

Harlow Centre for Outdoor Learning
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The Harlow One Day Activity Experience Summer 2011

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 £22.50 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. Please note due to the nature of the centre we do have the rights to change the activities without prior notice.

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 ensure that participants bring adequate food as the days activities can be strenuous.



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 and to **bring a complete change of clothing including footwear**, preferably old trainers with them. If participants have waterproofs it is advised to bring them along with you, though we can supply them upon request.

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/Behaviour:

In the event of an emergency we will contact you or your nominated contact person as soon as possible. We will also call if there are any behavioural issues, and may ask for you to come and collect your child. 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.

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



INVESTOR IN PEOPLE



Essex County Council

The Harlow One Day Activity Program Summer 2011

Monday 25th July 2011

- High Ropes – Archery – Canoeing – Mountain Boarding
- Raft Building – Climbing – Orienteering - Bumble

Tuesday 26th July 2011

- Orienteering – Archery – Climbing – Scramble Net/Low Ropes
- High Ropes – Bumble – Mountain Boarding – Canoeing

Wednesday 27th July 2011

- Climbing – Canoeing – Orienteering – Raft Building

Thursday 28th July 2011

- Canoeing – Climbing – High Ropes - Archery

Friday 29th July 2011

- Mountain Boarding – Archery – High Ropes - Canoeing
- Orienteering – Climbing – Scramble Net – Bumble

Monday 1st August 2011

- Orienteering – Raft Building – Climbing – Abseiling
- Paddlepower day †

Tuesday 2nd August 2011

- Kayaking – Mountain Boarding – Climbing - Orienteering
- Scramble Net – Canoeing – High Ropes – Bumble
- 1 Star Kayaking (Day 1) †

Wednesday 3rd August 2011

- High Ropes – Canoeing – Climbing – Raft Building
- Epping Forest Mountain Biking *
- 1 Star Kayaking (Day 2) †

Thursday 4th August 2011

- High Ropes – Kayaking – Scramble Net/Low Ropes – Archery
- Mountain Boards – Bumble – Climbing - Orienteering
- 1 Star Canoeing (Day 1) †

Friday 5th August 2011

- Climbing – Archery – Mountain Boarding – Bumble
- Climbing Skills Day (NICAS Level 1) §
- 1 Star Canoeing (Day 2) †

Monday 8th August 2011

- Orienteering – Raft Building – Climbing – Problem Solving
- Paddlepower Day †
- 2 Star Canoeing/Kayaking (Day 1) †

Tuesday 9th August 2011

- Kayaking – Mountain Boarding – Climbing – Orienteering
- Scramble Net – Canoeing – High Ropes – Bumble
- 2 Star Canoeing/Kayaking (Day 2) †



Wednesday 10th August 2011

- 2 Star Canoeing/Kayaking (Day 3) †
- Epping Forest Mountain Biking *

Thursday 11th August 2011

- High Ropes – Kayaking – Scramble Net/Low Ropes – Archery
- 2 Star Canoeing/Kayaking (Day 4) †

Friday 12th August 2011

- Climbing – Archery – Low Ropes – Bumble
- Climbing Skills Day (NICAS Level 1) §
- 2 Star Canoeing/Kayaking (Day 5) †

Monday 15th August 2011

- Orienteering – Raft Building – Climbing Abseiling
- High Ropes – Bumble – Mountain Boarding – Archery
- Paddlepower †

Tuesday 16th August 2011

- Kayaking – Mountain Boarding – Climbing – Orienteering
- Scramble Net – Canoeing – High Ropes – Bumble
- 1 Star Kayaking (Day 1) †

Wednesday 17th August 2011

- High Ropes – Canoeing – Climbing – Raft Building
- Archery – Bumble – Mountain Boarding – High Ropes
- Epping Forest Mountain Biking *
- 1 Star Kayak (Day 2) †

Thursday 18th August 2011

- High Ropes – Kayaking – Scramble Net – Archery
- Mountain Boarding – Bumble – Climbing – Orienteering
- 1 Star Canoeing (Day 1) †

Friday 19th August 2011

- Climbing – Archery – Mountain Boarding – Bumble
- High Ropes – Scramble Net – Kayaking – Mountain Biking*
- Climbing Skills Day (NICAS Level 1) §
- 1 Star Canoeing (Day 2) †

Monday 22nd August 2011

- Bumble – Raft Building – Climbing – Abseiling
- Paddlepower Day †
- 2 Star Canoeing/Kayaking (Day 1) †

Tuesday 23rd August 2011

- Kayaking – Mountain Boarding – Climbing – Orienteering
- Scramble Net – Canoeing – High Ropes – Bumble
- 2 Star Canoeing/Kayaking (Day 2) †



Wednesday 24th August 2011

- High Ropes – Canoeing – Climbing – Raft Building
- Archery – Bumble – Mountain Boarding – High Ropes
- Epping Forest Mountain Biking*
- 2 Star Canoeing/Kayaking (Day 3) †

Thursday 25th August 2011

- High Ropes – Kayaking – Scramble Net – Archery
- Mountain Boarding – Bumble – Orienteering – Climbing
- 2 Star Canoeing/Kayaking (Day 4) †

Friday 26th August 2011

- Climbing – Archery – Mountain Boarding – Bumble
- High Ropes – Mountain Biking – Scramble Net – Kayaking*
- Climbing Skills Day (NICAS Level 1) §
- 2 Star Canoeing/Kayaking (Day 5) †

Monday 29th August 2011

- Orienteering – Raft Building – Climbing – Abseiling
- High Ropes – Bumble – Mountain Boarding – Archery
- All Day Canoe Trip

Tuesday 30th August 2011

- Kayaking – Mountain Boarding – Climbing – Orienteering
- Scramble Net – Canoeing – High Ropes – Bumble

Wednesday 31st August 2011

- Archery – Bumble – Mountain Boarding – High Ropes
- Epping Forest Mountain Biking*

Thursday 1st September 2011

- High Ropes – Kayaking – Scramble Net – Archery
- Mountain Boarding – Bumble – Climbing – Orienteering

Friday 2nd September 2011

- Climbing – Archery – Mountain Boarding – Bumble
- High Ropes – Raft Building – Scramble Net - Kayaking

* Please note that Mountain Biking sessions are for ages 10 and over ONLY, with the exception of the Epping Forest Days, which are designed for ages 12 and over ONLY.

† Please note that the PaddlePower, 1 Star and 2 Star schemes each entail an additional £5.00 charge, in order to register the awards with the British Canoe Union (BCU). Kayaking and Canoeing 'Star' courses are for ages 10 and over ONLY. You will need to book both days to complete the 1 Star Kayaking or Canoeing awards; and all five days to complete 2 Star Kayaking/Canoeing award. Before partaking in the 2 Star course, you must have completed your 1 Star Kayaking or Canoeing award.

§ Please note that the NICAS schemes entail an additional £10.00 charge, in order to register with Association of British Climbing Walls Training Trust (ABCTT).



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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