

Rotary Youth Leadership Award



INFORMATION PACK

NOTES AND GUIDANCE

FOR CANDIDATES & PARENTS

DISRICT 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 Activity 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 first hand 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. **April Course:** Over 14 and under 16
November Course: Over 16 and under 18
- b. Not have attended a previous RYLA course.



COURSE CONTENT

Candidates are instructed on the course in a number of fundamental skills including leadership techniques. They practise these techniques in a strenuous regime of activities such as canoeing and rock climbing. There is very little free time during the course and the days are full, long and demanding. The course does not include sport but concentrates on leadership training and other forms of team working.

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 the 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.

INSURANCE

White Hall and Rotary do not insure students against personal accident, loss or damage which is not caused by them or their employees. Insurance, if required should be taken out privately by yourself.

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. Rotarians, at least 1 male and 1 female, will attend as facilitators to 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.
- 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 & the grounds outside
- There is a zero tolerance to drugs

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 the 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, potholing and water-based activities. Ideal clothing for activities is jogging pants, tee shirts and sweatshirts and trainer shoes. Spares are essential as the likelihood of becoming wet is very high. White Hall Centre will provide some 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 (**provided**)
- Warm outdoor jacket
- Warm jumpers /sweater / fleece
- Stout walking boots if you have them (**provided**)
- Wellingtons if you have them (**provided**)
- Socks plus spares /extras
- Beanie hat or similar!
- Gloves
- Small personal first aid kit (**provided**)
- Torch (with batteries!!) (**provided**)
- 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 the white hall centre can be held responsible for any loss or damage.

If you bring a mobile phone or other expensive electronic items you will be responsible for them. Rings, chains and studs (apart from earrings) are unsuitable for most activities and you will be asked to remove them.

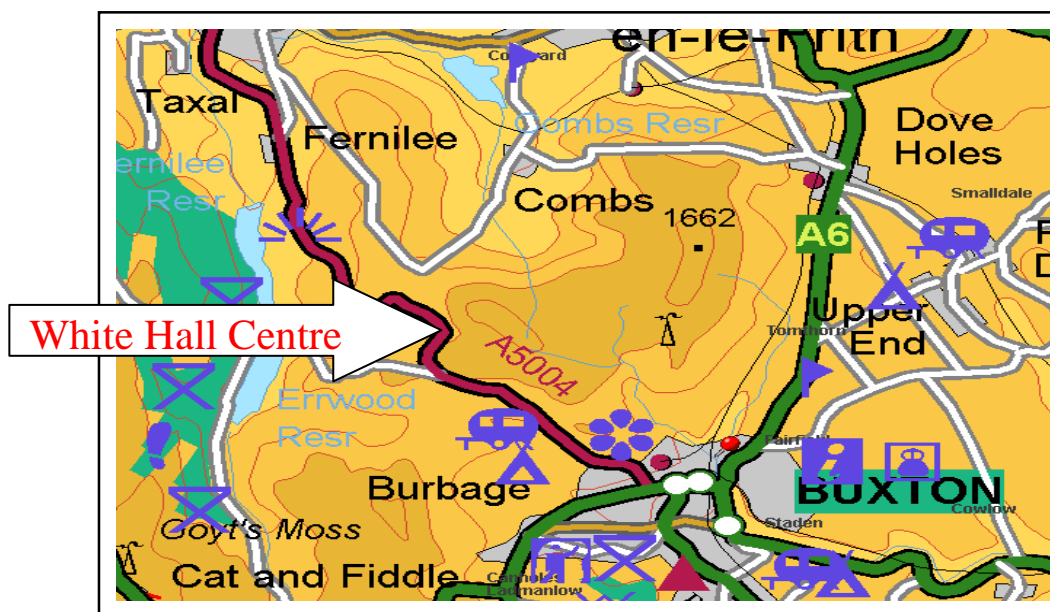
****You may wish to bring high calorie foods such as Mars /energy Bars. These are not to be a substitute for eating meals. It is essential that you eat all the meals provided because of the calorie burning activities that you will be undertaking.**

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 and provide transport to and from White Hall Centre if required.
- 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).
- See map below for location of White Hall Centre.



CENTRE DETAILS

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



Directions

The 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

Provisional Programme

Friday

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

Saturday

- 0800 Breakfast
- 0915 Meet group Instructors, 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
- 2000 Speaker
- 2100 Team activities



Sunday

- 0800 Breakfast
- 0915-1530 Activities as Saturday afternoon
- 1545 Group and course reviews
- 1600 Arrival of visitors in time for presentation of certificates.
- 1700 Depart