

Harlow Centre for Outdoor Learning

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The Harlow One Day Activity Experience Summer Holiday Programme 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.

*£25 for climbing at Harrison's Rocks and Mountain Biking in Epping Forest.

Registration:

Activities will start at 09:30 and finish at 16:30. 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 also inform the office of any medical conditions that the young person/s may have. 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 ensure that participants bring adequate food as the days activities can be strenuous and so energy levels must be kept up to prevent 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. If you are doing a wet activity please bring a COMPLETE change of 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.



HARLOW ONE DAY ACTIVITIES SUMMER HOLIDAY PROGRAMME (ages in brackets)

Friday 23rd July

Climbing- Archery-Canoe-Scramble/Low Ropes (8-17)
Archery- Canoe-Scramble/Low ropes-Climbing (8-17)
Kayaking-High Ropes-Mountain Boards-Orienteering (8-17)

Monday 26th July

High Ropes- Archery- Canoe- Mountain Boards (8-17)
Mountain Boards-Orienteer-Raft Building- Climbing (8-17)

Tuesday 27th July

Orienteering-Archery-Climbing-Scramble/Low ropes (8-17)
Dragon Boat-Bumble-Mountain Boards-High Ropes (8-17)
1* kayak- All Day- Day 1 (10 Plus)
Canoe Trip- All Day (All Ages)

Wednesday 28th July

Dragon Boat-Raft Building-Orienteer-Climbing (8-17)
High Ropes-Archery-Mountain Boards- Scramble/Low Ropes (8-17)
1* Kayak- All Day- Day 2 (10 Plus)
Climbing- Harrison's Rocks (10 Plus)

Thursday 29th July

Canoe- Climbing- High Ropes- Orienteer (8-17)
Archery- Mountain Biking- Climbing- Kayaking (8-17)
1* Canoe – All Day- Day 1 (10 Plus)
Mountain Biking- Epping Forest- All Day (10 Plus)

Friday 30th July

High Ropes- Archery- Canoeing- Mountain Boards (8-17)
Climbing-Bumble-Orienteering-Scramble/Low Ropes (8-17)
1* Canoe- All Day- Day 2 (10 Plus)
Mountain Bike Day Trip- From Harlow (10 Plus)

Monday 2nd August

Orienteering-Raft Building- Climbing- Abseiling (8-11)
High Ropes- Bumble- Mountain Boards- Climbing (8-11)
Canoe- High Ropes- Mountain Bikes- Orienteering (10 plus)
Paddle Power Day (8-12)
Climbing Skills Day (NICAS LEVEL 1) (8-12)

Tuesday 03rd August

Kayaking- Mountain Boarding- Climbing- Orienteering (8-17)
Scramble/Low Ropes- High Ropes- Canoe- Bumble (8-17)
2* Kayak/Canoe- All Day- Day 1 (12 +)
Canoe trip- All Day (All Ages)

Wednesday 04th August

High Ropes- Climbing- Dragon Boating- Raft Building (8-17)
Scramble/Low Ropes- Orienteering- Climbing- Abseiling (8-11)
Mountain Boards- Archery- High Ropes- Bumble (12+)
2* Kayak/Canoe- All Day- Day 2 (12+)
Climbing- Harrison's Rocks (10 Plus)

Thursday 05th August

High Ropes- Kayaking- Scramble/Low Ropes- Archery (8-17)
Climbing- Canoeing- Orienteering- Bumble (8-17)
2* Kayak/Canoe- All Day- Day 3 (12+)
Mountain Biking- Epping Forest- All Day (10 Plus)

Friday 06th August

Climbing- Archery- Orienteering- Mountain Boards (8-17)
High Ropes- Bumble- Scramble/Low Ropes- Raft Building (8-17)
2* Kayak/Canoe- All Day- Day 4 (12+)
Climbing Skills day (8-12)

Monday 9th August

Climbing- Bumble- High Ropes- Orienteering (8-17)
Mountain Boards- Archery- Scramble/Low Ropes- Canoe (8-17)

