

Rotary Youth Leadership Award



INFORMATION PACK

NOTES AND GUIDANCE

FOR CANDIDATES & PARENTS

DISTRICT 1220



INTRODUCTION

Rotary clubs around the world are dedicated to helping young people develop their leadership skills to the fullest. To achieve this goal Rotary Clubs of District 1220 offer a Rotary Youth Leadership Award (RYLA) held at the White Hall Outdoor Education Centre, Buxton. This is a residential training weekend for young people, as part of an international programme to develop qualities of leadership, responsibility and good citizenship in their own communities. Several Rotary Clubs of District 1220 will sponsor candidates to attend the weekend as part of its commitment to local youth development.

AIMS

The aims of the course are to experience firsthand the challenge of developing initiative, personal development, self-reliance and responsibilities to challenge and exercise candidates in the problems of practical leadership and team working.

ELIGIBILITY

To be eligible candidates must:

- a. **May or Nov Course:** **Over 14 and under 16**
- b. **Not have attended a previous RYLA course.**



COURSE CONTENT

The course aims to teach the young people a number of fundamental skills such as leadership, communication and teamwork. It does this using the medium of adventure activities. There is very little “free” time during the course as the aim is to stretch the young people and it is definitely not a holiday.

FITNESS AND HEALTH

Ensure that all medical conditions, allergies, medicines and special diets are written on the application form. Give details of any recent illness, which might affect your physical capabilities - if in doubt, ask your doctor. This information will be treated in strict confidence and will enable us to organise the course to meet your best interests.

Many thousands of people take part in water activities with no ill effects. However, you are probably aware that there is a slight risk of infection from water in lakes, rivers and canals. If you develop flu like symptoms after water activities you should see your doctor and tell them that you have been involved in water activities.

Radon is a naturally occurring gas which is always present in the air we breath and can be found in varying concentrations in houses, buildings, cellars, mines and caves. Happily the caves and mines visited by White Hall groups have been found to have low Radon levels. The risk to health from exposure to Radon during caving trips is almost negligible.

RISKS

All staff are nationally qualified to supervise adventure activities. Activities are introduced at your level at carefully chosen sites using the necessary safety equipment which is provided by White Hall Centre. The Centre conforms to the requirements of the “Adventure Activities Licensing Authority” and has a licence. However, it must be understood that adventure activities, by their nature, involve an element of risk that cannot be totally eliminated. Formal Risk Assessments are carried out by the Whitehall Staff as required by ‘Adventure Activities Licensing Authority’.

INSURANCE

White Hall do not insure students against personal accident, loss or damage which is not caused by them or their employees. Rotary District 1220 have insurance to cover their responsibilities, the fees for this are included in the contribution paid by Clubs? Personal Insurance, if required should be taken out privately by the student’s parent or guardian.

CLOTHING

The White Hall Centre will provide nearly all the outdoor activities kit. A suggested kit list is attached to these Notes.



FINANCE

Food and accommodation will be paid for by the sponsoring Rotary Club as an all-in fee.

ADULT STAFF

All directing and teaching staff are employed by Derbyshire County Council and are qualified in the various activities undertaken as well as being competent and experienced in using such activities to facilitate the leadership learning which will take place. Rotarians, at least 1 male and 1 female, will attend as lay facilitators assisting the instructors and are there to offer advice, support and assistance to the candidates as required. Male and female Rotarians will also be resident for the weekend.

CONDUCT ON THE COURSE

Candidates are unable to undertake any activities, which are not supervised on the programme.

- **Alcoholic drinks are not to be taken on the course.**
- **Mobile telephones will be kept in a secure cupboard during outside activities.**
- **Male and female sleeping areas are strictly out of bounds to the opposite gender.**
- **White Hall Centre has a strict no-smoking policy, both indoors & within the centre grounds**
- **There is a zero tolerance to drugs**
- **Taking of photographs in dormitories is specifically prohibited**

TRAVEL ARRANGEMENTS

Candidates are to liaise with their sponsoring Rotary Club for travel to and from the course. It may be possible to link-up with other candidates travelling to White Hall Centre to share transport.



END OF COURSE PRESENTATION

Parents and guardians are cordially invited to the end of course presentations in order to participate in the recognition of the achievements of the candidates. There will also be a short presentation on other Rotary Youth Opportunities and Projects.

PRESENTATION TO ROTARY

Participants are requested to make a presentation to their sponsoring Rotary Club about the experiences of the RYLA weekend within a few weeks of returning from the RYLA course.

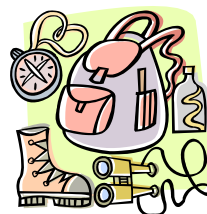
SUGGESTED KIT LIST

This is by no means an exhaustive kit list but the following should help you decide what is required.

