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December 2013

Dear Parent/Carer

We are again entering teams in the annual Charlton Chase County Night Exercise. This is both a physically and technically demanding event of 25km Standard (35km Premier) over open countryside, with the strong probability of bad weather. It will take place from 4.00pm on Saturday 1st February 2014 to 8.00am on Sunday 2nd February 2014, and will once again be based at Seaford College.

Teams will consist of four members who are proficient in night navigation over open country with a good knowledge of first aid and walking in the dark and in bad weather.

The schedule of training will be as follows:

- Wednesday 8th January - *Night navigation on Ashdown Forest – staff supervision
- (Leave Sackville 4.30pm, return Sackville 8.30pm approx)
- Friday 10th January - *Debriefing/theory session – 3.00pm–4.00pm room C02
- Wednesday 15th January - *Orienteering at Broadstone Warren - staff supervision
- (Leave Sackville 4.30pm, return Sackville 8.00pm approx)
- Friday 17th January - *Debriefing/theory session – 3.00pm–4.00pm room C02
- Wednesday 22nd January - Night navigation on Ashdown Forest - staff assessment
or Wednesday 29th January (Leave Sackville 4.30pm, return Sackville 9.30pm approx)
(If very bad weather)
- Friday 31st January - Final briefing prior to event – 3.00pm–4.00pm room C02
- Saturday 1st February - County Night Exercise (Charlton Chase)
and Sunday 2nd February (Exact timings to be confirmed at a later date)

** ALL new team members MUST attend. Teams and individuals who have taken part in previous Charlton Chase events are NOT required.*

No team will be allowed to take part unless they have proved their navigational ability, are correctly equipped and have knowledge of first aid. (Actual event kit list to follow). Please enclose £15.00 towards the cost of maps, training, entry, insurance and transport. Please make cheques payable to Sackville School.
If you require any further information, please do not hesitate to contact me.

Yours sincerely
Mr S Latus
Team Manager



Kit Preparation Tips

These tips and guidance have been taken from issues that we have seen over many years of running the Charlton Chase. They do not replace the instructions issued by the event organizers.

Preparing Your Kit - The Charlton Chase is an elite event in testing country and weather. However well you train you will also need kit that is up to the job. All kit will be checked by marshals prior to the start to ensure that minimum standards are met. They can and will prevent people starting if the kit is not of the required standard.

To help you as you pack your kit we have added a column on the kit list so that you can check items off as you pack them. Every year teams find they have missed something so please read the notes below carefully and make use of the kit list to ensure that you have everything that you need.

Footwear - The chase covers rough country; all participants must wear strong walking boots which support the ankle and have a cleated sole (fig 1). Although it is tempting to wear trekking shoes (fig 2), in an attempt for lightness, these will not be accepted. The kit check marshals will strictly enforce this. This is for your safety and protection.



First Aid Kits - Please make sure that you have opened the kit and checked the contents. A first aid kit is only useful if it has all the necessary contents and you know how to use it. You should also check that the expiry date has not passed on any of the contents; this will be checked at the kit check.

Torches - Torches are a bit like old cars, they like to stop working at really inconvenient times. Spare batteries and bulbs are on the list for very good reasons, make sure that you have them and you have checked that they work, in your torch. I know that it sounds stupid but you would be surprised at the things that have happened over the years. It is pretty dark out there in the middle of the night, don't get caught out.

The Little Things - Small objects have a nasty habit of hiding in dark forgotten pockets in your pack, especially when you are keyed up before the start or in a hurry in the middle of the forest. Try and put things like whistles and phone money in a sensible place that you will remember when under pressure. If nothing else it avoids those sweaty moments at kit check.

Checking In - Try and arrive in the time window that is allocated to you on the joining instructions. This will help reduce the congestion that can occur if too many teams arrive at the same time. On arrival get your whole team together and report to the check in with a fully completed team sheet and your team manager. The staff at the



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check in will need to see every member of the team to assure themselves that minimum ages are met; they may ask for proof of age if they are unsure.

- Kit Check** - The kit check marshals will expect every team to show them every item that is on the kit list. To make the process run a little more smoothly the kit check process has been adjusted. Remember, the marshals are there to help you and make sure that you are safe out in the forest, please work with them.

- You will be given boxes into which you should unpack your kit. Remember where it came from, you will need to put it all back later.

- You will be called to a checking table where you should show the required kit items to the marshals.

- Once your kit check has been signed off you should re-pack your kit as promptly as possible.

- Please ensure that your packs are re-packed correctly with all kit properly and securely stowed. Marshals will check this has happened before you will be allowed to start.

- Once you are re-packed be ready to be called through to the briefing.

