

Welcome to the PGL Meeting

Wednesday 2nd July –
Friday 4th July 2025

PLEASE COMPLETE ALL SECTIONS FULLY AS THIS FORM IS SEPERATED
OA4 Medical & Consent Form

Name of participant..... male/female

Important: This form must be completed by the parent/guardian if the participant is under 18 years of age and by the participant if he/she is over 18 years of age.

Address of Participant:

Post Code:

Telephone No. (inc. STD):

Date of Birth:

Emergency Contact DURING PERIOD OF ACTIVITY

Name:

Address:

Post Code:

Tel. No.

Alternative Tel. No:

Relationship to Participant:

PLEASE COMPLETE ALL SECTIONS FULLY AS THIS FORM IS SEPERATED

Name of participant..... male/female

DOCTORS name: Address: Post Code:	Telephone No. (inc. STD)	Details of last Tetanus injection date: OR, have you had one in the last 10 years? YES / NO
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Please give details of any medical conditions/disabilities, e.g. diabetes, epilepsy or allergies to (e.g.) medication, plasters, etc.

Please give current treatment including medication.

Details of any special dietary requirements.

STATEMENT

I ACKNOWLEDGE RECEIPT OF AND UNDERSTAND THE INFORMATION REGARDING ST PETER'S SCHOOL TRIP TO PGL MARCHANTS HILL AND CONSENT TO THE ABOVE PERSON PARTICIPATING.

I have ensured that my child/ I understand(s) the information for their/my safety and for the safety of the group that any rules and instructions given by staff are obeyed. I undertake to inform the Leader of any changes in the fitness of the participant/myself prior to the date of departure.

I accept full financial responsibility if my child / the group have to return home before the end of the trip because of the inappropriate behaviour of my child.

I am in agreement that those in charge may give permission for my child to receive medical treatment in an emergency.

Signed:

Date:

Parent/Guardian/Participant

CONSENT FORMS:

Please let us know of any changes to your child's OA4 form eg emergency contact, dietary or medical information.

PGL Marchants Hill

Wednesday 2nd July – Friday 4th July 2025

Tilford Rd, Hindhead, GU26 6RF



https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/marchants-hill?gad=1&gclid=EAlaIqobChMI_ljMtq7W_gIVx-DtCh1oIArIEAAYASAAEgILbfD_BwE

Dates and times



Departure: Wednesday 2nd July 2025

- The coach will leave school at **10:30am**.
- **Children come to school for 8.35am and meet in the school Hall to Check-in.**
- We aim to reach Marchants Hill at around **12:00pm**
- A Parent Mail message will be sent when we have arrived.

Arriving back home: Friday 4th July 2025

- The coach will leave Marchants Hill at 2:15pm
- We will be hoping to arrive back at school for **15:15pm**.

Travel



Must have:

- Water bottle
- Lunch

Can have:

- A book to read, travel game or pen and paper

Must not have:

- Sweets/ chocolates/ fizzy drinks
- Electronic devices e.g. mobile phone
- Aerosol spray



Travel sick tablets (both ways)

- Need to be in a labelled envelope – with directions (if different from the packet directions)

Packing



Clothes:

- Clothing must be labelled
- Children should pack their own bags (with an adult!)
- Keep it to one suitcase / large rucksack
- One smaller carry on bag as a day bag
- Children will need to be able to carry / pull their own large bag to their dorms to and from the coach
- A waterproof coat with a hood is a good idea if it rains

Pocket money:

- Everyone may bring **pocket money (no more than £10)**
- Bring a wallet to keep pocket money change in
- There is a gift / tuck shop

Medication



We can only give medication that you have provided

- Any regular medication needs to be handed in to the teachers on the afternoon that we are departing
- Please include directions if different from the packet
- Paracetamol, ibuprofen in case of a headache are a good idea if you child uses them at home



WHAT TO BRING

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.



- ☐ T-shirts
- ☐ Long sleeved shirt/T-shirts
- ☐ Waterproof jacket
- ☐ Fleeces/jumpers

☐ Tops & jackets

Your arms will need to be covered to do some activities.

☐ Trousers or leggings

but not jeans as they get heavy and cold when wet



☐ Underwear & socks

Your socks will need to cover your ankles to do some activities.

