



PERINS

SCHOOL

South Africa 2019

£6282.24

This is the total amount raised from the dinner in May. Thank you for all your support and hard work to raise such an amazing total.

Kit Collection

When: FRIDAY 12TH JULY

Where: Outside Pascal

Time: 5:00...every one trains until 5:00



Other Essentials

Keep in Contact

FACEBOOK – Perins South Africa Tour 2019

TWITTER – @PerinsSport

Time difference

- South Africa is one hour ahead of British summer time, eg.
1800 UK = 1900 SA

Luggage Allowance

- 1 bag @ 20kg plus hand luggage

Currency

- £1 = 16.76 RA



Code of Conduct



- At all times players will be polite, courteous and helpful
- **Punctuality 5 minutes early is on time**
- Rooms must be kept tidy and clean (room inspections will occur at the start and end of each day)
- **Boys do not enter girls' rooms, girls do not enter boys' rooms**
- **No movement between rooms is permitted after "lights out"**
- For all unsupervised activities, pupils must stay in groups of at least four
- Players must not leave bags unattended at any time
- Players do not joke about bag contents at airports
- **Players are not allowed to purchase alcohol, fireworks, knives or anything else that has the potential to threaten the safety of themselves or others**
- Smoking is not allowed
- Players are not allowed in the sea or pools unless supervised by appropriately qualified adults
- Players should avoid taking unnecessary valuable items, and those that are taken must not be displayed in public places, instead hidden in concealed pockets away from pick pockets
- In any situation of distress, contact staff via phone or by sending two of your four as runners

Consequences

- Early morning runs with staff!
- Chores
- Reduced freedom
- Parental contact
- Removal from billeting process
- Early return – in extreme circumstances, where a pupil intentionally puts themselves in a life threatening situation or has been deemed to compromise teachers trust. Parents will be charged the cost of the flights for both the child and member of staff to return early if required.

Serious Incidents

In the event of a terrorist attack or serious incident, we will follow the local advice as outlined by the tour company and South African government-as stated by the Home Office in their guidelines for schools. The FCO currently do not advise against travel to South Africa.



What to bring?

Formal Clothing

School Trousers / skirt

Smart Shoes

Shirt

Tour Tie

Casual Clothing

Trousers (Jeans)

Shorts (inc. 1 pair of smart shorts – single colour, rip free

NO HOT PANTS/SHORT SHORTS/CROP TOPS

Sports Wear

Boots (rugby)

Trainers

Perins socks

Navy shorts

Perins polo/rugby shirt

Tape (for socks)

Strapping (for injuries)

Gum shield and shin-pads (rugby and hockey)



What to bring?

Valuables

Passport

Money (approx. 180 rand per day, to be placed in a clearly labelled envelope)

Necessary medication

An old mobile phone

Miscellaneous

Underwear and socks

Swimming wear

Towel (beach towel)

Wash gear

Pyjamas

Ibuprofen/Paracetamol/Immodium/Diralite

Vitamin C and zinc for immune system, vitamin B complex for energy

Watch /Alarm clock

Sun hat, cream and glasses

Camera

Mosquito repellent/Anti-histamine

Hand gel

Plasters, hair ties, nail clippers (girls), blister plasters

1 x thank you presents for your hosts



Tour Kit

- Match day bag (Holdall)
- Tour playing kit (socks, shorts/skorts/dresses, top)
- 1 x training t-shirt
- 1 x polo shirt
- Hooded top
- Track suit bottoms
- Travel shorts
- Travel T-shirt
- Waterproof jacket
- Beanie
- Tie

PLEASE MAKE SURE ALL KIT AND POSSESSIONS ARE LABELLED, ESPECIALLY THE ABOVE ISSUED KIT, AS EVERYONE WILL HAVE THE SAME!!!



Travel Clothing

What to wear/bring when we travel during the tour.

- Travel t-shirt
- Tour shorts and/or tracksuit bottoms
- Tour hoodies



LEAVING ARRANGEMENTS

These are the arrangements for Sunday 21st July:

-PUPILS ARE TO MEET IN THE SPORTS HALL AT 1330 for a 1445 departure to Heathrow Airport

-Please avoid parking in the bus bay as the coaches will need to park here.

-Pupils are to muster with their leader and hand over their passport and money to be looked after.

-Parents can stay and say farewells or celebrate until we depart at 1445!

We will arrive back into Heathrow approx. 0530 on Sunday 4th August, with an estimated arrival at Perins of 0830.



A.O.B

-Year 10s required from 8-1230 on Sunday 16th June to help with the Alresford 10k run. Sign up sheets in the PE Office from tomorrow.

-Year 11s will not be expected to train on Friday 21st June due to the Prom.

-Training will be on after Sports Day on Friday 28th June.



Q&A Time