



Alps 22 – Jamboree in the Mountains

Participants Webinar

8 June 2022

(please note that this webinar is being recorded)

Welcome and updates

Simon Pickett



What are we going to cover tonight?

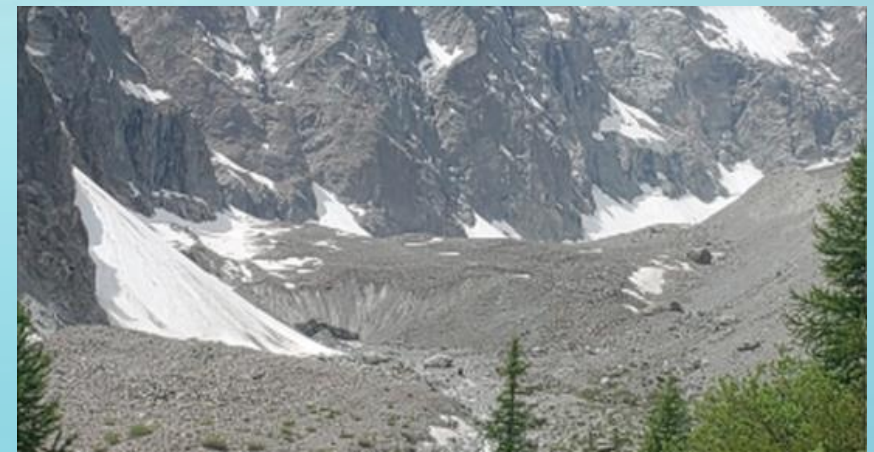
- Activity updates and feedback from our Recce
- Kit Lists
- Gathering Personal Information
- Your welfare and safety
- Communications
- Q & A



Activities Update and Recce Feedback



Hillwalking Ralph Delaney



What can I expect?

- Likely walk length 5-20km
- Likely time hiking 3-8 hours
- Elevation at start - minimum 1300m, some 1800m
- Highest altitude hike - likely 2500m, possible 3000m
- Cable car to save hiking uphill could be an option for Risoul Rando Park
- We may overlap with cultural programme here

What to wear!



How do I know if I am fit enough and what can I do to get fitter?

- Can you do parkrun?
- You could try completing Couch to 5k? – it takes 8 weeks, so you still have time!

