



Dear Parent/ Carer

RE: Mission Out - Wednesday 17 July

As part of our commitment to offer a broad and balanced Physical Education curriculum, I am pleased to inform you that we are offering our Year 10 cohort an Outdoor Education trip to Mission Out. Mission Out is an outdoor adventure park in Leeds, including high ropes, assault course, giant swings, a jump tower pillow, adventure golf and lake rafting.

The trip will run from 9am until 3pm. Students must arrive to the academy at 8.30am in their full JSA PE kit and bring a water bottle. Students will also be required to bring a packed lunch, however students who receive free school meals will be provided with a cold lunch by the academy. Sun cream and a hat are also advised in case of warm weather and the trip being outside. All students will be transported to and from the event on a coach. The cost of the trip will be covered by the academy, as it forms part of our curriculum provision.

Due to the nature and risk of the activity, student behaviour must comply with Mission Out terms and conditions of entry and these are summarised on pages 2 and 3 of this letter. All students who go on the trip and display exception standards of behaviour will be awarded with credits and house tokens. Any student who does not follow the instructions of either the academy staff, or supervisors whilst on the trip will be sanctioned in line with the PD policy. Students will undergo a safety briefing prior to them entering the park.

In order for us to keep you informed and to ensure the safeguarding of your child, **please read the consent form carefully on pages 2 and 3 of this letter and then sign and return the online form** - <https://forms.office.com/e/pAGv27RyX6>

Please note that without this consent form we will be unable to allow your child to participate. If your child requires any medical items such as an inhaler, they must ensure they bring this with them on the day.

If a student does not bring any required medical items, they will be unable to attend the trip and will remain in the academy. If you have any questions regarding the trip, please do not hesitate to get in touch by emailing enquires@johnsmeatonacademy.org.uk or by calling 0113 8313 90.

Yours faithfully,

Miss T Scott
Curriculum Leader of PE



MISSION OUT TERMS & CONDITIONS

SAFETY INFORMATION AND ACKNOWLEDGMENT OF RISK

At Mission Out we want all our visitors to have an epic outdoor adventure, so safety is our priority. As some of our activities involve risk, all visitors must read and agree to the following safety information and where necessary, undertake activity specific safety briefings before use – no exceptions!

- Mission Out is an unsupervised area. All children under the age of 18 must be accompanied and supervised by a responsible adult, who must ensure all in their care understand and follow the safety information and instructions. Anyone not following instructions will not be permitted to use the equipment and may be asked to leave, with no refund being given. On booking, names and dates of birth of all visitors must be given and updated with us if someone else is coming in their place
- You must be physically and mentally able to take part in activities. If you are in doubt, speak with a member of our team, however this is ultimately your decision as some activities are high up and require a degree of fitness and ability
- If you have a pre-existing medical condition that may affect your ability on an activity, or are pregnant, you must fully assess your suitability before taking part
- Equipment must not be used if you do not meet height or weight requirements
- If protective equipment is provided, it must be worn correctly for the duration of the activity
- With the nature of these activities, despite safety measures put in place, there is still a risk of injury which could range from a minor scrape, to broken bones and in extreme cases, death. By agreeing to this safety information you are acknowledging these risks
- Do not force others to do activities they are not comfortable with and do not push, pull or move others if they are struggling and need help – get a member of our team to assist
- If you see any damaged equipment, report it to a member of our team immediately
- No food or drink to be taken on any equipment or activity
- All equipment, protective clothing and items belonging to Mission Out to remain within the park
- Wear appropriate footwear and clothing for the weather and activities
- If we experience severe adverse weather such as strong winds, ice, snow or thunderstorms, Mission Out may be forced to close
- If we experience a period of adverse weather such as torrential rain, strong winds, ice, snow or thunderstorms, we may close The High Ropes, High Tower Jump Pillow and Adventure Golf until they are checked and deemed safe to reopen
- If instructed by a member of our team to exit an activity or piece of equipment, you should do so immediately
- Our team at Mission Out are not medically qualified, therefore not in a position to assess the capability of our visitors to use the equipment. It is the visitor's responsibility to undertake such an assessment before taking part in any activities. We advise you to visit Mission Out prior to booking to undertake your own risk assessment.

ACTIVITY SPECIFIC SAFETY INFORMATION

High Ropes

- This High Ropes activity is supervised by our trained instructors, however parents / guardians must be present at all times
- No access to the high ropes unless supervised by a high rope's instructor
- All visitors must attend the safety briefing before taking part, even if you have previously participated. If you are an adult supervising under 18's, you must ensure they understand and follow all safety instructions and information
- You will be clipped on to the Belay safety system for the duration of the activity and must not detach this at any time
- There is a risk of injury when undertaking this activity – users must wear protective equipment correctly and at all times. Failure to do so will prohibit visitors from taking part in this activity

GORSE

- The minimum height for this activity is 130cm (4ft 2). Maximum height is 193cm (6ft 3). Anyone not falling into these heights cannot participate in this activity
- The maximum weight is 120 kg (19 stone). Anyone exceeding this weight cannot take part for safety reasons
- Closed toe footwear, tied securely to be worn – sandals, pumps or open toe shoes are not permitted. Areas which the harness will cover, such as arms, legs and midriff must be covered. Shorts can be worn but must be long enough to prevent the harness from rubbing on the skin
- Long hair must be tied back to prevent it getting caught in moving parts of the system
- Any loose / large items of jewellery should be removed. Any loose items of clothing, or personal effects should be left in the lockers provided, to prevent them falling onto other visitors
- This activity requires a moderate level of fitness and is physically testing – visitors must be confident they are able to participate
- All participants will be asked to complete a medical consent form before taking part. If you are suffering from a medical condition (including pregnancy) which may affect your ability to take part, or could result in injury to yourself or others, you cannot participate
- If instructed by a member of our team to exit the high ropes, you must do so immediately
- High ropes are an adventurous activity and have an inherent risk of injury. Bumps, bruises, cuts, grazes, sprains and strains are common, and we cannot rule out more serious injury and in extreme cases, death. By agreeing to these safety instructions, you are acknowledging the risks involved and agree to abide by all instructions and wear protective equipment you have been issued, at all times
- In the unlikely event of an accident, or loss or damage to personal effects, you acknowledge that Mission Out will not be liable for any direct or indirect loss, damage or injury arising from, or in connection with the activity and you waive all and any claims against Mission Out

High Tower Jump Pillow

- Only jump from the tower when the air bag is inflated, dry and clear of others. Remove any loose or sharp items before jumping
- No access unless a member of our team is present
- Minimum height to participate is 120cm (3ft 9)
- Participants must first jump from the lower 3 metre tower, before being permitted to move to the higher levels of 4.5 and 6 metres. No running off any platform
- Only 1 person at a time – do not jump simultaneously with another participant from the same, or another level
- Land either on your back or bottom and cross your arms over your chest – do not do somersaults, back flips or dive headfirst. Do not tuck or curl up your knees
- Exit the airbag as quickly as possible after landing

Lake activities

- Children must be accompanied by a responsible adult on water activities at all times
- Do not overcrowd the rafts or ferry
- No swimming, paddling, jumping or diving into the lake
- Use of lifebuoys for emergencies only

Adventure Golf

- Allow visitors in front of you time and space to have their turn
- Do not swing the putter higher than knee height
- No climbing on obstacles or fencing
- Do not cross under the High Ropes Course
- Only Mission Out Adventure Golf putters are permitted – no golf clubs
- Return clubs to the designated area after use