

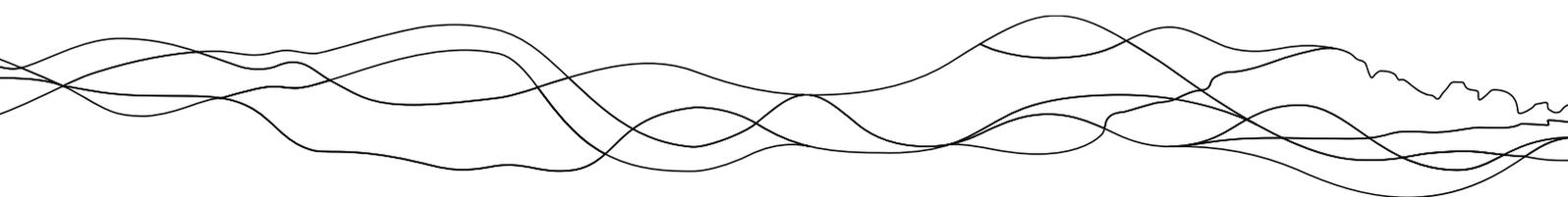


SOUTH DOWNS  
NATIONAL PARK

## Visit by Rail

### The South Downs Way at Southease Educational Visit Plan

KS3/4

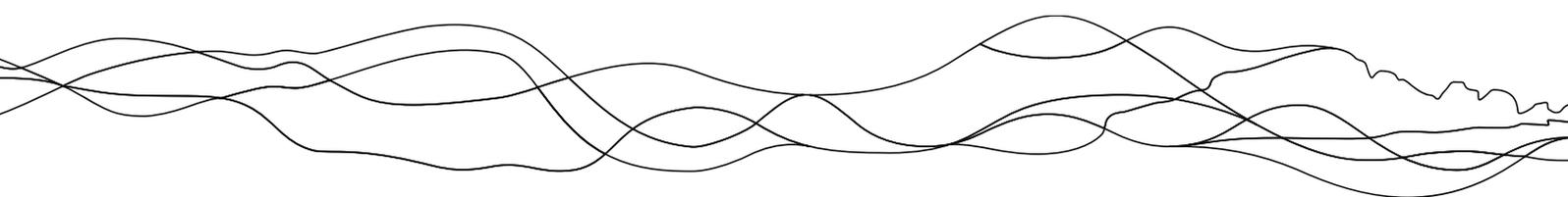




# SOUTH DOWNS NATIONAL PARK

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## **Visit Introduction**

The 100 miles (160 Km) long South Downs Way National Trail follows the old routes and droeways along the chalk escarpment and ridges of the South Downs. The route provides the visitor with the opportunity "to get away from it all" without having to travel too far in this busy part of England. The undulating route provides a wonderful trip for long distance riders as well as walkers. It also provides interesting day trips and short breaks.

Just 25 minutes on the train from Brighton and only an hour and a half in total from the centre of London, YHA South Downs is a wonderful rural retreat, ideally located to access the South Downs National Park and its resources using sustainable transport. The youth hostel is a refurbished Sussex farmhouse and barn buildings in an enviable location right on the South Downs Way, just a short stroll along a country lane from Southease Railway station. The buildings themselves are packed full of original features and surrounded by the rolling hills of the South Downs National Park, the site stands in extensive grounds, ideal for exploring by experienced or budding naturalists – or just a place to relax and unwind.

The Eco-club from Downlands Community School in Hassocks agreed to pilot a visit to the South Downs Way to test the viability of the site as an educational visit location, travelling by train. The activities that were planned were from the 'Bolt On' programme run at the hostel. These 'Bolt On' activities were designed with school groups staying on a self-led residential experience in mind, perhaps looking for some extra activities for their groups, either during the day or as an evening activity and ideal for the Eco-club students.