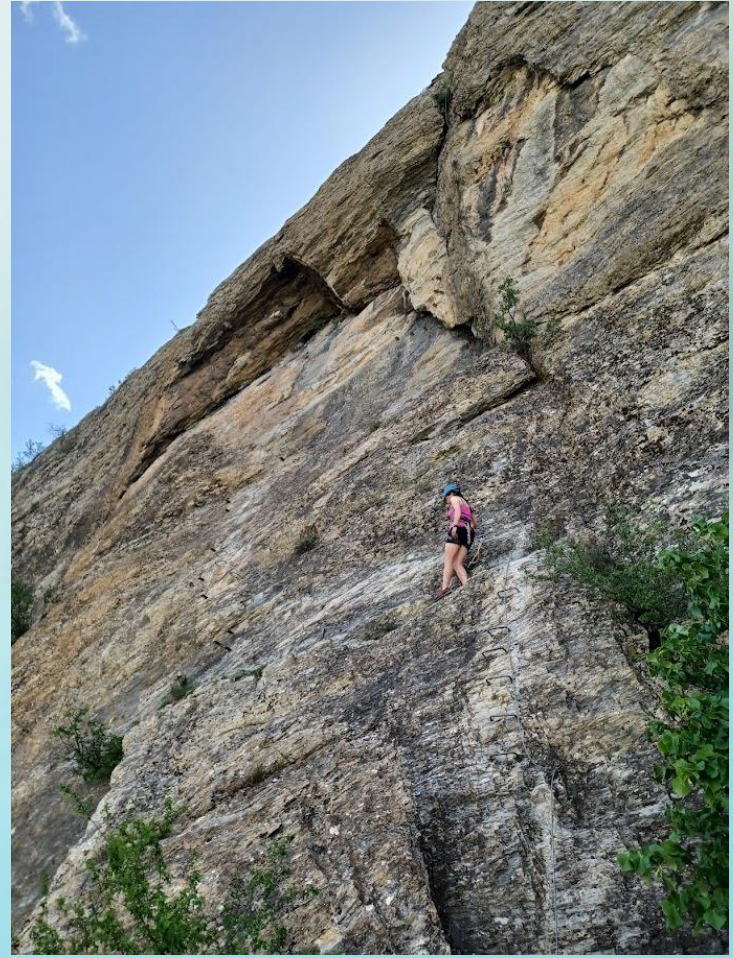
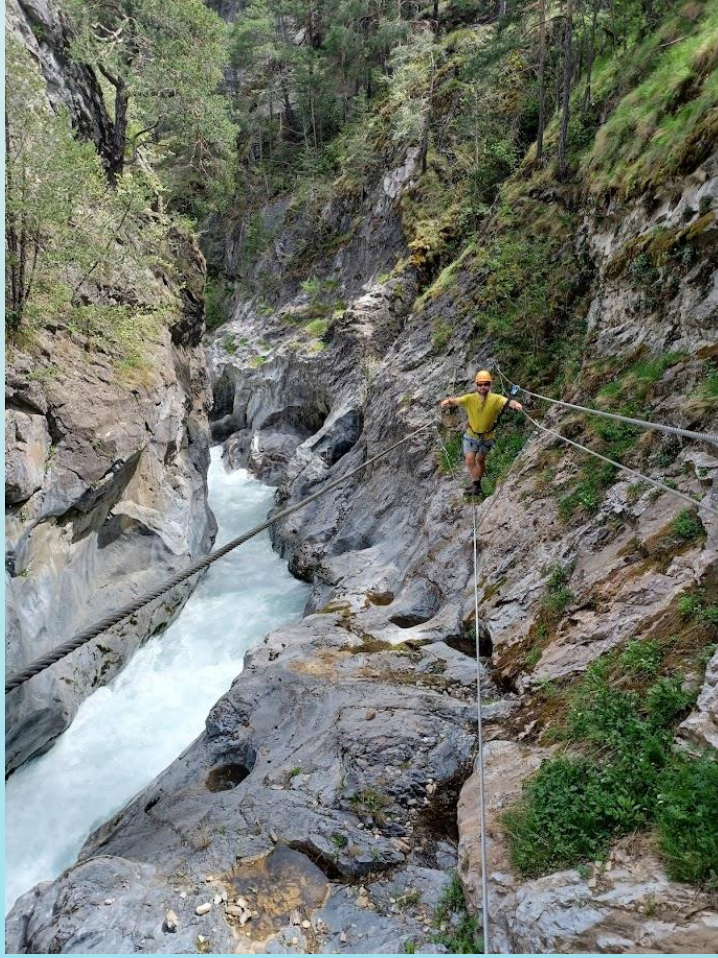
Can you walk 25 times up and down your stairs at home? (This is about 100m elevation)

The logo for parkrun, featuring a stylized figure running and the word "parkrun" in a lowercase, sans-serif font, all on a green rectangular background.

parkrun

The logo for Couch to 5K, featuring the text "Couch to 5K" in a white, sans-serif font, with a stylized white running shoe icon to the right, all on a teal rectangular background.

