

High Adventure

10th - 12th July 2023



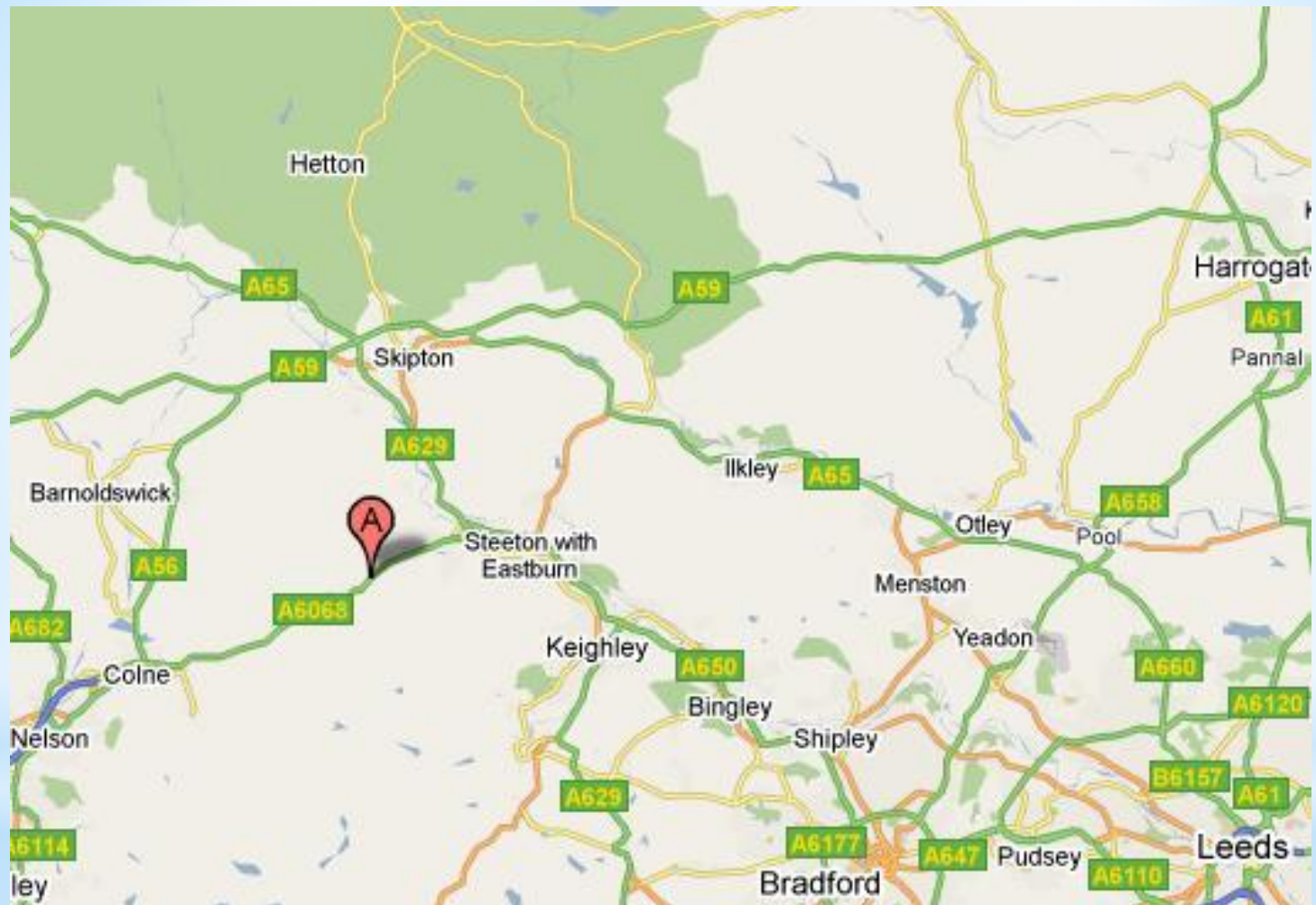
<http://highadventureoec.co.uk>

Purpose built Outdoor pursuits centre in the Yorkshire Dales near Skipton

Run by trained and qualified instructors

Activities make use of the beautiful surrounding area as well as the purpose built activities at the centre.