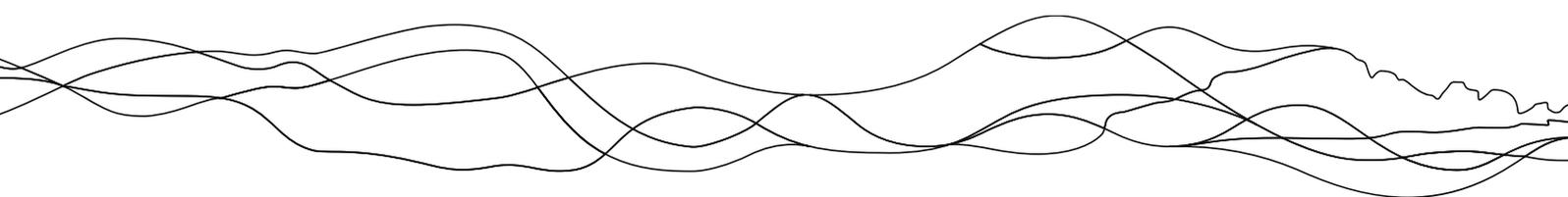
The 14 children and 2 adults left Hassocks station to make the journey by train to YHA South Downs at Southease which involved changing at Brighton. They were able to use the facilities at youth hostel and also to call upon the expertise of the Education Team based at the youth hostel. This involved a Nature Walk on the South Downs Way to go mini-beast hunting and having a go at plant identification, followed by learning how to make nettle tea safely back at the youth hostel – all in an effort to engage them in a meaningful exploration of the natural world.

For the walk onto the South Downs the pupils were given a flora and fauna identification pack with easy-to-use identification cards and magnifying glasses to help with the identification process. There was a discussion about the history of the River Ouse floodplain, thanks to the expertise of the one of the Education Team leaders, and also a real-life scenario on how to deal with cattle on the Downs.

On returning to the youth hostel, the students were shown how to make nettle tea and were able to sample the tea that they had made. This activity really captured the pupils' enthusiasm, and was perhaps the highlight of the visit.

On the journey home the students made good use of the train journey to complete a questionnaire about 'Sustainability and Travel in the South Downs National Park' to consolidate what they had learned during the visit.

The students all discovered the importance of an active lifestyle, returning home with more life skills, greater confidence and a new way of looking at the world we live in.



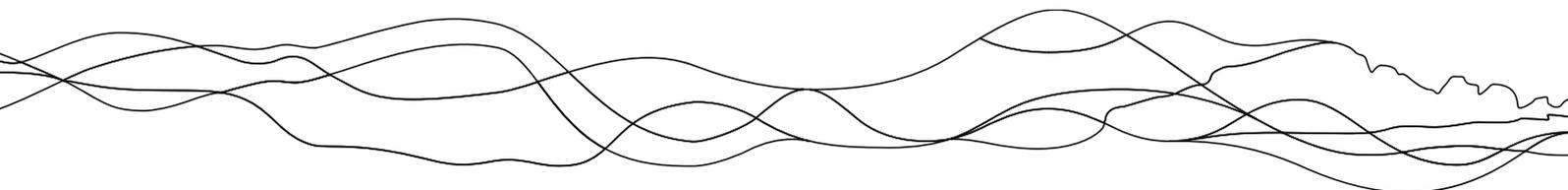


## Visit Information

### Lesson Plan

Nature walk on the South Downs with nettle tea making

<b>National Curriculum links:</b> Geography, Science, Enrichment		
<b>Learning objectives</b>	<b>Session structure</b>	<b>Assessment for learning</b>
<p>By the end of the session pupils will:</p> <ul style="list-style-type: none"> <li>• be able to use flora and fauna identification cards</li> <li>• recognise the importance of National Parks</li> <li>• understand the need for sustainable transport</li> <li>• appreciate the importance of an active lifestyle</li> </ul>	<p><b>Introduction</b> The students have an introduction including an outline of the day and activities.</p> <p><b>Session Activities</b> Walk on to the South Downs via the South Downs Way</p> <p>Identify flora and fauna during the walk</p> <p>Discussion about the importance of the South Downs as a National Park</p> <p>Nettle tea making</p> <p><b>Plenary</b> Complete the Sustainable Travel worksheet on the train home</p>	<p>We will re-visit the learning objectives and students will be encouraged to reflect on their learning and enjoyment of the day.</p> <p>Students will be given the opportunity to give feedback through a Survey Monkey evaluation.</p>
<b>Before your visit</b>	<b>After your visit</b>	<b>Key vocabulary</b>
Consider Health & safety procedures for outdoor learning		Sustainability



