



# SECONDARY SCHOOLS AND YOUTH GROUPS AT KILLARY

## WHAT TO BRING ON YOUR KILLARY ADVENTURE

Please read this very carefully. We recommend you bring with you the following items of clothing and equipment to help make your stay or day trip with us as comfortable as possible.

The weather on the west coast of Ireland proves to be very unpredictable so for anyone doing activities, you have to be prepared for everything from hail to blazing sun no matter what time of the year!

- **OLD WARM CLOTHING**

When on activities avoid wearing denim. Tracksuits, fleeces, combats are best. Some of the activities, particularly the Killary Challenge and the Turf Challenge, can be quite mucky so make sure that they are old clothes. Layers work best so a couple of fleeces or similar.

- **RAIN JACKET & TROUSERS**

We strongly recommend you beg, borrow or steal (not really!) some rain gear for your trip. It does not have to be expensive. Many shops sell plastic macs from as little as 10.00 Euro. It is essential that you have at least a rain jacket with you.

- **WOOLLY HAT, GLOVES AND WARM SOCKS**

For the cold weather and because all of our activities are outdoors

- **FOOTWEAR**

Ideally if you have a pair of runners and/or walking boots it would be great. You need 2 pairs. One dry /one wet. For all of the water based activities you need a pair of shoes that can get wet and mucky. An old pair of trainers. NO crocs or flip flops for activities.

- **EVENING TIME WEAR**

A complete change of clothes and spare shoes for travelling home in or for evening wear.

- **SWIMSUIT**

We provide the wetsuits for your water activities. It is normal to wear a swimsuit under you wetsuit. If you have a nylon thermal top, you could wear it under your wetsuit also but this is not essential.

- **TOWELS**

We do not supply towels. You cannot have too many towels with you on an activity holiday. After water activities you shower to get out of the wetsuits, so you need a towel for the showers.



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- **OLD CLOTHES**

Very old clothes that you don't mind getting completely mucky and dirty if doing the Killary Challenge or Turf Challenge.

- **PLASTIC BAGS**

Please bring plastic bags with you. By the end of your stay you may have quite a lot of wet clothes you will not want to put into your luggage.

## ADDITIONAL FOR SUMMER

- **INSECT REPELLENT**

Insect repellent is essential. It is needed to keep away the annoying midges during the months of April to October. They will try to drive you insane otherwise!

- **EXTRAS FOR SUMMER**

Sunscreen, shorts, t-shirts for the summer months in case the sun comes out!

## ESSENTIAL INFORMATION

### **VALUABLES AND LOST PROPERTY**

Killary recommend that children do not take any valuables e.g. phones, iPod, etc with them to Killary Adventure Co. If children do decide to bring them to Killary we are sorry but Killary will not accept any responsibility for them.

The leader/teacher with the children can collect all valuables to ensure their security, and place them in a container which we will provide. For residential groups we then ask that the teacher/leader lock the container in their room or in our safe. For non-residential groups we will place the container in a safe place for them. Teachers however then assume the role of ensuring each individual student receives their valuables back in order.

For children under 14 it is advisable that they have a list of all personal items they bring with them to the centre, so they can check them off on departure.



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- **LOST PROPERTY**

We do not return lost property so make sure when leaving the centre that you bring everything with you. We have recycling bins for the clothing that is left behind at the centre. Clothes and shoes are put in every day, so make sure you bring all your items with you when you leave the activity site and changing rooms.

- **WATER SPORTS**

Wetsuits, buoyancy aids and helmets are provided for all water sports. You need to have your own footwear that can get wet. Something like old trainers are ideal.

- **BED LINEN**

All bed linen is provided but you do need to bring towels.

- **DRYING FACILITIES**

We have a large drying room for raingear & boots.

- **MOBILE PHONES**

Only mobile phones on the 087 and Three network will work in the Leenane area.

- **TOILETRIES**

Toiletries are not available for sale at Killary but a limited range can be purchased in Leenane (5km). The nearest chemist shop is in Clifden or Westport (approx.30mins).

- **SHOWERS AND CHANGING FACILITIES**

There are extra changing and shower facilities at both the accommodation centre and at the activity site.



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## PERSONAL RESPONSIBILITY

Participants/Parent must accept the inherent risks of the proposed recreational and leisure activity provided by Killary Adventure Company (further as KACo) and the possibility of personal injury or property damage or loss resulting there from.

Outdoor and adrenaline sports and activities facilitated by the KACo are subject to strict safety procedures and protocols and whilst here we expect participants to adhere to these.

However interaction with the natural environment contains inherent risks and dangers including personal injury & illness. KACo accepts no liability for incidents involving the natural environment over which we have no control.

All participants must follow the directives of KACo and its management and staff at all times. Participants agree to fully compensate KACo for damage and/or loss to the property of KACo where such damage or loss is attributable to their own careless or intentional actions.





# SECONDARY SCHOOLS AND YOUTH GROUPS AT KILLARY

## KILLARY ADVENTURE COMPANY MOBILE PHONE POLICY

Our belief is that you come to Killary to interact with your fellow students and friends both inside and outside. For all school, youth and summer-camp guests that come and stay with us we have a new system in place since 2018. This is in response to both feedback we have received and our experience of over 40 years providing outdoor experiences.

### HOW IT WORKS

- All phones / tablets will be handed in / collected on arrival to Killary and kept in a locked safe area.
- They will then be given out between 18:30 and 19.30 on each evening of stay.
- They will be collected again at 19.30 before they go out on evening games session.
- There will be no WIFI on during the hours of 10.00 am – 17.45 pm.