Couch
to
5K



Climbing and Via Ferrata Andy Potter

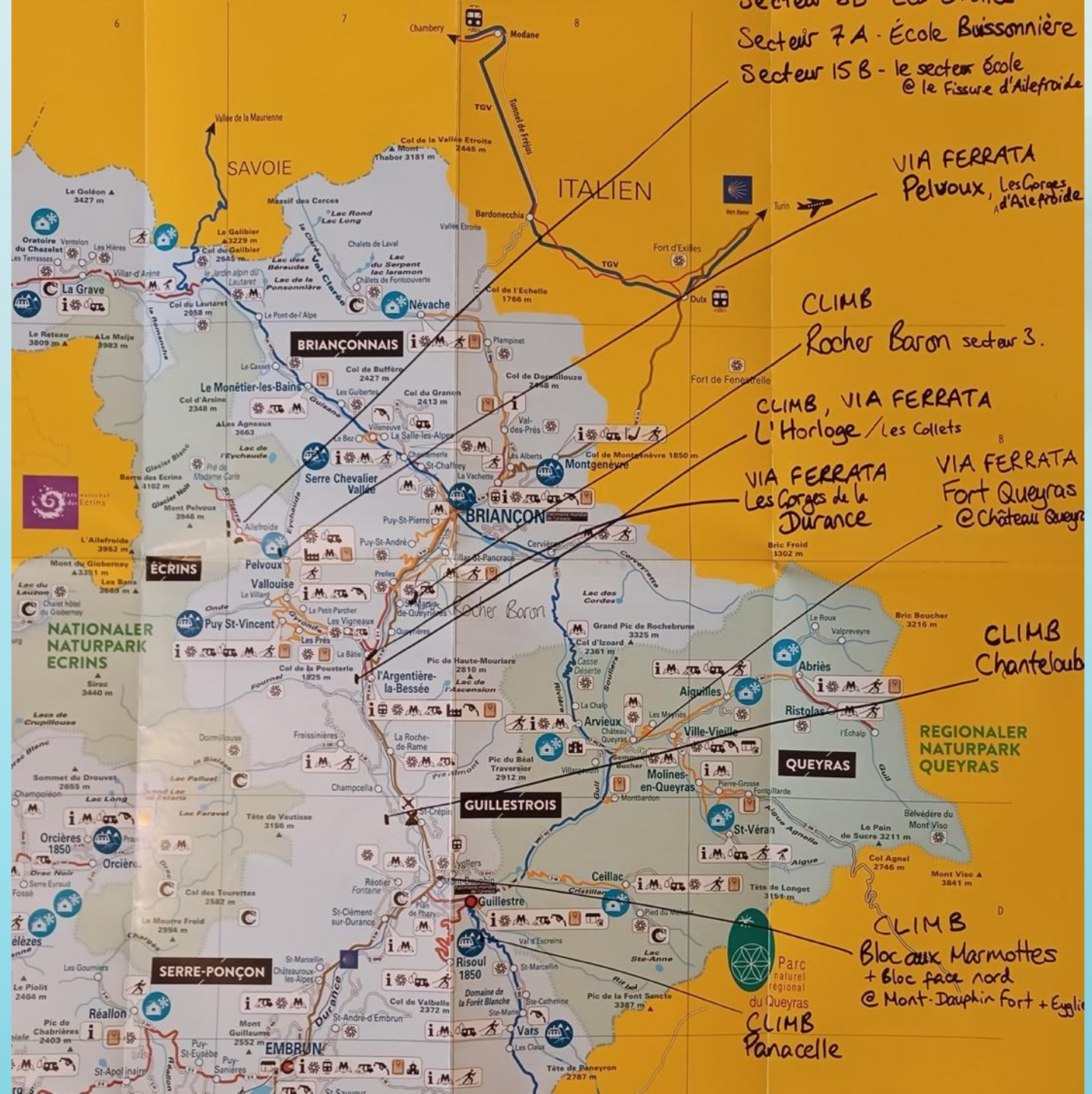


The Team

- Andy Potter
- Claudia Sarner
- Daniel Clark
- Graham Davies
- Liam Kilsby-Steele
- Ruth Rabinowitz

Where will we go?

- Good news from our recce is that we have a good choice of venues.
- A variety of rock climbing crags available from local crags near the campsite to crags in alpine valleys further afield.
- For via ferrata there are four suitable locations within 30 minutes of the camp site.