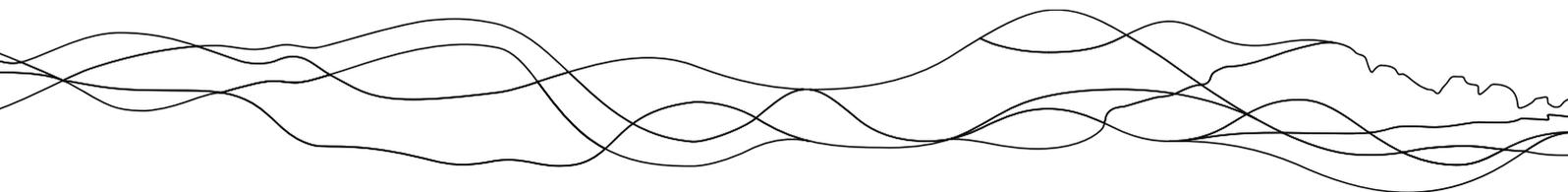


## **Itinerary**

The following timings are suggestions only depending on your specific train times. You will also need to take into account the time it takes to walk from the school to the station.

<b>Itinerary</b>		
<b>Time</b>	<b>Activity</b>	<b>Emergency Action</b>
09.42	Train from Hassocks to Brighton	Inform Group Leader of issues
10.10	Train from Brighton to Southease	Inform Group Leader of issues
10.34	Arrive at Southease	Inform Group Leader of issues
10.45 – 12.45	YHA staff – 2-hour South Downs activity	Inform Group Leader of issues
12.45 – 13.15	Lunch	Inform Group Leader of issues
13.36	Train from Southease to Brighton	Inform Group Leader of issues
14.25	Train from Brighton to Hassocks	Inform Group Leader of issues
14.33	Arrive back at Hassocks	Inform Group Leader of issues

The train service to Southease from Brighton and Lewes is an hourly one through the day, and it is the same from Seaford to Southease if you are coming from that direction, so you will need to plan your journey taking this into account.





## Booking

All bookings must be made directly by the Group Leader with the organisation listed; please follow the booking instructions carefully. Terms and conditions for each service provider are as stated by each organisation; please ask them for more details if required.

Learning Provider Information			
Organisation Name	YHA South Downs		
Contact Name	Natalie Battell		
Telephone	0800 0195 465	Address	Itford Farm Beddingham Lewes East Sussex BN8 6JS
Email	<a href="mailto:southdowns@yha.org.uk">southdowns@yha.org.uk</a>		
Website	<a href="http://www.yha.org.uk/hostel/south-downs">www.yha.org.uk/hostel/south-downs</a>	Postcode	RH20 2EL
Cost	£3.60 per Bolt on activity		
Cancellation policy	If you cancel less than 14 days in advance you will be invoiced for the minimum charge. Should you need to change the date of your visit, please inform us as soon as possible and we will try to accommodate your new requirements. However, the YHA reserves the right to treat your change of date as a cancellation.		

The YHA South Downs has state of the art classroom facilities, making it perfect for school trips. This traditional Sussex farmhouse and associated buildings have acres of land which is great for on-site activities. Nearby recommendations for field trips are the tourist destinations of Brighton, Lewes and Newhaven, and the South Downs Way, which runs through the grounds.

Educational visits are made even easier with full board catering options and a dedicated classroom where school groups can recap what they've learned that day in a tranquil setting.

YHA South Downs has many activities to choose from as listed below:

### PE & Outdoor Education for KS2 & 3

This package has been created to provide a mix of team building and problem solving activities with low risks and adventurous activities such as Archery and Orienteering. Participants are able to learn new skills through these activities with a focus on communication and risk assessing.

