

**YOUR
ADVENTURE
RESIDENTIAL
TRIP**

**ALL
YOU
NEED
TO
KNOW**

**FOR
PARENTS
AND
CARERS**

rootd

**UNPLUG,
SWITCH ON
AND LIVE IN THE
HERE AND NOW**

SCHOOL TRIP ORGANISERS WITH A DIFFERENCE

WELCOME TO ROOTD ADVENTURE!

We're delighted that your school has chosen us as your school residential trip provider, and we look forward to welcoming your child to our Rootd camp.

AN UNFORGETTABLE ADVENTURE

A school residential is the highlight of the year for many children. It gives them a chance to switch off from the distractions of daily life and immerse themselves in new activities and adventures with their friends.

Away from the classroom they learn new skills, build independence and form closer bonds with their classmates.

And together they create some amazing memories that will stay with them for years to come.



A TIME TO SHINE

On a Rootd outdoor residential, every child is encouraged to try new activities, challenge themselves and discover just how much they can achieve away from the classroom.

And this has a wide range of benefits for children:



They build confidence and independence



They develop resilience and determination



They strengthen friendships and mutual understanding



They experience a new way of learning



They discover how the outdoors can help you relax and recharge

And most importantly, they return home full of pride at what they've achieved and bursting with stories to tell!

A TRIP PROVIDER YOU CAN TRUST

As an experienced school residential trip provider, we know how to run exciting adventures for children in a caring and secure environment.

We hold the Learning Outside the Classroom (LotC) accreditation, which means we've been assessed against a rigorous framework that evaluates the quality, safety, and educational value of our school residentials, as well as our safeguarding procedures and emergency planning.



FIVE-STAR REVIEWS

We consistently receive five-star reviews from teachers who have been delighted with the quality of our trips.

From our activities and accommodation to the expertise of our Rootd team, schools are continually impressed by the high standards we deliver.

To see what schools are saying, visit:
rootd-adventure.com/our-reviews

LotC Quality Badge



Council for
Learning Outside the Classroom



FOREST ADVENTURES

IN OUR WOODLAND POD VILLAGE

Set in meadows and natural woodland, our Hertfordshire camp offers children an exciting outdoor experience in a safe and manageable environment.



Pupil pods sleep up to 8 children on bunk beds



Indoor dining room, plus indoor shower / toilet facilities



Night toilets and motion sensor lighting



Chill-out areas with a campfire, games and table tennis



Teacher tipi with 360-degree views of the camp



Teacher pod at the heart of the village



SAFETY ALWAYS COMES FIRST

On a Rootd residential, children are encouraged to explore the woodland, try new activities and experience the freedom of nature. But their safety is always our top priority.



Children are fully supervised by our instructors during group activities and by their teachers during downtime



In the evening, teachers have 360-degree views of the camp from their teacher tipi



A designated Rootd staff member stays on site overnight to support teachers



Teacher pods are positioned next to and opposite the pupil pods



Motion sensor lighting and night toilets are provided, so no one needs to leave the camp at night



The centre is not open to members of the public, and your school will have exclusive use of your pod village while you're on camp



MEET OUR INSPIRATIONAL TEAM

A TEAM YOU CAN COUNT ON

Our experienced group leaders are fantastic at getting children involved in every activity, and they ensure that every child feels supported and included during their trip.

EVERY TEAM MEMBER HOLDS:

- An enhanced DBS check
- Level 3 Award in Outdoor First Aid
- NGB (National Governing Body) qualifications or has received in-house training
- Level 2 Safeguarding Children (a designated Level 3 Safeguarding Lead is always on site)
- Level 2 Food Safety and Hygiene

If your child feels nervous about staying away from home, our friendly instructors are always on hand to provide reassurance and help ease any feelings of homesickness.

FOOD GLORIOUS FOOD



FOOD OPTIONS FOR EVERYONE

Spending fun-packed days in the outdoors usually means that happy children are hungry children!

So we make sure we provide tasty, nutritious meals that keep children feeling well fed and energised. All meals are freshly prepared on site and include a balance of meat, vegetables, fruit and carbohydrates.



SPECIAL DIETARY NEEDS

Our kitchen caters for all dietary needs, including allergy-friendly diets, vegetarian, vegan, gluten-free and halal. Schools provide us with their requirements in advance, so we can ensure every meal is suitable and safe.

Please ensure that you provide your school with any dietary requirements when requested.



AND FUSSY EATERS?

We often find that children are much more open to trying new foods when they're away from home. We'll always make sure they have enough to eat, and no child will ever go hungry.

If you have any specific concerns, please speak to your school and we'll work with them to put a plan in place.

HOW TO PREPARE YOUR CHILD FOR THEIR TRIP

Even if your child is excited about their residential, they might still feel nervous about staying away from home.

This is completely normal, and it doesn't mean they need to miss out. There's a lot you can do to help ease their worries beforehand:



1

TALK POSITIVELY ABOUT THE TRIP

When you discuss the trip, focus on the fun they're going to have and talk about it in an upbeat way.



2

LISTEN TO THEIR WORRIES

Take time to talk to your child about the trip and address any worries they have. This will give them reassurance and help them imagine how they can overcome them.



3

PRACTICE SLEEPOVERS

If your child hasn't slept away from home before, try arranging a night with a family member or close friend. This will help to build their confidence before the trip and get them used to not having you nearby.