High Adventure Outdoor Centre



Archery

Abseiling/rock climbing

Low ropes

Zip wire

High ropes

Team challenges

Bouldering

Labyrinth

Canoeing

Activities

7.00 - children get up and dressed and make pack ups
7.45 - breakfast
8.45 - group meeting to prepare for the days activities
9.00 - 4.00 - activities in groups
5.30 - Dinner
6.00 - Tuck shop
7.00 - 8.30 - Evening activity
8.30 - 9.00 - Free time
9.00 - Bedtime
9.30 - Lights out

Timetable of the day

Breakfast

Toast, cereals, hot option

Lunch

Pack up (children make their own!):

Sandwich - ham, cheese, tuna, egg, jam

Fruit, crisps, cake or biscuit

Dinner

Hot meal with a pudding. These are displayed every morning and if you do not like the choice an alternative can be arranged. Please let us know beforehand of anything they won't eat so we can let the centre know in advance.

You need to bring their own bottle for drinks and a large pack up box/tupperware.

Food

Sleeping is in dorms for between 4 and 10 children.

We are given our room allocations and will sort out rooms together with the children before we go.

Sleeping

There is a tuck shop which sells a range of sweets, soft drinks and souvenirs. We limit the sweet treats the children can buy!

Squash and water is readily available at all times.

We recommend spending money of around £5-£10, which we look after. This needs to be sent in a recognisable purse.

Tuck Shop

Four members of staff from Park Grove accompany the children.

We sleep in rooms on the same corridors as the children.

The children will be in groups of 10 - 12 for the daytime activities, each one accompanied by a member of Park Grove staff.

All daytime and evening activities are led by qualified instructors.

At the end of evening activities Park Grove staff are in charge of the children overnight, with High Adventure staff nearby on 24 hour call.

Staffing

We will send out a full kit list

The centre provides bedding, full waterproof clothing and wellies.

You will need warm clothing, trousers other than jeans and sturdy shoes/boots. They may bring a torch. PLEASE NAME EVERYTHING! Save some old trainers!

No mobile phones or any electronic devices.

You will also need a rucksack large enough to hold a pack up, change of clothes and a towel, and a pack up box/tupperware.

Kit

CODE OF CONDUCT



**WE HOPE YOU ARE READY FOR LOADS OF FUN ACTIVITIES...!
TO MAKE YOUR VISIT RUN SMOOTHLY WE HAVE A FEW RULES
THAT YOU MUST FOLLOW.**

- 1 YOU NEED TO WEAR TRAINERS AND SPORTS CLOTHING.**
- 2 YOU MUST TAKE YOUR LUNCH, A DRINK, AND A CHANGE OF CLOTHES (INCLUDING SHOES AND UNDERWEAR) EVERY DAY WHEN GOING OUT ON ACTIVITIES.**
- 3 PLEASE DO NOT BRING PHONES OR ELECTRICAL ITEMS OR ITEMS OF VALUE WITH YOU AS THEY CAN GET DAMAGED OR LOST.**
- 4 NO JEWELLERY CAN BE WORN ON ACTIVITIES.**
- 5 IF YOU HAVE LONG HAIR YOU WILL NEED TO TIE IT BACK.**
- 6 NO CHEWING GUM IS ALLOWED.**
- 7 GOOD LISTENING SKILLS ARE A MUST, SO LISTEN VERY CAREFULLY TO YOUR INSTRUCTORS; IT'S FOR YOUR SAFETY.**
- 8 YOU NEED TO ALWAYS BE ON YOUR BEST BEHAVIOUR AND RESPECT EVERYONE IN YOUR GROUP.**
- 9 ALWAYS GIVE THINGS A GO WITH A SMILE ON YOUR FACE!**

**IF YOU HAVE TROUBLE FOLLOWING THESE SIMPLE RULES YOU WILL
BE GIVEN 3 STRIKES**

STRIKE 1 VERBAL WARNING

**YOU WILL BE REMINDED OF THE RULES
AND ASKED TO BEHAVE.**

STRIKE 2 SITTING OUT

**IF YOU HAVEN'T IMPROVED YOUR
BEHAVIOUR YOU WILL SIT OUT OF THE
ACTIVITY.**

STRIKE 3 SENT HOME

**YOUR PARENTS WILL BE CALLED AND YOU
WILL BE SENT HOME**

A full risk assessment is carried out prior to the week.

High Adventure provide detailed assessments for all their activities and all instructors are fully qualified.

We ask for detailed information for all children including medical issues/medication, phone numbers and any relevant information.

Health and Safety