### KEEPING IN TOUCH 24/7

If there is an emergency or anyone should wish to get in touch with parents / youth/ teachers, there is the main reception phone to use any time of the day or night. Children are informed they can use these phones to call home outside of their mobile phone usage times.

### THE BEST TIME TO CALL

The best time to contact a student is in the evening from 17.30 – 19.00 before evening games. You can also call the centre at this time on 095-43411 if you cannot get them on their mobile or if they do not have one.

### PHONE HOME

At any stage during their stay, children are told they can use the phone at reception to call home. This is in case they have run out of credit, or if they do not have a mobile phone. Fair usage rules will apply!

We hope that you all agree and understand our policy for mobile phones. If you have any questions regarding the policy before you come to us here in Killary Adventure Co. please feel free to get in touch with us.



# SECONDARY SCHOOLS AND YOUTH GROUPS AT KILLARY

## INSURANCE

Killary has full public liability cover for all activities undertaken by the company details of which are available on request. Personal Accident Insurance against injury, accident, or loss whilst on the course or cancellation of travel plans is the responsibility of the client.

## RULES & REGULATIONS FOR ALL STUDENTS

Please make sure your group is aware of the rules and regulations of Killary before they arrive. We have developed these rules to ensure you and your students have a truly safe environment in which to enjoy your stay with us

- Any youth found in possession or under the influence of alcohol will be sent home immediately at their, own expense (for senior students who are 18 this is up to the Leaders discretion) and the full balance of their confirmed booking will have to be paid.
- Any youth found in the possession or under the influence of any illegal drug will be sent home immediately at their own expense and the full balance of their confirmed booking will have to be paid.
- NO red bull or caffeine energy drinks allowed in the centre. They will be confiscated from the children if they have them and will not be returned and the cost of the products will be a loss to the individual.
- If any group leaves the centre prior to the confirmed departure date, full payment for the confirmed booking will be paid. There will be no refunds for groups who do not take up on any parts of the programme not used of their confirmed booking.
- This is a non-smoking centre. No smoking is permitted unless a Leader from the group specifically requests it. This will only be allowed if there are no other youths staying at the centre.
- Killary has an excellent safety record, to ensure this continues we reserve the right to remove any uncontrollable pupils from adventure activities.
- Youths must adhere to any safety requests by their Instructors on a session. Any failure to comply will result in the youth being removed from the activity.



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## RULES & REGULATIONS FOR ALL STUDENTS

- All damage must be paid for.
- At Killary Adventure Centre we have a policy where any damage in the bedrooms is charged to the students in the room divided equally amongst them. Please let us know before your stay if you would prefer if the individual responsible for the damage is charged only. If nobody admits to the damage and it is clear someone from your school is responsible-the bill will be sent directly to the school/organisation.
- Students are not allowed off the premises unless supervised by a Leader or Instructor.
- Youths are not allowed to leave their rooms after 11pm (all rooms are en-suite). The only time they may leave their rooms is if they need to contact the Night Supervisor.
- **VALUABLES**  
Students are responsible for their own possessions (i.e. clothes, phones, camera's etc). We recommend that students do not take any valuables with them to Killary. We accept no responsibility for student's valuables. Valuables **MUST** be left in reception for safe keeping, there is nothing we can do if they leave them in rooms.
- Leaders must collect all valuables and place in a container, which is kept safe in their bedrooms under camera surveillance by Killary. Leaders are then responsible for collecting and handing back valuables during their stay. NB We are very sorry, but if student valuables go missing from their bedrooms, changing rooms etc., Killary Adventure Co take no responsibility for this. Please inform your students of this procedure
- **CLOTHES:**  
We do not return lost property so make sure when leaving the centre that you bring everything with you.



# SECONDARY SCHOOLS AND YOUTH GROUPS AT KILLARY

## MEALS AT KILLARY ADVENTURE CO

Killary Adventure Co has a large dining area overlooking the Killary Fjord with seating for up to 65 people at each sitting. We provide all the meals at Killary, there is no self-catering. Meals must be booked in advance.

### BREAKFAST

Choice of cereal's, orange juice, tea/coffee, toast and spreads, fruit available.

CEREALS	Cornflakes, Rice Krispies, Weetabix, Country Store
SPREADS	Jam, honey, marmalade
FRUIT	Bananas, apples, oranges

### LUNCH

Lunch consists of Sandwiches, homemade biscuit, fruit and a drink.

Each person makes up their own sandwich, putting what filling they want into it. With smaller groups we can make up sandwiches to order based on the sandwich bar below.

THE SANDWICH BAR (Subject to change)

BREADS	White / Brown
SALADS	Coleslaw, Tomato Cucumber, Lettuce
FILLINGS	Ham, Chicken, Salami, Tuna, Cheese
SPREADS	Butter, Mayonnaise

### DINNER

Dinner: A basic hot main course dish and dessert e.g. Main courses are dishes like Spaghetti Bolognese, Chicken Kiev, Curry and Rice. A salad bar is also available each evening with a choice of salads. Desserts are chocolate cake, jelly & ice cream, chocolate brownies.

SAMPLE DINNER MENU

MAIN COURSE	Spaghetti Bolognese and a variety of salads
DESSERT	Chocolate Brownies

If you have any dietary requirements, let us know when booking and we will look after them for your main meals. It is recommended that any child with a special dietary requirement bring their own snacks for outside of meal times.

There is also a tuck shop which is open when meals are finished.