4

LOOK AT OUR WEBSITE TOGETHER

Take a look at our website with your child, which includes photos of our activities and accommodation. This will bring the trip to life for your child and help them imagine what the residential will be like for them.



5

LET YOUR CHILD LEAD THE PACKING

Although it's tempting to do the packing yourself, letting your child take charge will encourage independence and help them feel in control. But make sure you give it a final check to make sure they haven't missed anything!

For more tips and advice, visit our blog at rootd-adventure.com/blog

WHAT TO PACK

The following list is designed to give you an idea of the kit children will need to bring with them on their adventure. They will be responsible for carrying their luggage to and from the pod villages on arrival and departure, therefore we recommend children only carry what they really need for their trip.

ESSENTIALS

- ✓ Sleeping bag (3 season)
- ✓ Pillow
- ✓ Large rucksack / holdall (avoid wheeled suitcases)
- ✓ Clothing for each day of your trip to include:
 - Tracksuit
 - Hard-wearing trousers / shorts (no jeans)
 - Base layers / vests / T-shirts
 - Warm fleece / jumpers
 - Socks / underwear (we advise bringing 2 pairs of socks for each day)
- ✓ Waterproof jacket
- ✓ Warm pyjamas (please remember even in the summer camping can be cold at night, so layers are essential)
- ✓ Sturdy shoes or boots, e.g. Walking boots, or old trainers for activities
- ✓ Trainers (not plimsolls) for evenings (No sandals / crocs. You can bring flip flops for the showers)
- ✓ Named water bottle
- ✓ Toiletries including toothpaste, toothbrush, roll-on deodorant (not aerosol). All preferably in a named wash-bag
- ✓ Towel
- ✓ Torch with spare batteries
- ✓ Plastic bag for dirty clothes

RECOMMENDED

- ✓ Waterproof trousers
- ✓ Book / cards / games (nothing electronic or valuable) to enjoy during down time
- ✓ Plastic / Bin bag for wet / muddy clothes

WEATHER DEPENDANT

- ✓ Wellies
- ✓ Sun cream
- ✓ Sun hat
- ✓ Warm hat / gloves

Please ensure that your child packs their own bag so they know what they have with them and can find it easily on arrival



FAQS



What does a Rootd adventure include?

We provide all activities, equipment, instruction, meals (except packed lunch on day 1) and accommodation in either our woodland camp or pod villages. Children will need to bring a sleeping bag and pillow for their bunk beds and, particularly if camping, please try to ensure children have a warm 3-season sleeping bag, as even in the summer it does feel cold at night.

How will my child benefit from going on a Rootd school trip?

When children come on a Rootd school trip, they have a unique opportunity to switch off from the demands of daily life and make unforgettable memories together.

With the support of our Rootd team members, your child will be encouraged to rise to new challenges, test their limits and uncover their potential. This builds resilience and self-belief, meaning they'll leave feeling confident and with a big sense of achievement.

What will the children be doing when they're not taking part in activities?

Between activities and before mealtimes, children will have the chance to enjoy some free time together, supervised by teachers. We have chill-out areas on camp where they can play games in outdoor and sheltered areas. Games bags are provided and children can play table tennis. Children will also have the chance to relax and unwind in our cosy accommodation, where children often play card games or complete personal hobbies.

What safety measures are in place on camp?

All members of staff are first aid trained, safeguarding trained and food safety trained. Staff are highly vigilant at all times and always put the safety of children first.

To keep the camp secure at night, there's a main gate and barrier, which are both closed from 8.30pm in the evening until morning. There is CCTV at the barrier and at other points throughout the centre. These are monitored by main reception and the duty staff manager when reception is closed. The centre manager lives on site and our Rootd staff stay overnight in case of emergency.



FAQS

What qualifications do your Rootd staff have?

All Rootd staff are DBS checked, first aid trained and have the necessary qualifications to teach the activities they lead.

They have also received safeguarding training, food safety training, National Governing Body (NGB) training where appropriate, and they have been signed off in in-house activity training.

In addition, they regularly undergo Continuing Professional Development (CPD) to ensure they're up to date on the latest guidance and legislation.

Do you cater for special dietary requirements and allergies?

Yes, we cater for all dietary requirements, as long as we're made aware of them in advance of the trip. We ask schools and groups to request this information from parents at least 8 weeks prior to the trip and share this with us, so we can ensure we're fully prepared for your visit.

Are there shower facilities on site?

Yes, we have a dedicated Rootd shower block on site with children's showers and adult-only showers.

Should my child bring any money on the trip?

No, there won't be an opportunity for them to spend any money on their trip, so there's no need for them to bring any with them.

Can my child bring any electronic devices with them?

We request that children don't bring any electronic devices with them, including mobile phones, tablets or electronic games. This is a great opportunity for them to fully unplug from their screens and immerse themselves in the activities on camp, without distractions. We are also unable to store them safely on camp.

Can I contact my child while they're on the trip?

We find that children settle better when they don't have outside contact, as this can encourage homesickness. Instead, we recommend that all communication goes via your school, who will be able to answer any questions and contact you in case of emergency.

Who can I contact if I have any questions while my child's away?

If you have any questions during the trip, please contact your school or your group leader. They should have all the information you need to be able to answer your queries, or they can contact us for anything else.

For more frequently asked questions, please visit: [rootd-adventure.com/faqs](https://www.rootd-adventure.com/faqs)



LET THE ADVENTURE BEGIN



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