



Activity Day  
3 May 2019

- Group:** Contact: Maree Grant, 01887 822300 /  
20 pupils from P6/7 + 2 staff from Breadalbane Academy + 1 parent
- Activity:** **Canoeing.** Open canoes, lochs and waterfalls are perfect for adventures! There will be a boat orientation, skills demonstration and practice and a safety brief on the beach before the pupils leap into their pirate crafts and venture out on the water and head upstream to the Linn of Tummel. Lunch will be on the peninsula between the Tummel and the River Gary where there will be an opportunity to try slacklining, toast marshmallows and make rope swings.
- Session Aims:** To develop self confidence and social interaction; to learn new skills; to work as a team to achieve a shared objective; to appreciate the different roles in the team; problem solving; making decisions individually and within the group; learning to assess the weather and how it affects journeying on the water. And, of course, to have fun!
- Session Timings:** 09:30 - 14:45
- Activity Location:** Loch Faskally
- Meeting Point:** A lay-by leading to a slip way on the north-eastern edge of Loch Faskally
- Directions to Meeting Point:** Head north on the A9, bypass Pitlochry, cross the bridge over Loch Faskally and take the slip road off to Killiecrankie and then turn right on the B8019. Take your first left signed to Tay Forest Park - Faskally. Follow this single track road around to the right (don't turn left into the Forest Park) and you will see Biscuit's car and trailer. If you reach the fish laboratory or Faskally House (PH16 5LA) you've missed him!
- Participant Kit Recommendations:**
- Canoeing at this level is usually a dry activity and ordinary outdoor clothes are fine. The water will be too cold in early May for swimming.
  - A full set of waterproofs is **essential**. i.e. hooded jacket **and** trousers,
  - Use a layering system (base thermals, mid and outer) for flexibility to add a layer when inactive (breaks) or remove a layer when active.
  - Scottish spring demands hats and gloves or sun hats and suncream, depending on the weather forecast!
  - Please have a full **spare set of clothes and a towel** in a bag that can be put in a dry barrel in the canoe in the event that someone gets wet. Camera, lunch, water, medication etc can be put in here too.
  - Wellies are essential.
  - We will provide buoyancy aids which must be worn at all times.
  - Any personal medication.
  - Water bottle - we recommend at least one litre each.
- Food and Refreshments:** ***Please ensure that everyone has a packed lunch, snack and drink with them.*** We will provide hot drinks and biscuits for a break.
- Toilet:** There are no toilet facilities. Biscuit will have all the essentials for responsible outdoor toileting: trowel, loo roll and hand gel. He will teach the children best practice and be on hand to assist where necessary.

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**Be Tick Aware:**

Please check your children for ticks after a day in the outdoors. The best prevention is long trousers and tops. If you do get bitten, removing the tick quickly and correctly reduces any potential risk. See [www.typhoiddiseaseaction.org.uk](http://www.typhoiddiseaseaction.org.uk) for more information.

**Our Contact Details:** Richard Turner: 07736 463466, Sarah Turner: 07780 675859

Many thanks for your booking! We look forward to seeing you soon.

Best wishes,

Biscuit and Sarah