Tuesday 10th August

Climbing- Archery- Canoeing-Scramble/Low Ropes (8-17)
High Ropes- Mountain Boards-Orienteering- Dragon Boating (8-11)
Archery- Mountain Biking- Climbing- Bumble (10 Plus)
Paddle Power Day (8-12)
Canoe trip- All Day (All Ages)

Wednesday 11th August

Raft Building- Climbing- Canoeing- Orienteering (8-17)
High Ropes- Scramble/Low Ropes- Archery- Mountain Boarding (8-17)
Half Day Mountain Biking- Half Day kayaking (10 Plus)

Thursday 12th August

Archery- Mountain Boarding- Orienteering- Raft Building (8-11)
Climbing- Bumble- Archery- High Ropes (8-17)
Orienteering- Mountain Boarding- kayaking- Climbing (8-12)
Climbing-Mountain Biking- Orienteering-Kayaking (12+)
Paddle Power Day (8-12)

Friday 13th August

Archery- Climbing- Bumble- Kayaking (8-17)
High Ropes- Mountain Boards-Orienteering- Climbing (8-17)

Monday 16th August

High Ropes- Mountain Boarding- Orienteering- Kayaking (8-17)
Canoeing-Climbing- Archery- Bumble (8-11)
Paddle Power All Day (8-14)
Mountain Bike Day Trip- From Harlow (10 Plus)

Tuesday 17th August

High Ropes- Mountain Boarding- Orienteering- Bumble (8-17)
Climbing- Canoeing- Scramble/Low Ropes- Raft Building (8-11)
Climbing Skills day (8-12)
Canoe trip- All Day (All Ages)

Wednesday 18th August

High Ropes- Bumble- Mountain Boarding- Raft Building (8-17)
Raft Building- Mountain Biking- High Ropes- Bumble (8-17)
Scramble/Low Ropes- Climbing- Orienteering- Canoe (8-12)
High Ropes Half day- Kayaking Half Day
Climbing- Harrison's Rocks (10 Plus)

Thursday 19th August

High Ropes- Mountain Boarding- Orienteering- Bumble (8-17)
Canoeing- Scramble/Low Ropes- Climbing-Archery (8-11)
Climbing Skills day (8-12)
Mountain Biking- Epping Forest- All Day (10 Plus)

Friday 20th August

Climbing- Orienteering- Archery- High Ropes (8-17)
Mountain Boarding- bumble- Climbing- raft Building (8-11)
Mountain Biking- Bumble- High Ropes- Raft Building (12+)
Paddle Power All Day (8-14)

1* Canoe- All Day- Day 2 (10 Plus)

Monday 23rd August

Mountain Boards- Archery- Climbing- Orienteering (8-17)
Abseiling- Mountain Biking- High Ropes- Raft Building (10 Plus)
Climbing Skills day (8-12)
Paddle Power All Day (8-14)
1* Kayak- All Day- Day 1 (10 Plus)

Tuesday 24th August

High Ropes- Archery- Orienteering- Bumble (8-17)
Climbing- Mountain Boards- Canoeing- Scramble/Low Ropes (8-17)
Paddle Power All Day (8-14)
Canoe Trip- All Day (All ages)
1* Kayak- All Day- Day 2 (10 Plus)

Wednesday 25th August

Climbing- Archery- High Ropes- Orienteering (8-17)
Mountain Boards- Raft Building- Climbing- Bumble (8-17)
Kayak/Canoe Skills day (10 Plus)
Climbing- Harrison's Rocks (10 Plus)

Thursday 26th August

Climbing- Canoeing- High Ropes- Archery (8-17)
Orienteering- Raft Building- Mountain Boarding- Bumble (8-11)
Orienteering- Raft Building- Mountain Biking- Bumble (12+)
Canoeing- Kayaking- Climbing- Abseiling (10 Plus)
Mountain Biking- Epping Forest- All Day (10 Plus)

Friday 27th August

Mountain Boards- Archery- Orienteering- Canoeing (8-12)
Archery- Orienteering- Canoeing- Mountain Biking (12+)
High Ropes- kayaking- Climbing- Bumble (8-17)
Half day High Ropes- Half day Bikes and Boards (12+)
Paddle Power Day (8-12)

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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