☐ 1 or 2 sets of clothes for the evening



☐ Suitable nightwear

TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

FOOTWEAR

- ☐ 2 pairs of trainers

1 for activities
1 old pair for watersports

- ☐ 1 pair of dry shoes for evening activities



OTHER ITEMS

- ☐ 2 towels

1 for showering
1 old one for activities

- ☐ Reusable drinks bottle

- ☐ Small rucksack/bag

- ☐ Labelled bin bag for wet and dirty clothing

- ☐ Sleeping bag or duvet and pillow (unless otherwise advised)

- ☐ Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)



PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.



Water-based activities:

- Please bring a couple of plastic bags to put dirty/wet clothes in.
- To go into the water, the children wear a set of old clothing. They may want to have a one-piece swimming costume underneath this but it is not essential. They will need old trainers.

Disco-Please bring something to wear to the disco.

- No sleeping bag or duvet or pillow needed.
- No phones!!!

All in a day...



Rooms

- Rooms will have 4 – 6 children in them depending on our room allocation layouts
- Everyone has chosen 3-4 names of people they want to share with. We guarantee they will be with one of them at least for the sleeping arrangements
- Day groups will have 12-13 children (may be the same or different to sleeping arrangements).
- The final room and group arrangements will be told to the children on Wednesday 2nd once we have arrived at PGL.

Daily timetable

- The children need to be up and dressed by 7:30 – 8:00 am at the latest depending on our breakfast slot
- Total of 4 main activities all day
- 1 evening activity which finishes around 9:00pm
- Lights out at 9.30



Week is packed full of activities

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:25 - 11:55	Session 3 14:00 - 15:30	Session 4 15:35 - 17:05	Evening 19:30 - 20:30	
Wednesday	1					Abseiling (AB1)	Archery (A3)		PGL Games (PGA2)
	2					Abseiling (AB2)	Archery (A4)		PGL Games (PGA2)
	3					Archery (A3)	Abseiling (AB1)		PGL Games (PGA2)
	4					Archery (A4)	Abseiling (AB2)		PGL Games (PGA2)
Thursday	1			Raft Building (RB3)	Orienteering (OR1)	Giant Swing (GS1)	Aeroball (AE1)		Disco (DIS1)
	2			Raft Building (RB4)	Orienteering (OR2)	Giant Swing (GS2)	Aeroball (AE2)		Disco (DIS1)
	3			Orienteering (OR1)	Raft Building (RB3)	Aeroball (AE1)	Giant Swing (GS1)		Disco (DIS1)
	4			Orienteering (OR2)	Raft Building (RB4)	Aeroball (AE2)	Giant Swing (GS2)		Disco (DIS1)
Friday	1			Jacob's Ladder (JL1)	Laser Tag (LT1)	Depart			
	2			Jacob's Ladder (JL2)	Laser Tag (LT1)	Depart			
	3			Laser Tag (LT1)	Jacob's Ladder (JL1)	Depart			
	4			Laser Tag (LT1)	Jacob's Ladder (JL2)	Depart			

Groupings

- For the day activities, we aim to have the children in groups of 12-13. There will be one trained PGL instructor and one or two staff members per group.
- During the evening, there will be 4-5 staff members staying overnight as well as the night adults at PGL who patrol the area during the night.

Meals



- Cooked breakfast, cereal, toast, porridge etc...
- Lunch e.g. jacket potato, soup, salad bar, wraps....
- Evening meal e.g. pasta, curry, chips, chicken...
- Fruit is available at all meal times
- There is always a vegetarian, vegan and gluten free option
- Everyone has plenty to eat – even if they are a bit particular about what they eat!

Setting off...

We must have any new medical or dietary information

- Arrive at school at 8.35am ready for the 10:30am coach departure.
- Take 1 suitcase, 1 coat and a travel bag containing lunch and water bottle (day bag) to the school hall.
- Hand in pocket money to class teacher
- Hand in any medication to class teacher
- Children will need to enter through the KS3 side entrance door ready to be checked-in

Any questions?



Anything we have not managed to answer, please visit the Marchants Hill website for lots more useful information.

<https://www.pgl.co.uk/en-gb/adventure-holidays/centres/marchants-hill>

If you have an specific queries or questions concerning your child attending PGL, please contact their class teacher.