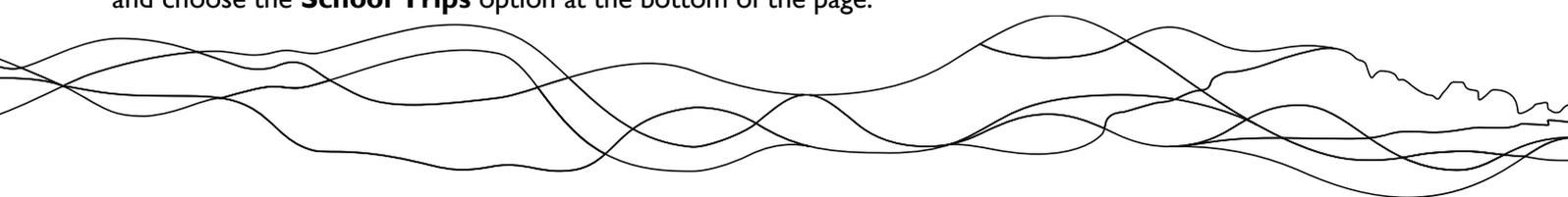
### Bolt Ons

These activities are great for school groups staying on a self-led residential experience, but are looking for some extra activities for their groups. They also make a great addition during the evening helping you to keep your group active from dawn until dusk. Trained staff can lead your group through a range of activities that will enrich the residential experience.

### Eco Explorer

The eco-explorer package covers important aspects of geography, science, history and PE requirements for the new National Curriculum. Also included is a choice of evening activities specially designed to enhance the package and provide opportunities for your students to develop new skills and create natural crafts as a souvenir of their stay.

For more details, go to the website: <http://www.yha.org.uk/hostel/south-downs> and choose the **School Trips** option at the bottom of the page.





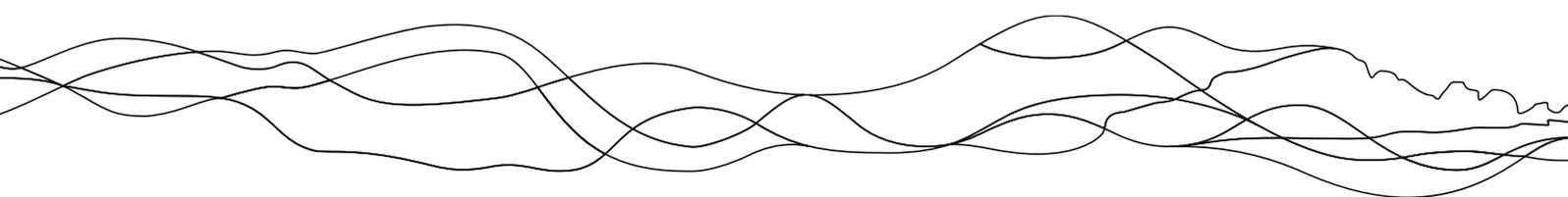
## Travel Plan

Sussex CRP School Train Travel - Risk Assessment							
<b>Location:</b> Stations and trains				<b>Date:</b> 19.8.15			
<b>Task or Activity:</b> Travel by train from <b>Hassocks</b>				<b>To Southease</b>			
<b>Persons covered by this assessment:</b> All pupils and staff							
Hazard:	Risks(s)	Persons who may be harmed	Existing Control Measures	Ranking with existing controls (L / S / R)	Additional Control Measures	Ranking with additional Controls (L / S / R)	Responsibility & Timescale
Walking to and from the station	Road traffic accident  Falls & trips	All named above	Walking in pairs with teachers	1 / 5 / 5		1 / 5 / 5	Teachers for all of trip
At the station	Trips and falls Platform edge Members of the public	All named above	Safety briefing given to each pupil. Teachers to be with pupils at all times Everyone to keep back from platform edges.	1/5/5	Children to be in small groups with a designated adult	1/5/5	Safety Briefing by teachers Teachers to ensure for all of tour.
Travel by Train	Accident	All named above	Safety briefing given to each pupil. Everyone to keep back from platform edges. Pupils to be seated at all times on train. Each group to be with designated adult in one carriage.	1 / 5 / 5		1 / 5 / 5	Safety Briefing by teachers to pupils Teachers to ensure pupils are seated.
Adverse weather	Falls & trips	All named above	Bad weather plan	2 / 3 / 6	No trip is to be undertaken if the weather is really bad.	1 / 1 / 1	Safety Briefing by teachers to pupils

Level of risk (R) is Likelihood (L) multiplied by Severity (S) and will be a number between 1 and 25. The grid below shows that 16 - 25 can be regarded as high risk, 9 - 15 as medium risk, and 1 - 8 as low risk.