Local climbing



Alpine valley climbing



Alpine valley climbing





Climbing – Key facts

- Half-day activity.
- Suitable for most abilities.
- May be able to offer abseiling depending on the venue.
- Clothing to suit the weather (shorts/t-shirts likely)

Via Ferrata



Via Ferrata





Via Ferrata – Key facts

- Half-day activity.
- Needs a reasonable head for heights.
- Can be strenuous in places depending on which via ferrata we do.
- Needs closed toe footwear with tread (e.g. trainers or walking boots)



Mountain Biking Richard Pethybridge



What to expect





What to wear





Fitness



Fitness





What kit do you need?



White water!



Flat water



What to expect!

Water Activities
Marion Quemby



Canyoning



White water rafting

Other Activities



Cable car ascent



Luge

Kit Lists

Phill Wood



Large Kit Essentials

Holdall (suggest between 80-110ltrs) (Not a suitcase)

Rucksack (no smaller than 35trs)

2-3 Season sleeping bag – the temperature goes down to around 10°C at night

Lightweight blanket – you may wish to pack a lightweight blanket to use at night or around the site in the evening

Cotton or Silk sleeping bag liner – so you can wash the liner if a bit stinky rather than the sleeping bag also gives you added layer

Good Sleeping mat (not a foam yoga mat)

Pillow and Pillowcase – As with sleeping bag liner, allows for the pillowcase to be washed if needed

Towels – 1 large and 1 smaller

Underwear (including socks)

T-Shirts

Long-sleeved shirt

Trousers

Shorts

Large Kit Essentials

Walking Boots

Walking Socks – recommend light to mid weight socks

Comfortable shoes for travel and relaxing in

Water Shoes (not flip flops, crocs or ones that come off easily etc...)

Waterproofs (Jacket and Trousers)

Jumpers or Fleeces

Swimming costume

Clothes that can get wet

Lightweight long-sleeved base layer

How many sets of clothes should I pack?

Your choice but you will need enough for two weeks of activities, with limited clothes washing facilities unless you hand wash.

Small Kit Essentials

Passport, GHIC/EHIC card*, Travel details, proof of Covid vaccination status.

Personal Medication (& spares)

Sun Protection (sunscreen)

Sun Hat

Sunglasses

Bug Spray

Camera (& spare batteries, SD card)**

Hand Sanitiser

Torch (& spare batteries)

Containers to carry a minimum of 4ltrs of water – this could be a 2lr platypus and 2 1lr water bottles or 4 1ltr water bottles.

Wash Kit

Small repair kit (sewing kit)

Personal 1st Aid kit

2 packs of lateral flow tests for Covid19 (14 tests)

Optional and things to consider

Money belt

Cheap wristwatch

Battery pack/Solar Charger

Cards, book, notebook, travel games etc...

Baby wipes

Travel pillow for flights/coaches/trains

Cycle helmet for Mountain Biking – We will have a number of centrally provided helmets available for use, however if you wish to bring your own, please do.

Climbing shoes – If you wish to bring your own

Phones and other electrical items are permitted but there will be limited charging facilities and note roaming charges may apply. (See also**)

You will need to liaise with your unit leaders regarding any limit to baggage due to your method of travel and any additional items you may need due to activities undertaken whilst traveling.

*GHIC – UK Global Health Insurance Card

** - Our insurer has a single item limit of £250 and a total valuables limit of £250 for each person so you may want to take out extra insurance for anything more valuable if it is not already covered elsewhere – See our FAQs

Red – Updated or added item since last version

Gathering Personal Information

Kirsty Aldridge



Personal information – For EVERYONE

- What do we need?
- Why do we need it?
- Who will have access?
- How are we doing this?
- When are we doing this?



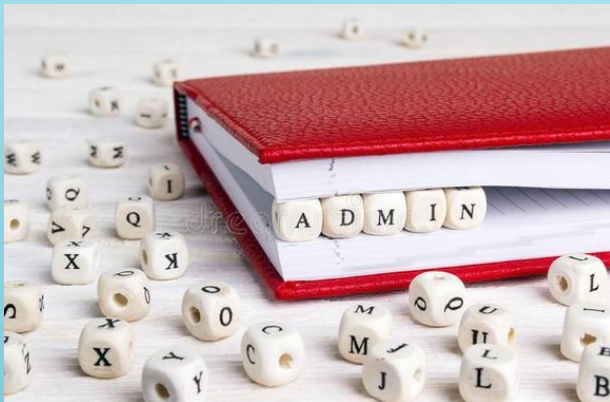
What do we need and why do we need it?

