very challenging and also require certain skills.

In preparation for the expedition students must attend the sessions below:

Friday 28th October 7.30am – 11.00am (meet beside main football pitch in grandstand)

Navigational skills (purchase a clear base compass and bring along for this day), Team work and group dynamics, Fitness, Packing & Cooking - Students will be **cooking their own meal** – in groups of 3 they will be provided with a small portable gas burner to cook their meal. Ideally this will be a trial run of the meal that they will cook on the night of the practise hike. Each group must bring in food, cooking equipment (pot, tongs etc.), plates and eating utensils. Students must have kit for fitness work and a drink bottle.

Tuesday 15th November 3 - 4pm (meet beside main football pitch in grandstand)

Navigation & Map skills – preparing maps & route cards – bring compass, highlighter, pencils & pens. This essential prior to the practise hike.

Practise Hike – Hajar Mountains

Depart EIS-J **Thursday 17th November 7.20am**

Return EIS-J **Friday 18th November 1.00pm**

This will be a full practise hike which will involve students hiking, camping and cooking. This will provide an ideal preparation for the Qualifying Expedition and ensuring students are safely prepared.

Tuesday 29th November 3 - 4 pm (meet beside main football pitch in grandstand)

Navigation & Map skills – preparing maps & route cards prior to the qualifying hike.

Qualifying Hike – Hajar Mountains

Depart EIS-J **Thursday 9th December 7.20am**

Return EIS-J **Friday 10th December 3.00pm**

This will be a formal assessment which will test students navigational, group work and hiking skills.

Behaviour

Payment does not guarantee your son/daughter a spot on the trip. Students may be prevented from attending excursions due to poor behavior, attendance etc. This decision will be made by the EISAP coordinator, dean of students, head of grade and deputy principal. Any student on level 2 behaviour monitoring will not be allowed to attend the trip. Whilst on any eisap expedition students must behave to very high standards and follow all teacher and North Star instructions, failure to do so will result in your child being sent home.

Transport

For both the practise hike and the qualifying hike we meet at EIS-J at 7.15am on the Thursday's. For the practise hike (November) we return at 1pm and for the qualifying hike (December) we return to EIS-J at 3.00pm. Travel will be provided by Diamondlease buses.

Medical History

Please complete the attached form regarding your son/daughters medical history.

Expedition Provider

All EISAP-J expeditions are run by North Star. This is a UAE based company which has been organising school based adventure activities for many years. They use fully qualified staff and have extensive knowledge of the conditions our students will encounter. The owner and founder, Paul Flaherty is an ex SAS Military man who has extensive experience in providing adventure activities.

Risk Analysis

A detailed assessment of potential risks has been carried out by North Star in conjunction with EIS-J staff. There are inherent dangers with any adventure activities but these are minimised or eliminated.

An important part of eliminating risks is attending the training sessions. Please ensure your child attends the designated training sessions. Another vital component in reducing risks is the following of all instructions of North Star staff and EIS-J teachers. Failure to do this may place your child's or others at risk and will not be tolerated.

Accident Insurance

North Star provides the group with 3rd party accident insurance for any incident which may occur on the expedition. This is through Oman Travel Insurance with a sum total of one million AED coverage.

Health Insurance

The North Star accident policy does not cover sickness or illness. We are in close proximity to Dubai (90 minute drive) but parents are encouraged to provide health insurance for any illness that may occur during the expedition. Please provide me with a copy of this policy and ensure it is dated and signed.

