



Course Nos: 3478 12 – 16 August 2019 (5 Days)
3479 19 – 23 August 2019 (5 Days)
3480 27 – 30 August 2019 (4 Days)

Course Name: Adventure Activity Days

An action packed, exciting course suitable for beginners or those with some 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, canoeing, mountain biking, orienteering ropes courses, zip wires, trapeze, rock and stream scrambling.

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

Age Groups: 5 – 13 years

Arrive: 9.00 am each day
(Please do not arrive before 8:45)

Depart: 5.00 pm each day

Our staff will keep a register of arrivals. At the end of the day can we ask you to sign your child/children out with the instructor so we know that each child has been collected safely.

If you know that your child/children will be missing any of the days please let the instructor know.





Is there any risk?

White Hall has full risk assessments for all aspects of the centre. All Outdoor Adventurous Activities are supervised by highly skilled and nationally qualified White Hall staff. Activities are introduced at an appropriate 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 are licensed by them. However, 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.

If you have any concerns please contact White Hall Centre and we will be happy to provide you with further information.

To help us in regard to safety, there are a few rules for young people, stressing the need for responsible behaviour. Young people should be sensible, listen to group briefings and follow instructions from centre staff.

What to bring

- **Please bring your own packed lunch and a drink in a refillable bottle each day**
- Old, comfortable clothing - track suit jogging bottoms are ideal (Jeans are not suitable for outdoor activities as they are too restrictive)
- An extra fleece/sweatshirt or hoodie
- Waterproof jacket if you have one
- Trainers or boots
- Wellingtons
- Indoor shoes/slippers
- A complete change of clothes for after a wet activity
- Towel and soap for showers after the day's activities
- Bin liners to put dirty or wet clothing in
- Midge repellent is also strongly recommended
- If you own a camera you may wish to record some of the highlights of your course
- Small amount of pocket money for ice cream/sweets

Shorts and tee shirts are necessary as is sun cream, sun glasses and a sun hat. If you are wearing shorts and t-shirts please also include a lightweight long sleeved shirt and trousers.





General Information

White Hall staff takes pride in their friendly and supportive work with young people on courses. During activities the children are supervised by White Hall staff. There may be times, such as, for a short while after lunch, that the children may be playing in the games room or on the lawn in front of the house when they will be indirectly supervised. So that everyone can enjoy their course we expect good 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.

The first morning will be spent getting to know the children and putting them into groups based on their age so that they will follow a programme of activities suitable for their age group. They will do some team building activities that will help them get to know the other children in the group. We will be equipping them with a set of waterproofs, walking boots and a rucksack (if your child already has these they are welcome to use their own).

If you have any queries about this or any 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.

Please can any medicines that your child brings be clearly labelled with the doses and times required shown. We need written permission for children to take medicines here or for us to administer them; please can that be provided.

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.

Young people at White Hall do undertake activities in or near lakes and streams - Leptospirosis (Weil's disease) is a rare but endemic waterborne disease in Great Britain and there is therefore a small risk of infection from contact with water. Should a young person who has attended a course at White Hall develop flu or fever like symptoms, we advise consulting your GP and informing them that your son/daughter has had contact with inland lake and stream water.





Ticks are found in the countryside. In some parts of the UK they are known to carry Lyme's disease, but as of yet, not in the Peak District – but it is always sensible to be aware. The most common symptom is a red skin rash that looks like a bullseye on a dartboard. If the rash or flu like symptoms occur – usually up to 30 days after the bite, or you discover a tick please consult your GP.

Course fees

5 Days: £182.50 / £162.85 (10% discount for one sibling)

4 Days: £147.70 / £131.80 (10% discount for one sibling)

Cancellation

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

Please note that 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

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 you.

How to book

Parents or guardians must complete and sign an application form giving consent to participation. They should then be returned to White Hall Centre, together with the full fee (please make cheques payable to Derbyshire County Council). Please telephone or call in to pay by card.

White Hall Centre

Long Hill

Buxton

Derbyshire

SK17 6SX

Telephone: 01298 23260

Email: white.hall@derbyshire.gov.uk

Website: www.whitehallcentre.com





Emergency contact

Please ensure that at the start of the course the Centre has up to date contact details. In case of emergency, contact with course members may be made through the office on 01298 23260.

Where to find us

White Hall is 3 miles north of Buxton on the A5004, Buxton – Whaley Bridge road. Access to the centre from the road is by a single lane driveway of a few hundred metres in length with a couple of passing places, so there may be some waiting required to get in or out. There is also a lane from Elnor Lane, Whaley Bridge and a lane from Combs village which takes you to the centre's back gate.

Please be aware if coming from Buxton and using a satnav that it doesn't take you through Chapel-en-le-Frith and Combs. Some do not recognise our main drive off the A5004.

On arrival at the centre, children should go to the front door where our staff will be waiting to welcome them. There will be a signing in system. At the end of the day please ensure that you have signed them out with an instructor so we know that they have been collected.