- Formal confirmation of names, dates of birth
- Medical information, allergies, medication
- Food allergies and requirements
- Reasonable adjustments, information that will help ensure your child has the best experience and understand this is a 2 week event not a weekend
- Emergency contact – 2 sets who will be contactable during the event and are NOT likely to be together
- Scans / images of
 - Passport
 - GHIC / EHIC if still valid
 - Covid status (won't be needed until just before we travel)
 - Driving license (only for those eligible) and the DVLA drivers form)



Who will have access?

- The way we will collect the data means that we can ensure only those who require the information have access to it
 - Very few administrators have full access to the data for everyone on the camp
 - Medical team can see allergy and medicine data
 - Catering team can see food allergies and preferences
 - Unit leaders can see information for their participants as they will need it for the travel out and back in full
 - All data will be removed when the event is complete



- An email will be sent to everyone coming (or their responsible adult) with a link from alps22bookings@berkshirescouts.org.uk
- It will contain a link that when you click will take you to our booking system – this is NOT OSM

- Generate a new password
- Complete the actions
- It will take you through details will be on the email

The screenshot shows a web browser window with the following elements:

- Browser Tab:** Participant Sign Up - Alps22 On x
- Address Bar:** <https://bookings.berkshirescouts.org.uk/alps22/v4/Account/SignUp/b95fcaff-fc4b-4da2-a5e2-c4f5de0bca98>
- Page Header:** Alps22 Online Booking System Home
- Section Header:** New Participant Sign Up
- Text:** This form should be completed by the participant or if they are under 18, their parent or guardian. If you have previously already return to the [login page](#).
- Text:** This form allows participants that have already been registered on EvBoo to create themselves a unique username and password in order that they can securely a complete this step once for each individual and only when guided to do so, normally by your leader or on receipt of an email.
- Form Field:** Surname
- Button:** Start Sign Up
- Page Footer:** Event Management and Booking System © EvBoo Limited 2005 - 2022



Quick Links




- [The Scouts Website](#)
- [Girlguiding](#)

Welcome to the Alps22 Booking System




Current Tasks

The following tasks are available ...

Permission and Medical Form

-  Print Permission and Medical Form
-  Edit Permission and Medical Form
-  Remove Permission and Medical Form

Travel Documents

-  Edit Travel Documents
-  Remove Travel Documents
-  Upload Travel Documents

We will require you to upload a picture of these travel documents. Passport, GHIC or EHIC Card and Covid Pass

Upload Travel Documents for Participants name

You should upload images of the **Passport, GHIC or EHIC Card and Covid Pass** for the participant.

[View Uploaded Travel Documents](#)

Select a file that contains your travel document image. This should ideally be an image or PDF file.

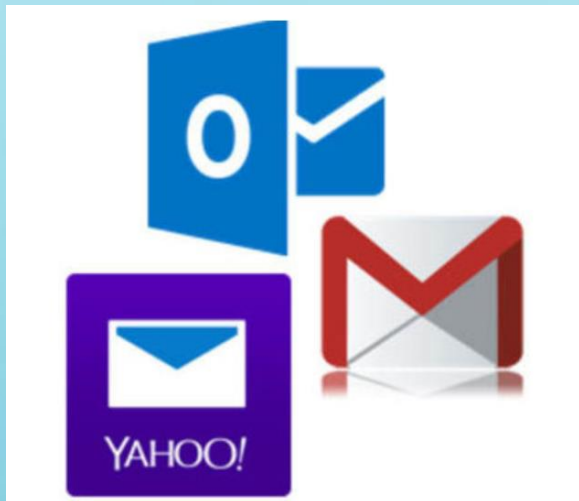
Select the document or documents you are providing in the file.

