

An illustration of a campsite. In the foreground, there is a green grassy field. A small orange tent is pitched on the left. To its right is a small campfire with logs. In the background, there are several green pine trees of varying sizes. Behind the trees are light blue mountains with white peaks. The sky is a pale blue.

Bonnyrigg and Lasswade Primary 7 Camp

Ford Castle 2022

30th May - 2nd June 2022

Jamie Dougal





Agenda

- Ford Castle
- PGL
- Multi-Activity Camps
- Staffing from Bonnyrigg
- Health & safety
- Questions



Ford Castle

Scottish Borders





Ford Castle - Scottish Borders

- New site for PGL opening in May 2022
- All activities delivered on site
- Accommodation set in Castle Main Building or Castle Courtyard
- Additional information can be found at [Ford Castle](#)



Welcome to PGL

- The UK's largest provider of outdoor education for young people
- Over 55 years' experience
- Fully risk assessed
- LOTC Quality Badge holder
- Founding member of BAPA
- ABTA bonded
- Covid-19 Guidelines followed





Multi-Activity

- 4 action-packed adventure activity sessions per day
- Evening entertainment
- Great for personal development & confidence building
- Increases motivation & appetite for learning



Typical Day

Time	Activity
07.00 - 08.00	Get up, breakfast
08.50 - 12.00	Two activities with 10 minute break in between.
12.00 - 13.00	Fresh, two course lunch.
13.15 - 17.00	Two sessions with a ten minute break in between.
17.00 - 19.00	Evening Meal and free time
19.00 - 21.00	Evening activity and supper.



Adventure Activities

- Bridge Abseiling
- River Raft Building
- Archery
- Challenge Course
- Archery
- Jacob's Ladder
- Trapeze



Evening Entertainment

- Campfire
- Passport to the World
- Cluedo
- Disco



Staffing from Bonnyrigg

- Mr Dougal
- Miss Fraser
- Mr Morton
- Mrs Dickson
- Mrs Cairns
- Mr McVicker



Accommodation

- Mixture of sized dormitories
- Schools will be in separate accommodation



Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement
- Sample menus available online: www.pgl.co.uk



Expectations

- **Ready, Respectful and Safe**
- **Respectful to all others at camp (adults and children)**
- **Respectful of property and equipment**
- **Demonstrate good manners at all times**
- **Return to own dormitory when instructed to do so.**

Do's & Don'ts

Do.....

- Bring plenty of extra socks.
- Bring a book/paper & pen for before bed.
- Bring a black bag or plenty plastic bags to put wet/dirty clothes in.
- Bring a waterproof jacket.
- Have fun!

Do Not.....

- Bring electronic equipment.
- Bring ANY food.
- Bring hair-dryers or straighteners.
- Bring aerosols.
- Bring valuables or money.
- Bring mobile phones.



Useful Links

[Parent Guide](#)

[PGL Website](#)



Keeping in Touch

Follow us on Twitter at the following address:

@FordCastleP7





Thank you for listening
Any questions?

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