The weekend will require casual dress and activity clothing. (Designer gear is NOT necessary!!!)
The majority of the activities will be such things as rock climbing, abseiling, caving and water-based activities. Ideal clothing for activities is jogging pants, tee shirts and sweatshirts and trainers. Spares are essential as the likelihood of becoming wet is very high. White Hall Centre will provide protective clothing, such as wetsuits and caving suits, for certain activities and will also provide waterproofs, boots, and rucksack if necessary

Other items of kit are largely common sense:-

- Personal hygiene items
- Spare underwear
- Activity kit, including swimwear
- At least two pairs of trainers (one pair may get wet!!!)
- Towels
- Waterproofs (can be provided)
- Warm outdoor jacket
- Warm jumpers /sweater / fleece
- Stout walking boots if you have them (can be provided)
- Wellingtons if you have them (can be provided)
- Socks plus spares /extras
- Beanie hat or similar!
- Gloves
- Small personal first aid kit
- Torch (with batteries!!)
- Hair dryer
- Notepad & pen
- Sun protection cream



There is a safe in the staff room where valuables may be locked away. However, if you bring valuables, neither rotary nor White Hall Centre can be held responsible for any loss or damage.

Mobile Phones/Jewellery

It is agreed with Whitehall that all mobile phones will be collected and stored for safe keeping in the Safe during the weekend and only given to the candidates, on specific request, at the end of a days formal activities. Use of mobile phones is definitely not allowed on any of the activities. There is a payphone at the Centre & mobile signals are poor due to the remote location of the Centre. Rings, chains and studs (apart from earrings) are unsuitable for most activities and you will be asked to remove them.

Medication

For those on any type of medication please have sufficient quantities for the duration of the course, and have them clearly labelled with your name and dosage. Please inform directing staff upon your arrival.

Please have a go at ALL of the activities and, most of all, **ENJOY YOURSELF & HAVE FUN!**

Joining Instructions

- Rotary Club sponsors are to ensure that their candidates attend the course, if Rotary are arranging to transport their sponsored candidate under 18 Years of Age to Whitehall, for the protection of Rotary, the Rotarian and the candidate, either they must never be alone in the vehicle with the candidate or the lone driver must be covered by a valid DBS Check.
- Please arrive at the White Hall Centre between 1630 to 1730 hrs. There will be a meal at 1800 hrs promptly.
- You are to ensure that you attend the course for the entire weekend
- Do not forget any medications you are taking. They should be clearly marked with your name.
- Please limit your kit to one bag (case or rucksack).

CENTRE DETAILS

Directions

White Hall Centre, Long Hill, BUXTON, Derbyshire, SK17 6SX

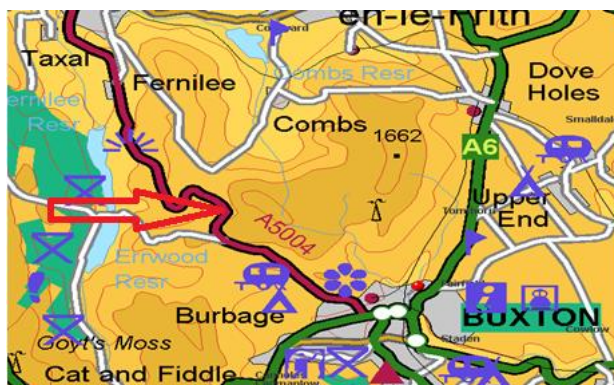
Telephone: 01298 23260 (9am - 5pm)
Fax: 01298 25945
Students payphone 01298 23893
Duty Instructor's phone 07900 535262

Note:

Do not use our post code for Sat Nav as it directs to rear gate, no vehicular access, Use Buxton – Long Hill

White Hall Centre is located approximately 3 miles out of Buxton on the right-hand side of the A5004 towards Whaley Bridge. If travelling through Buxton, follow signs for Leek (A53) and Macclesfield (A537) until you pick up the Whaley Bridge sign. Map Grid 032 763

See map below for location of White Hall Centre.



Provisional Programme

Friday

- 1630-1730 arrive at White Hall Centre in time for evening meal at 1800hrs
1930 Introduction to weekend, icebreaker activities and personal goal setting

Saturday

- 0800 Breakfast
- 0915 Meet group tutors, issue of equipment and packed lunches
- 0930-1230 A variety of leadership challenges in the grounds of the White Hall Centre followed by reviews of the activities and planning and target setting for the next activities
- 1230-1330 Lunch
- 1330-1700 Three of the following activities; rock climbing, abseiling, canoeing, raft building, hill walking, caving and mountain biking. All of these activities will be presented as team tasks and reviewed as above.
- 1700 Return to White Hall
- 1800 Evening meal "Rotary Dinner" with Rotarians
- 2000 Speaker
- 2100 Team activities



Sunday

- 0800 Breakfast
- 0915-1600 Activities as Saturday afternoon
- 1600 Group and course reviews
- 1630 Arrival of visitors in time for presentation of certificates.
- 1700 Depart