

Previous SEMAC's

2006, 2004, 2006, 2008, 2012, 2016
Swanage/Purbeck

1996, 1998, 2000, 2002, 2003, 2005,
2007, 2009, 2011, 2013, 2015, 2017
Wye Valley

2001, 2014
Peak District

1999
Exmoor

2010, 1997
Mendips

1995
Dartmoor



The weekend will be run by Qualified Southend Estuary Explorer Scout Leaders in accordance with Scout Association guidelines, P.O.R. 2018.

For further information:

Speak to your Unit Leader or

Camp leader: Mark Chapman, 0779 5031 851

Camp administrator: Emma Bearman Tel: 587575

semac@southendestuarydistrictscouts.org.uk

Fun - Laughter - Activities - Relax



Southend Estuary
Explorer Scouts



SEMAC 2018

Southend Estuary Multi Activity Camp

Explorers vote SEMAC as the best w/nd camp of the year - or your money back!



Coasteering, The most exciting way to explore the coastline. Throw yourself in the sea, traverse the rocks, explore the caves and test your nerve on a series of jumps



Rock Climbing
Real rock climbing and abseiling on beautiful sea cliffs with the waves at your feet



Kayaking
Paddle to explore the wildlife in the sheltered Bay



The food - Emma's Kitchen
Hearty meals are essential to keep energy levels up, so we provide a hot breakfast, healthy packed lunch and a hot evening meal



Potholing
deep underground Portland is perfect for building confidence and teambuilding



Horse riding
on Godlingston Heath with stunning views over Poole harbour. (optional at extra cost)



Paddle Boarding
Standing-up is just a question of balance



Evenings are socialising together around the roaring camp fire, toasting marshmallows



Jurassic Coast
stunning views to explore along the coastline

Fri 4th to Mon 7th May Bank Holiday

Dorset - Purbeck

Cost £75 - Price covers all activities; coasteering, climbing, paddle boarding, canoe & bike hire, travel, food, camp fees & instructors
3 days of Activities & incredible Value for Money!

Fun - Laughter - Activities - Relax -

This years District Multi Activity Camping weekend sees us returning to **Buddens** scout campsite in Purbeck, Dorset (see pictures below).

SEMAC Activities include:



Coasteering
Kayaking or paddle boarding
Mountain Biking
Rock Climbing
Hiking



All activities are suitable for novice as well as experienced Explorer Scouts
 Travel by Minibus - Accommodation in tents & cooking in teams on gas.
 Kit List will be supplied

Bookings close 9th April to get best choice of activities

Priority given to those that book first. A late booking surcharge of £10 will apply for any application received, after 9th April.

How to book: Complete Application Form - give it to unit leader, or camp administrator **Emma Bearman** with full amount of £75, Payable to Southend Estuary Scouts.

Contact your leader to discuss hardship fund assistance

SEMAC 2018 - APPLICATION & HEALTH FORM

Complete and return to your unit leader ASAP

THIS INFORMATION MAY BE HELD ON COMPUTER AND IN CONFIDENCE BY SOUTHEND ESTUARY EXPLORER SCOUTS AND WILL BE DELETED in 12 months

Members of the Scout Association over 18 years of age may complete the form for themselves, otherwise it **must be completed by the parent or carer.**

Please return this form, completed and signed to: **Your Unit Leader ASAP.**

Name..... M/F UnitESU
 Address
 Date of BirthAge..... Email.....
 Home PhoneExplorer Mobile.....

National Health Number Date Anti-Tetanus
 GP's Name, Address & Tel. No.....
 Do you currently suffer from any complaint, e.g., asthma, diabetes, epilepsy or any other illness or disability? **YES / NO** If YES please give details

Are you receiving medical treatment at present? **YES / NO** If YES please give details :.....

Please advise any allergies?.....

Please advise any dietary requirements? ..Veg? ..

Ability to swim 100m and keep afloat for 10 minutes in activity clothing with Buoyancy Aid? **YES / NO**

In an **EMERGENCY** please supply details of the person you wish us to contact
 NameRelationship.....
 Phone No. 1.....between&.....
 Phone No.2between&.....

ACTIVITY & EMERGENCY PERMISSION - SEMAC 2018

Activities planned / booked: Coasteering, Climbing, Caving, Cycling, Canoeing, Paddle Boarding, Walking, Camping and site activities.

Wetsuit -1) I will provide my own wetsuit and boots: **Yes / No** or
 2) I need a wetsuit - Height Shoe Size

I am happy for my child, to take part in all these activities at this event and authorise warranted Leaders of Southend Estuary Scouts to give permission to a doctor to undertake medical treatment should it be considered necessary.

SIGNED Name (Printed)

I enclosed payment of £75 - Payable to Southend Estuary Scouts