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Dear Parents, Carers and Supporters

Exe Valley Challenge 2026 – Parent information

We are very excited that your child is taking part in Exe Valley Challenge 2026 and look forward to cheering them over the finish line **on Sunday 12th July 2026**. As you can imagine this event has proven very popular in the past and we expect there to be in the region of 1000 people at Isca Academy on the day. In order to make the day run as smoothly as possible we would be grateful if all parents, carers or supporters would read the following guidelines.

The principle aim of this event is to encourage participants to challenge themselves as individuals and learn to work together as a team in a fun and safe environment. In order for the participants to gain a real sense of independence, once a team has started, we would request that they should not receive any advice or support from school staff, parents or carers until they finish back at Isca Academy. The only exceptions are where Team Managers have requested a team be shadowed, normally for SEND or medical reasons, shadowing will be by an older and experienced student from Isca Academy. Mini teams (year 2 & 3) will be shadowed by a member of staff or volunteer from their own establishment.

Safety

Our main priority is the safety and wellbeing of all participants whilst completing this event and Isca Academy takes reasonable steps to ensure this by:

If a participant is unable to complete the course and has to drop out, they will be collected by Isca staff, and returned to Isca Academy, where they will be handed over to their school or club Team Manager. If walkers drop out before the finish they **MUST** be dealt with through the correct "fallout" procedure so that all participants can be accounted for. Removing a child early from the event without following this procedure will trigger serious safeguarding concerns.

Marshals on checkpoints will take reasonable steps to ensure that participants are fit to continue, many of them are First Aid trained. If they believe a team member is not able to continue, they will be withdrawn and returned to the school as above. This decision will not be taken lightly but should be respected. Teams of 3 will normally be allowed to continue.

All EVC Adult Volunteers are DBS checked.

Marshals at checkpoints and along the course are aware of Child Protection Issues and all are briefed to treat with suspicion any approach to participants by adults unknown to them.

Marshals at checkpoints have various duties which are very important. Please avoid crowding the checkpoints and hindering the important work of the marshals.

How can you help?

Please respect the main aim of this event.

Please know the details of your child's Team Manager and Team number

Please ensure your child has the correct equipment for this event, including medicines for known medical conditions (details of recommended kit list are on the Isca Academy website)

Details of the route(s) are on the Isca Academy website, you might like to provide additional walking fitness training and map reading skills by taking your child along part of the route

Perhaps raise money for Children's Hospice South West (sponsorship forms are available on Isca Academy website)

Report all concerns to marshals as soon as possible

Watching your child on route

Please do not try to use the car park at St David's bridge near check point 4 (senior route) as this is a narrow road with a railway crossing and extra cars may hinder the safety of the children. The car park near a checkpoint at Countess Wear Bridge is also limited and again excess use may cause unnecessary issues regarding the safety of participants.

The easiest solution to see your team(s) would be to watch them around the Quay side, getting there either by foot or bicycle (a short 20-minute walk from Isca Academy along the river). There are plenty of cafés and facilities in this area. This area has the only public toilet along the route.

Joining us at Isca Academy on the day

There will be hot and cold refreshments on site all day as well as sporting activities and entertainment from 12 noon around the school site. We invite you to come and support us in both celebrating the achievement of the young people and by raising as much money as possible. All teams will receive a medal as they finish and formal presentations to category winners will take place at around 2:30pm at Isca Academy.

There will be limited parking at the school. Parking is on a first come, first serve basis with a small recommended donation of £2. There is no parking available along Earl Richards Road South as this is for residents only. The school is well serviced by several buses and has easy access to cycle paths so please make plans to leave the car at home if you are able.

Unfortunately, dogs are NOT permitted on the school site and there will be very little dog friendly parking so please bear this in mind when planning your day out.

Sponsorship

You may have been asked by your schools for the young people to raise money through sponsorship. The Exe Valley Challenge has a long history of supporting the Children's Hospice Southwest with over £10,000 raised to date, something we would love to continue this year. Participants can download the CHSW sponsorship form from our website.

We cannot wait to welcome you on the day. If you have any questions regarding the event please do speak to your own team managers in the first instance but do not hesitate to contact us the email address below if required.

Yours faithfully,



Ollie Milverton

Event Coordinator

Isca Academy

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<https://www.iscaexeter.co.uk/exevalleychallenge>