		Severity				
		1	2	3	4	5
Likelihood	1	1	2	3	4	5
	2	2	4	6	8	10
	3	3	6	9	12	15
	4	4	8	12	16	20
	5	5	10	15	20	25

Likelihood	Severity
1 Nearly impossible	1 No injury
2 Possible under unfortunate circumstances	2 Minor injury requiring no more than first aid
3 Possible under normal circumstances	3 Minor injury requiring attendance at hospital or doctor's surgery
4 Probable	4 Major injury
5 Inevitable	5 Fatal





## SOUTH DOWNS NATIONAL PARK

### **Ticket information**

To find out how much it will cost for your visit you can follow the link and complete the Group Travel Booking Form. The information will then be emailed to you directly.

[www.southernrailway.com/tickets-and-fares/railcards-and-discounts/group-travel-booking-form](http://www.southernrailway.com/tickets-and-fares/railcards-and-discounts/group-travel-booking-form)

There are restrictions on some tickets so you need to check the train times to see if they are outside the restrictions

**National Rail Enquiries** is an excellent website that gives you live information about trains, tells you the next train you can take, the fastest train and helps you to plan your journey. There is also an 'app' which is very useful if you have a Smart phone.



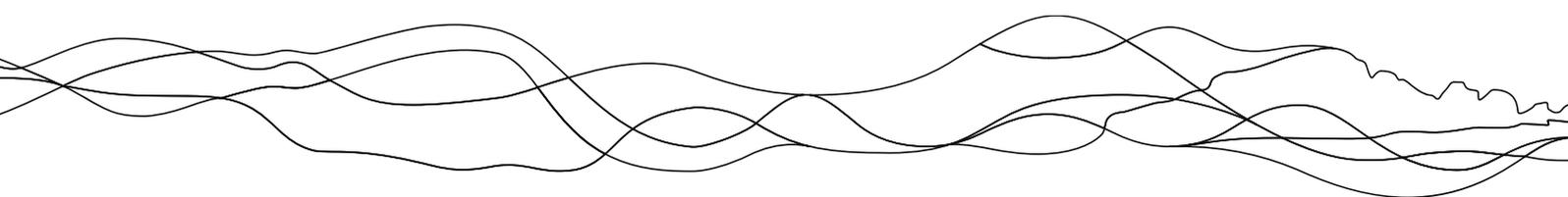
### **Hints & tips**

Let all of the passengers getting off the train go first, then get a seat as quickly as possible once you are in the carriage. Get pupils to sit in next to the windows so that other passengers can sit down more easily.

Most stations and trains have toilets but this is not always the case so make sure that you make your students are aware of this before you travel. Where stations have toilet facilities the opening times will vary depending on the station.

GroupSave from Southern Railway, offers a 34% discount on the adult fare for between 3 and 9 people when travelling together.

Also on Southern Railway up to four children aged 5 to 15 years may travel Off-Peak for only £2 each when accompanied by an adult with a valid ticket and under 5's travel absolutely free.





## **Risk Management Plan**

Each educational session or event requires an appropriate safety briefing. It's based on the risk assessment and forms the Risk Management Plan.

**Pre-visit Briefing** – delivered by the Group Leader prior to the visit to prepare the participants

### **General**

Emergency plan  
Suitable attire and footwear  
Weather appropriate protection  
Emergency equipment, first aid  
(are permission slips needed for emergency medication?)  
Food and toilets  
How accompanying/supporting adults will be deployed  
Expectations  
No headphones

### **Walk**

Footpaths  
Traffic

### **Activities**

Specific activity hazards

**On Site Briefing** – delivered by the Education Team on the day

Outline of the day and emergency actions.

A member of the Education Team will be with the group all day, any problems should be brought up as soon as possible to allow for us to seek solutions.

The site is a public space and the group is expected to be courteous and polite.

As long as people are sensible and aware of their surroundings everyone will remain safe.

At no point on the visit should headphones be used.

