

Harlow Centre For Outdoor Learning
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The Harlow One Day Activity Experience Easter 2010

Information for Parents and Guardians

The Day:

The One Day Activity Experience offers young people aged 8 and upwards, the chance to enjoy up to four new and exciting activities throughout the day. The activities vary from day to day and are listed in the attached programme; please also note that on each day there are also different 'sets' of activities to choose from. You can of course visit as many times as you like, subject to availability. Places are limited so to save disappointment book early.

Cost:

The cost of each day is £20 per child. Payment can be made by cash, cheque or credit / debit card. Please make cheques payable to Essex County Council, and attach to booking form.

Registration:

Participants should arrive at Harlow at 09.00 and be accompanied by a parent/guardian until registered at the registration desk. On arrival please inform us of any alternative adult that might collect the young person, and please be advised that in such cases the alternative adult will need to provide identification. On registration please inform office of any medical conditions that the young person/s may have.

Activities will start at 09:30 and finish at 16:30 and participants can be picked up between 16:30 – 17:00 from the registration desk or picnic area.

Lunch:

Participants should bring their own packed lunch and drinks for the day. Drinking water is available throughout the day and a café is open onsite serving light refreshments. Please insure that participants bring adequate food as the days activities can be strenuous and energy levels must be kept up to save injury.



Equipment and clothing:

All specialist equipment will be provided.

Participants should arrive in clothing suitable for physical activity and should consider the weather forecast for that day - clothing may get wet, dirty and worn! We therefore advise participants to wear old clothes. It is particularly important that participants wear appropriate footwear, i.e. an old pair of trainers.

Lockers:

Lockers are provided at a refundable charge of 20p. There is a £5 charge for lost keys, and children are advised to deposit their lockers keys with the office when not being used.

Harlow Outdoors takes no responsibility for the loss or damage of personal items, and we therefore advise that mobile phones/MP3 players etc are left at home.

Emergencies:

In the event of an emergency we will contact you or your nominated contact person as soon as possible. If you need to contact your child/ward at any time, call the office on 01279 620270 or visit the main reception and we will contact your child/ward immediately.

If you have any further questions or need more detailed information please contact our office on 01279 620270 and a member of our team will be pleased to help.

The Harlow One Day Activity Program Easter 2010**Tues 6th April**

- High Ropes, Orienteering, Climbing, Mountain Boards or
- All Day Mountain Bikes or
- Paddle Power Day

Wed 7th April

- Canoe, Climbing, Archery, Mountain Bikes or
- High Ropes, Raft Build, Orienteering, Mountain Boards

Thurs 8th April

- Climbing, Raft Build, Mountain Bikes, High Ropes or
- Half Day Mountain Bikes, Half Day Mountain Boards or
- Canoe Trip All Day

Fri 9th April

- Orienteering, Archery, Climbing, Scramble Nets/Low Ropes or
- Half Day Mountain Bikes, Half Day Mountain Boards or
- Paddle Power Day



Mon 12th April

- High Ropes, Archery, Kayak, Mountain Bikes or
- Orienteering, Raft Build, Mountain Boards, Climbing

Tues 13th April

- Climbing, Archery, Mountain Boards, Canoe or
- Archery, Canoe, Orienteering, Climbing or
- Canoe, Mountain Bikes, Archery, High Ropes or
- Half Day Mountain Boards, Half Day Mountain Bikes

Wed 14th April

- High Ropes, Archery, Climbing, Mountain Bikes or
- Kayak, Mountain Bikes, High Ropes, Archery or
- Climbing Skills Day or
- Canoe Trip All Day

Thurs 15th April

- High Ropes, Problem Solving, Raft Building, Mountain Bikes or
- Climbing, Mountain Bikes, High Ropes, Problem Solving or
- Orienteer, Scramble Nets/Low Ropes, Climbing, Mountain Boards or
- Paddle Power Day

Fri 16th April

- Archery, High Ropes, Climbing, Mountain Bikes or
- Half Day Mountain Bikes, Half Day Mountain Boards or
- Canoe Trip All Day

To book onto one of our activity days please call the Harlow Office on 01279 620270 or pop into the centre.

NB. The attached consent form must be completed for each child before we can allow any participation in any of the activities.



Parent/Guardian Consent Form

Name of young person:

Age: **Date of Birth:**

If a place is available, I agree:-

- a) To pay my part of the activity fee in full 7 days in advance.
- b) I understand that payment or any part of it is not returnable, unless Essex Outdoors at Harlow cancel.
- c) I agree to cover the cost of any damage caused to the site or equipment due to bad behaviour on the young person's part.
- d) I also agree that I will be available throughout the period of the visit, to collect my son/daughter/ward if necessary.

CONSENT FOR ACTIVITY PARTICIPATION

Visits to Essex Outdoors at Harlow engage participants in adventurous activities. All adventurous activities by nature carry an element of risk. All persons participating in activities at the centre do so at acceptance of that risk.

I consent to my Son/Daughter/Ward taking part in the activities at Essex Outdoors at Harlow.

I authorise members of staff during the visit to approve such medical treatment for my child as is deemed necessary in an emergency, on the advice of a qualified practitioner. Please provide details of any known medical conditions below.

Name:

Address:

..... **Postcode:**

Telephone No: **Alternative Nos:**

Signed:..... (Parent/Guardian) **Date:**

MEDICAL DETAILS

Medical Conditions (Please Print)

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