

BASIC INFORMATION

Where are we staying?

From Sunday 27th until Thursday 31st July we shall be at:

**Jersey Accommodation and Activity Centre
La Rue de la Pouclée et des Quatre Chemins
St Martin
Jersey JE3 6DU
telephone 01534 498636**

In an emergency, parents may also ring Andrea Hemmett's mobile number:

07980 618019 or Margaret Chadwick on 01636 816486. All tour members will be issued with a card which has phone numbers for all staff plus the address and phone number of the hostel. Please carry this with you at all times.

We will carry a first aid box with plasters and bandages, normal painkillers and treatments such as Imodium which can be administered only if your parents have given permission on the medical consent form.

Any other medication you must take yourself (e.g. strong painkillers, asthma inhalers, antihistamines for bites and stings, migraine tablets etc). Please make sure that your parents have given full details on the consent form of medication which you need to take regularly or in an emergency along with the doses required.

As the tour this year is within the UK, we do not have group insurance. UK citizens are covered by the Jersey NHS but **this does not cover emergency return to the mainland.** Parents can, if they wish, take out personal policies to cover this and/or to cover loss or theft of property whilst in Jersey (this may already be covered in house contents insurance policies). Please note, though, that suitcases and instruments will be with their owners at all points of the journey. **You must arrange your own insurance for instruments.** Tour members are advised to

- Keep details of all card numbers (in a different place to your cards - also leave a copy with parents)
- Make sure you know what number to ring if a card is stolen
- Never put your bag, mobile phone or camera down in open view in a café or leave it unattended on a beach
- Don't carry around more money than you need - you will have access to cash machines if necessary