## **Group leader responsibilities**

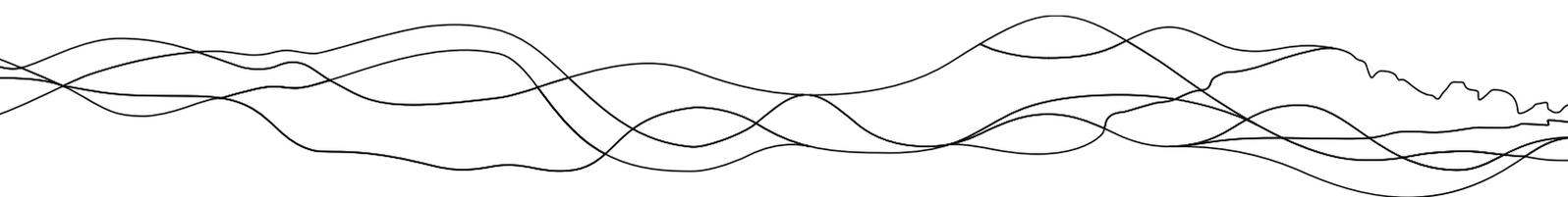
In loco parentis shall remain the duty of school/youth group staff at all times during the visit. Discipline & conduct of educational groups will be the responsibility of the person in charge of the group, as will the responsibility for pastoral care. Officers who regularly come into contact with young people and vulnerable adults as a main aspect of their role have been vetted via the DBS service.

*Details of the YHA Child Protection statements are available on request.*

Due to the nature of the environment it is essential that groups display appropriate behaviour at all times and it is within the discretion of the YHA Education Team to curtail the visit should poor behaviour prove hazardous to the individual, group or staff.

It is the responsibility of the Group Leader to ensure that the correct Local Authority supervision ratios are maintained by the school staff, and that the Local Authority is notified of the educational visit as appropriate. **Learning Provider staff will be in addition to the minimum supervision ratios.**

***It is recommended that you take out insurance to cover risks of accident, illness, loss of personal belongings or cancellation.***





## Risk Assessment

This generic risk assessment is a pick list aimed at facilitating risk assessment of a specific site prior to use with a group. Use it to form the actual risk assessment and shade black once complete.

It is the responsibility of Group Leaders to familiarise themselves with all risk assessments associated with the visit and update them accordingly.

Prior to the group arriving, the YHA Education Team will send the school a Health & Safety form that needs to be completed before the visit takes place. Additionally, they should carry out a daily site check to identify/minimise risks and inform safety briefing. A risk management plan must be completed based on the finalised risk assessment.

Hazard and Associated Risk	Initial Risk	People at Risk	Existing Ways of Reducing Risk	Measures to be taken, and by whom	PPE	COSHH	Risk Outcome
Open site and exposure to the elements leading to cold injury	Medium	Group	Suitable clothing needs to be worn for the weather conditions	Group Leader to inform group of the expected dress code for the expected weather conditions.			Low
Uneven ground resulting in slips, trips or falls, causing injury or contact with cow pats.	Medium	Group	Suitable footwear to be worn throughout the event. Keep to the designated footpath. Single file walking where appropriate.	Education Team to assess site prior to group visit and identify significant hazards to the group during initial briefing.	Sturdy shoes		Low
General contact with vegetation resulting in minor injuries, scratches or allergic reactions.	Medium	Group	Site management to minimise risk. Schedule of work arranged to address issues. Keep to the designated footpath.	Education Team to assess site prior to group visit and identify significant hazards to the group during initial briefing. Group Leader to be aware of allergies in the group and have a suitable emergency plan.			Low
Steep drops, faces and slopes leading to falls and crush injuries.	High	Group	Appropriate barriers installed to minimise risk.	Education Team to make visiting groups aware of specific hazards. Education team to carry out daily site check prior to group arriving.			Low
Flowing river, deep water leading to drowning, health hazard or cold injury.	Medium	Group	Group educated in emergency procedures. Keep to the designated footpath. Single file walking where appropriate.	Education Team to identify boundaries and provide appropriate supervision where water approached	Throw rope or ring where appropriate		Low
Contact with insects resulting in bites and stings	Medium	Group	Long trousers and tops advised where insects are identified as a problem.	Group Leader to consider the use of insect repellent and be aware of any allergies in the group. Avoid known tick areas in high season.	Long trousers and tops where appropriate	Insect repellent	Low
Contact with animals/livestock resulting in injury	Low	Group	Group members prepared with a code of behaviour when near animals. Education Team will be present to reduce risk of contact with livestock.	Education Team to remind group what to do in the event of contact with animals. Education Team to liaise with handler of straying animals. Education Team to identify no-go areas where disturbance to animals is identified.			Low
Contact with members of the public resulting in abduction or abuse.	Low	Group	Group members prepared with a code of behaviour when near strangers	Group Leader to remind group what to do in the event of inappropriate contact with strangers. Group members to advise Group Leader of suspicious activity asap.			Low