

**OUTDOOR
ACTIVITIES**



The only good adventure is a
safe adventure



'A life without adventure is likely to be unsatisfactory. A life without limits on adventure is likely to be short.'

Bertrand Russell

Introduction

This booklet is intended to answer any questions that you may have regarding the outdoor activities. If you are still in doubt please feel free to ask any member of the outdoors team or our Reception Staff who will be willing to help.

The outdoors activities will be aimed at young people aged from 10 to 16 years. We are regulated by the Adventure Activities Licensing Authority and inspected by an A.A.L.A inspector.

The Outdoors activity operates within the centres policies and A.A.L.A, which are set to ensure that the care of your child is of the highest quality. Every child is treated as an individual with equal attention and concern. Respect of religious background, racial origin and cultural ethics is always given.

The aim of the outdoor pursuits is to allow children to experience adventure and sport in the outdoors, with various aspects aimed at developing their own abilities and appreciation of challenging environments.



The Staff

Our staff boast many qualifications and have considerable knowledge of running and organising these activities. All staff are employed by Haltemprice Leisure Centre and have full CRB clearance. The leading instructor holds qualifications in rock climbing and leading groups in the mountains. Staff have a responsibility to record or report any concerns they may have regarding a child's welfare.

When do these outdoor activities take place?

The times and dates of activities will be notified to those concerned, and will include a date and time of a briefing for the parents of those taking part.

All details i.e. Date, Time, Cost etc will be included in an information package, which again will be made available to those wishing to take part.

Registration

All children must be registered before a booking can be taken. A registration form can be found at the back of this leaflet, which includes a parental consent and a medical proforma. Please complete and return to the Adventure Activities staff. (Both the C2 and C3 forms are to be completed).

On Arrival

All children must be signed into the activity day sheet. This must be done by a parent or guardian. Without a parent or Guardian signature we are unable to take duty of care for your child. Clothing and items required for the activity will be included in the briefing handout.

On Departure

When you drop your child off, we will ask in advance who will be picking them up that evening. If these arrangements are to change, we ask that you let the Haltemprice Leisure Centre Duty Manager know before the child is picked up. The staff are not allowed to let the child leave the centre without an adult previously specified by the legal guardian/parent that dropped the child off.

Food and Drink

As this will be an outdoor activity a packed lunch will be required, along with possible snacks (the activities will be strenuous so the young people will burn up any extra calories consumed)! There are no vending machines on the rocks or mountains and everything your child will require to eat or drink should be provided prior to attending.

Illness and Behaviour

We ask parents not to bring their child to this activity if they are unwell. Should you child become ill or hurt themselves on an activity there are systems in place to address this.

If we have any behaviour issues within the activity group we will deal with it and inform you when you pick up your child. If the behaviour then continues we will ask that your child is removed from our club.

Bullying

- We do not tolerate ANY form of bullying.
- We will always act on bullying and never leave any type unchallenged.
- We encourage the children to come and tell staff about any bullying.
- The staff will inform both sets of parents about the bullying and dependant on severity it will be logged in an incident book.

Activities to include:

- Rock climbing in the outdoors
- Abseiling
- Mountain walking
- Camping

A progressive skill based programme based around the above. This will include:

- Navigation
- Map reading
- Pitching tents
- Safety skills

It is hoped that the locations of these pursuits will develop to give your child greater experiences in the outdoors.



What does your child need to bring?

Since these activities will be outdoor based your child should have with them:

- Some form of protective clothing i.e. a hat and suntan lotion which they can apply themselves
- Insect repellent - there is also the added risk of midges which can be protected against with this
- A list of clothing and items required will be included in a handout
- Warm clothing and foul weather clothing
- Food and Drink
- Any medication including asthma inhalers – medication to be signed over to the directing staff for safe keeping. (All medication must be given to staff with a letter allowing them to administer it with clear instructions. A form must be signed by the legal guardian to allow for administration.)

Items that children must not bring:

- Expensive accessories (Mini disc players, mobile phones etc)
- Any item that may be misconstrued as a weapon.
- Money. (Money is no longer required for vending).

