



White Hall

Outdoor Education centre



Participant and parent/carer Day Course Information



This document provides essential details for those taking part in the course, make sure you share this with your parent/carer as well. Carefully review these guidelines to understand what to expect during your visit to the White Hall Centre.

White Hall is a place for new experiences, fun, challenge, and personal growth. You will engage in activities that enhance critical thinking, teamwork, and decision-making skills applicable to school, home, and throughout life.

Our adventurous activities, led by qualified staff, aim to challenge and inspire you. Your journey to realising your full potential will be supported by friends, accompanying adults, and the White Hall staff, ensuring a fantastic learning experience.

Activities may include some of the following:

- Ropes Courses
- Zip Wires
- Leap of Faith
- Orienteering
- Climbing wall
- Mountain Biking
- Net Climb
- Crate Stack
- Canoeing/Kayaking/Stand up paddleboarding.
- Stream scrambling
- Rock scrambling
- Caving
- Abseiling
- Mountain Biking

You can find some information about the activities you may be doing on our website here:

[Activities \(derbyshire-outdoors.org\)](http://Activities(derbyshire-outdoors.org))





Key Information:

- You will need a packed lunch, unless your course organiser says otherwise.
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- **Safety:** White Hall follows rigorous risk assessments, is inspected by DCC Health & Safety, and is licensed by the Adventure Activities Licensing Service. Risk assessments can be found on our website here: [Risk Assessments \(derbyshire-outdoors.org\)](https://whitehall.derbyshire-outdoors.org)
 - **Specialist Clothing:** White Hall provides all specialist clothing and equipment. However, if you have your own wellies, waterproofs, or walking boots, then please feel free to bring them along. People tend to be more comfortable wearing their own clothing and therefore more likely to dress appropriately.
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What to bring:

- It's important to bring clothing you don't mind getting wet and dirty on activities. Be prepared with warm clothing in colder months, and clothing to protect you from the sun in the summer.
- For a recommended kit list, please see our website here (scroll to the bottom): <https://whitehall.derbyshire-outdoors.org/day-courses/>

'It's a fun place to go even for a day because you can overcome fears.'

Tips for Parents/Carers:

'Whitehall is such a good opportunity, and all the instructors are so nice and kind.'

- **Involve your child in packing:** This helps them to pack their own bags again at the end of the course and teaches them a valuable life skill. Ensure clothing is named to prevent losses.
 - Teach your child to tie their own laces. Many slips trips and falls are the result of laces coming undone.
 - Discourage bringing valuables. These often get lost or broken.
 - Leave mobile phones at home. You can contact the centre on 01298 23260 if needed, and visiting staff bring mobile phones for emergency use.
- Explain to your child the importance of road and vehicle travel safety. Many of our activities require minibus travel, and there may be instances where they need to cross roads to reach venues. It is crucial for them to understand the significance of road safety and exhibit good behaviour when travelling on buses.





Health Information:

- A Consent/Participant Details form with detailed medical information **must** be completed for all White Hall guests if they are to take part in outdoor activities.

Be aware of water and tick-borne diseases (particularly Weil's and Lyme's disease). Information about both can be found on our website here:

<https://whitehall.derbyshire-outdoors.org/pre-course-information/>

If after your course any symptoms are shown, consult a doctor immediately.

'It is great, they really include and encourage you to try new things'.

Feedback:

We would love to hear about participant's experience at White Hall Centre. We would really appreciate it if you could spare a few minutes to complete our online 'Tell us what you thought' survey. Simply scan the QR code below, or follow this link:



<https://forms.office.com/e/JP4F8bA1F6>

Friends of White Hall Centre Charity:

'The friends of White Hall Centre' charity supports White Hall in providing inspiring outdoor and adventurous activities. For more information on how you can get involved to support their work please visit:

<https://www.friendsofwhitehallcentre.com/help.htm>



Social Media:



Instagram: [@WhiteHall.Centre](https://www.instagram.com/WhiteHall.Centre)



Facebook: [@White Hall Centre](https://www.facebook.com/WhiteHallCentre)



Eventbrite: [White Hall Outdoor Education Centre](https://www.eventbrite.com/WhiteHallOutdoorEducationCentre)

Tag us in your posts! We'd love to see your own photos of your White Hall adventures!

