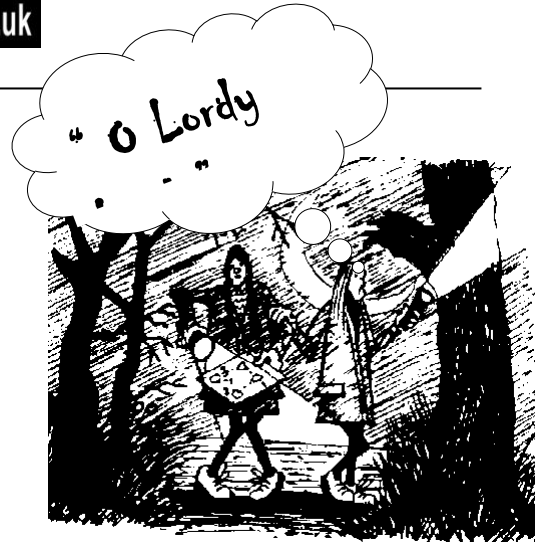


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**ARRANGEMENTS FOR TRAINING DAY**  
**Silver and Gold Groups**  
**Saturday 7<sup>th</sup> December 2019**



**MEET** - Thomas Telford School  
at 8.45 a.m.

**RETURN** - Approximately 4.45pm.

**VENUE** - Gold - Pontesbury to Stiperstones.  
Silver - Snailbeach to Stiperstones.

**AIM** - A day to practise navigation techniques and moving together as a group. Problems will be given to solve en-route. Semi accompanied.

**KIT** - As checklist for mountain day out. All items are necessary for your own safety, see TTS web site for list.  
- Spare money.  
- Lunch and drink. ( A hot flask may be useful)  
- Small rucksack.  
- Waterproofs - can be issued on the day.

**EMERGENCY CONTACT NUMBERS - 07885801479 or 07815 947114.**

Please see TTS Home Page/Sport Tweet site in the event of last minute problems such as extreme weather conditions..

Action Fun Risk Planning Friendship Problem solving Learning for life Thinking under pressure Making real decisions Facing consequences Overcoming Confidence

Frightening New places Wild Quiet Imagination Relevance Frustration Confidence Fragile Safe Bad Caring Empathy Sharing Strive Shy