- Passport
- GHIC or EHIC Card
- Covid Pass (We recommending downloading your Covid Pass as a PDF and uploading it)

- You will then be taken through step by step form to be completed in one go
- You can log in and change in the future once it has been submitted – we will be asking you to update the week before you travel to be sure we have everything up to date such as contact with diseases and are sure of the Covid requirements at the time
- Your leaders will need printed copies prior to travel but NOT at this time
- <https://youtu.be/zeJW55kqklM> contains a video with help on completing the forms

When

- We are issuing the emails over the course of this week (early June)
- We would like a first pass at ALL information (other than covid pass) to be completed before the **end of June**
- We will request updated information and covid pass the week prior to travel – 1st week in August



Welfare

Ian May



What we will be covering:

- Code of Conduct and expected standards of behaviour
- Safeguarding and wellbeing policy
- Wellbeing team
- Reasonable adjustments
- Chill out zone
- Exam result support

Safeguarding and Wellbeing plan

Safeguarding and Wellbeing Plan – V0.6 *(Last Updated 04/06/22)*

Policy	<p>It is the Policy of The Scouts to safeguard the welfare of all children, young people and adults at risk by protecting them from neglect and from physical, sexual and emotional harm.</p> <p>POR 2.4. Safeguarding of young people and adults at risk</p> <ol style="list-style-type: none">1. It is the responsibility of all adults involved in Scouting to have read and understood the Safeguarding Policy & Procedures.2. The Safeguarding Policy & Procedures must be adhered to at all times.3. All breaches of the policy and procedures will be dealt with within in line with POR and the Safeguarding Processes and Procedures. <p>The safeguarding and Wellbeing plan be shared with all adults taking part in the event prior to leaving the UK.</p>
Purpose	<p>This plan is to ensure that The Scouts Safeguarding Policy is adhered to before, during and after the event and all adults are aware of their responsibilities in making the site & activities a safe environment for everyone involved in Berkshire Scouts ALPS22 Jamboree in the Mountains.</p>

Safe Scouting

Young people first

Safeguarding – a code of practice

This card contains essential information for all adults in Scouting. Please keep it with you at all times.

Version 7. Nov 2018
scouts.org.uk/safeguarding



Young people first

Safeguarding – a code of practice for
Young Leaders

Version 4. April 2019
scouts.org.uk/safeguarding



Scouting and alcohol

Checklist for adults



scouts.org.uk/safeguarding



Safe Scouting and what to do in an emergency...

This card is for all adults in Scouting.
It contains essential information
– keep it with you.

scouts.org.uk/safety



Mental Health First Aider Graduates – part 1



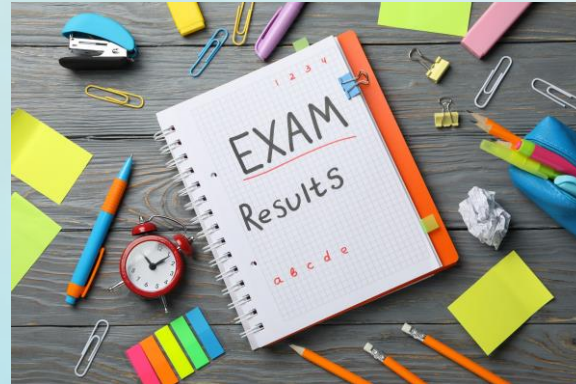
Reasonable adjustments

All volunteers should make reasonable adjustments so that Scouts is inclusive and accessible to everyone.

We will make our ALPS22 adventure as inclusive and accessible as we can for everyone



Looking after mental wellbeing



Communications

Sarah Barrow



Keeping you informed and in touch



ALPS 22 – JAMBOREE IN THE MOUNTAINS

PARTICIPANT HANDBOOK

As a Unit, you will by now (hopefully).....

- Have your travel arrangements in place
- Be collecting in your final payments
- Doing some last-minute fundraising
- Be getting to know your fellow Unit members
- Be checking you have the right kit
- Be checking your paperwork is all in order
- Be learning some French??
- Be getting a little bit excited!





68 days to go..... See you in the Alps

Q&A