Equipment List

- Small Medical pack (basics – plaster/blisters)
- Expedition food (snacks, lunch x 2, dinner, breakfast)
- Sleeping bag + sleeping mat
- Sunscreen & hat
- Toiletries – toothpaste, deodorant, wipes/sanitiser
- Clear based Compass & whistle
- Small amount of money for snack on our return
- Toilet paper
- Cooking equipment (pot, tongs, server, plastic knives, forks, spoons), washing and cleaning products
- Expedition clothing -2 days (warm for night)
- Walking shoes (good trainers will be fine)
- Torch
- Rucksack 60 -70litre – not from Karama
- Lighter/matches
- Water bottle
- Tents will be provided by EIS-J

Equipment Purchase

The key to assist your child with the successful completion of the expedition is the correct use of quality gear. The above items can be purchased from Adventure HQ, Go Sports, Inter Sport, Ace Hardware and Picnico on Beach Road.

You do not have to purchase the most expensive product but rucksacks from Karama should be avoided at all costs.

EISAP BRONZE EXPEDITION PERMISSION FORM

1. STUDENT INFORMATION

First Name	Family Name	Form	M / F
-------------------	--------------------	-------------	--------------

Date of birth _____ Age _____ Nationality _____
Student email address _____ (print clearly)

2. PARENT OR GUARDIAN INFORMATION

1. Mr/Mrs/Miss	First name	Family name	
Address		Email	
Tel home	Tel work	Mobile	
2. Mr/Mrs/Miss	First name	Family name	
Address		Email	
Tel home	Tel work	Mobile	

EMERGENCY CONTACT INFORMATION

The person to contact if parents cannot be reached:

Name _____ Relationship to family _____
Tel home _____ Tel work _____

3. MEDICAL INFORMATION

FAMILY DOCTOR DETAILS

Mr/Mrs/Miss _____ First name _____ Family name _____
Address _____
Post code _____ City _____ Country _____
Tel work _____ Fax _____

MEDICAL HISTORY

Please circle if any of the following:

Does he/she have a history of:

diabetes asthma stomach upsets seizures/fits

sleep problems ear problems bedwetting

Has he/she ever had an allergic reaction to any of the following:

Penicillin Bee/Wasp Sting Certain Foods Any Other
Medication

Date of last tetanus injection - _____

Does he/she have any special dietary considerations _____

Will your child be bringing any medications on the expedition? If yes fill out the following:

MEDICATION 1

Medication name _____
Medical condition for which this medication is required _____
Dosage _____ Frequency _____ Duration _____
Possible side effects of medication _____
Special storage instructions _____
Other information _____

MEDICATION 2

Medication name _____
Medical condition for which this medication is required _____
Dosage _____ Frequency _____ Duration _____
Possible side effects of medication _____
Special storage instructions _____
Other information _____

4. PARENTS OR GUARDIAN’S DECLARATION

To the best of my knowledge, the information I have given is correct and the child named below has my permission to engage in all the trip activities, unless otherwise noted and indicated in an enclosed written doctor’s report. I accept full responsibility for any claims, losses, expenses or liabilities arising out of, or related to, my child’s participation in the bronze expedition.

I hereby give permission to North Star and/or EIS-J staff to dispense the above medication on my behalf, according to the dosage and frequency indicated. I understand that all medications should be sent in an appropriate container, clearly marked with the child’s name and medication details.

I hereby give permission to North Star and/or EIS-J staff to authorize, on my behalf, any emergency medical care (including surgery) which, on the recommendation of qualified medical personnel, may be deemed necessary. In such circumstances, I understand that North Star and/or EIS-J staff will seek to advise me or the emergency contact person designated at the earliest possible convenience.

I understand and accept that should my child possess or consume any drugs or alcohol, smoke, or in the opinion of North Star and/or EIS-J staff behave in a way incompatible with the expedition at any time, that I will make immediate arrangements for him/her to leave the expedition at my expense and return home.”

Child’s Name: _____

Guardians/Parents Permission	
Signed: _____	Signed: _____
Name: _____	Name: _____
Relationship to student: _____	Relationship to student: _____
Date: _____	Date: _____

Various action photos and trekking video footage will be used to promote the expeditions on school website, newsletter and posters. If you have any objection to the use of your child’s image on any of these formats please contact either Mr. Kenny Lim or Mr. Stephen Munnery via the attached school email.