



White Hall

Outdoor Education centre

COURSE NO: 3302 **ADVENTURE ACTIVITIES** **29 March – 1 April 2016**



An action packed, exciting course suitable for beginners or those with a little experience who are keen to try their hand at a variety of Outdoor Adventurous Activities. A friendly, highly qualified team of White Hall instructors will offer a selection of sessions from hillwalking, abseiling, climbing, caving, mountain biking and orienteering.



The actual programme will be designed on arrival to take into account special preferences of course members and the suitability of weather conditions. Clearly, White Hall may have to limit the range of activities available in the event of unforeseen circumstances.



As well as a full day time programme there will be fun evening sessions. White Hall staff will be on duty through the evenings and overnight to make sure that all course members are properly cared for during their stay.

Age Group 9 – 13 years

Arrive 11.00 am Tuesday 26 March 2016

Depart 2.00 pm Friday 1 April 2016

Is there any Risk?

All Outdoor Adventurous Activities are supervised by highly skilled and nationally qualified White Hall staff. Activities are introduced at YOUR level, at carefully chosen sites, using all necessary safety equipment, which is provided by the Centre. White Hall conforms fully to the requirements of the 'Adventure Activities Licensing Authority' and has a licence. However, you must understand that adventure activities, by their nature, involve an element of risk, which cannot be totally eliminated. Having said that, White Hall has an excellent safety record.

What to Bring

2/3 prs trousers (loose fitting), track suit jogging bottoms are ideal - Jeans are not suitable for outdoor activities as they are too restrictive

2/3 prs thick socks to wear with walking boots (preferably wool)

Warm sweaters and/or fleece tops Warm shirts

Wool or fleece Hat Gloves or mittens

Torch with spare batteries and bulb Change of clothes for indoor wear

Wellington boots are invaluable for many activities

Cd's to play on our stereo system

2/3 poly bags (eg bin liners to put

Table tennis bat (for those keen to play table tennis in the evenings)

Table tennis bat (for those keen to play table tennis in their free time – balls may be obtained from the Centre's Tuck Shop)

If you own a camera you may wish to record some of the highlights of your

course.

Where to find us

White Hall is 3 miles north of Buxton on the A5004.

Landranger map sheet 119
1:50,000 Grid ref: 032 763



Accommodation



Accommodation is in dormitories with bunks and duvet quilts. All meals are provided by the Centre.

General Information

Course members are asked to assist with washing up and other minor duties around the Centre.

White Hall staff take pride in their friendly and supportive work with young people on courses. Groups are supervised in an appropriate fashion throughout the day, during the evening and overnight. This includes, of course, both male and female staff on duty on mixed courses. So that everyone can enjoy their course we expect reasonable standards of behaviour and a willingness to comply with a few Centre rules. In exceptional circumstances of unsuitable behaviour, parents/guardians will be contacted by the Course Coordinator. The Centre reserves the right to insist on the removal of a child from a course (without refund of course fees) if the enjoyment and safety of others is at risk.

If you have any queries about this or other aspects of the course please discuss them with us.

Health

Please inform the Centre of any medical condition or medication that we should be aware of.

Radon is a naturally occurring gas which is always present in the air we breathe and can be found in varying concentrations in houses, buildings, cellars, mines and caves. Happily the caves and mines visited by White Hall groups have been found to have very low radon levels, especially in the winter months. The risk to health from exposure to radon during a few caving trips is almost negligible and is far outweighed by the educational benefits.

Many thousands of people take part in water sports with no ill effects. However, you are probably aware that there is a very slight risk of infection from water in lakes, rivers and canals. If you develop flu like symptoms after any water activities you should see your doctor and tell him/her that you have been involved in water sport.

Emergency Contact

Please ensure that at the start of the course the Centre has up to date details of contact arrangements for parents/guardians. In case of emergency, contact with course members may be made through the office (01298 23260). Otherwise, contact may be made on the students payphone (01298 23893).

Insurance

Please note that the course fee does not include insurance against cancellation, personal injury, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged by yourselves.

Cancellation

The Centre reserves the right to cancel any course which may be under subscribed. In the unlikely event of this occurring alternative arrangements will be offered or course fees refunded.

In the event of you having to cancel your place on this course the following criteria will apply:

- Within one month of the course date - full payment will still be payable.
- Over one month of the course date - 25% will be payable.

Course Fees

Derbyshire residents	£223.35 (£178.70 if booked before 1 January 2016)
All other applicants	£300.15 (£240.15 if booked before 1 January 2016)

Applications

Parents or guardians of under 18s must sign the application form giving consent to participation and then they should be returned as soon as possible together with the full fee (please make cheques payable to Derbyshire County Council) to:

White Hall Centre
Long Hill
BUXTON
Derbyshire
SK17 6SX
Telephone: 01298 23260
Fax: 01298 25945
e-mail: white.hall@derbyshire.gov.uk