A little more about our club

- Our club aims to centre on the needs of the children and conform to the highest standards of childcare.
- We evaluate our sessions and are constantly looking for ways in which to improve our service.
- Our staff are selected carefully and all are CRB cleared.
- Between staff members we have a wide range of specialities which are utilised to bring about maximum fun for your children.
- We welcome comments from parents, and all parents are welcome to visit the club at any time.
- We would like to remind parents that all the outdoor activities are authorised through A.A.L.A (Adventure Activities Licensing Authority).
- Risk Assessments are available covering the topics of:
 - Travel by Minibus
 - Travel by self drive minibus
 - Travel on Foot by Roads
 - Walks in Lowland countryside
 - Walks in Upland Areas
 - Mountain walking
 - Lightweight Camping
 - Rock Climbing

All these are available to be looked at and read. Should you wish to do so please speak to one of the instructors or ask at the Haltemprice Leisure Centre reception.

List of Equipment required for Mountain Terrain



Hill walking equipment

- Waterproof Jacket
- Waterproof Trousers
- Walking boots or strong shoes
- Thick socks or two thin pairs
- Trousers (**no jeans**)
- Fleece Jacket or warm top
- Hat & Gloves
- Rucksack
- Food, plus spare, for the day
- One litre water (in a sturdy container)
- Spare Socks & warm top
- Spare Shoes [to be left in vehicle]
- Rucksack liner
- Exposure bag
- First aid kit
- Personal medication
- Head torch plus spare bulb and battery
- Whistle
- Map
- Compass
- Sun hat and sun cream
- Midge repellent

Rock Climbing Equipment

- Waterproof Jacket
- Waterproof Trousers
- Walking boots and training shoes
- Trousers (**no jeans**)
- Fleece Jacket or warm top
- Hat & Gloves
- Food, plus spare, for the day
- One litre sturdy water container
- Personal medication
- Sun hat and sun cream
- Midge repellent



Camping equipment

- As for hill Walking but with:
- Eating implements and utensils
 - Mug
 - Cooker and pots
 - Tent
 - Wash kit
 - Pot cleaning utensils
 - Sleeping bag
 - Sleeping bag liner
 - Sleep/roll mat

Items marked with a bullet point are available from the outdoor team. Please let us know in advance if any are required.

EMERGENCY CONTACT NUMBERS

Overall Group Leader

- Name Richard Clark
- Mobile Number 07947 805424

Deputy/Assistant/Volunteer Leaders

- Name: Hugh Pidgeon
Mobile Number 07792 784726
- Name:
Mobile Number

Haltemprice Leisure Centre

- Tel: 01482 652501 option 3, option 1 Reception
01482 652525 option 1 Duty Manager

ERYC 24 Hour Contact Number

- Tel (Office Hours) 01482 392999 24hour line 01482 887700

ERYC Safety Services Unit

01482 391117

Humberside Police HQ

- Tel: 0845 6060222

HSE Incident Contact Centre

- Tel (Office Hours) 0845 300 9923 Fax (24hr) 0845 300 9924
Email: riddor@natbrit.com





The new Countryside Code

The new Countryside Code, launched in July 2004, followed extensive consultation with the public and stakeholders carried out through the summer of 2003. The new Code is designed to reassure land managers as new public rights of access begin, and to make the public aware of their new rights and responsibilities across the whole countryside.



- **Be safe - plan ahead and follow any signs**

Even when going out locally, it's best to get the latest information about where and when you can go; for example, your rights to go onto some areas of open land may be restricted while work is carried out, for safety reasons or during breeding seasons. Follow advice and local signs, and be prepared for the unexpected.

- **Leave gates and property as you find them**

Please respect the working life of the countryside, as our actions can affect people's livelihoods, our heritage, and the safety and welfare of animals and ourselves.

- **Protect plants and animals, and take your litter home** We have a responsibility to protect our countryside now and for future generations, so make sure you don't harm animals, birds, plants, or trees.

- **Keep dogs under close control**

The countryside is a great place to exercise dogs, but it's every owner's duty to make sure their dog is not a danger or nuisance to farm animals, wildlife or other people.

- **Consider other people**

Showing consideration and respect for other people makes the countryside a pleasant environment for everyone - at home, at work and at leisure.