

Adventure International

Parents Information Pack

Thank you for reading the Parents Information Pack.

This information has been put together to help you and your child prepare for your forthcoming visit to Adventure International.

Contained within this pack you will find :

Rules & Behaviour

Health & Safety Information

Activity Kit List

What to Pack List

Sample Programme of the week

Sample Menu

If you have any further questions after reading the information below then please don't hesitate to contact us.

Thank you once again and we look forward to your visit.

Adventure International, Belle Vue, Bude, Cornwall, EX23 8JP

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Dear Parents



Shortly your child will be embarking on a week to Adventure International here in Bude. We hope that this week of adventure will have a lasting effect upon your child and that you will be pleased with any change.

To ensure that this week is a success, we have developed over the years a code of practice for our instructors and a strict but fair regime in the centre itself. Our major aim is to develop respect for oneself and the environment and by setting parameters of acceptable behaviour; we have been able to achieve a happy, safe learning experience for all children who attend our centre. This has sometimes required the disciplining and sending home of some students who have put others at risk.

We have seven basic rules that enable everyone to enjoy their week with us and hopefully return home more aware of the needs of others when living together. They are:

1	No smoking or bringing cigarettes/lighters into the centre.
2	No boys in girls rooms or vice-versa.
3	No drinking alcohol or bringing alcohol or illegal substances onto the premises.
4	No anti-social behaviour (bullying, vandalism, stealing etc.).
5	No leaving the centre grounds unsupervised.
6	No bringing mobile phones onto the premises.
7	No students allowed in other schools allocated bedroom areas.

The students will be supervised 24 hours a day. When on activity they will have a minimum of 1 instructor and one teacher with them. Whilst in the centre there is always a team of senior instructors on duty and visiting supervisors are placed in rooms next to the students during sleeping hours. As you will see we have taken every possible step to ensure the safety and well being of your child. The majority of our groups have been returning to us for many years building traditions and reputations. We are sure your child will fall into this pattern of responsible behaviour.

When equipping for this trip, please remember that this is an activity week which does mean that there is a distinct possibility that he/she will get wet and muddy so the clothes you send should be appropriate. T-shirts and shorts don't take up much room so plenty of those. Old trainers are essential. Tracksuit bottoms are preferable to jeans as they dry quickly. Waterproof trousers are always handy if you own them already, but are not essential. Sunscreen is required for the warmer months.

We would suggest you ensure your child has some pocket money for the duration of their visit. We have a gift shop on site that sells T-shirts and souvenirs.

The Menu consists of three healthy meals a day; Breakfast is cereals, toast and or cooked breakfast, lunch is either packed or 2 courses, evening meal is a 2 course meal and in addition to this, snacks are available from the tuck shop throughout the day. Please find attached a sample menu for your perusal.

As the students are involved in 3 activities per day they have only a small amount of spare time. There are many free games, table tennis, basketball, football, etc. for them to play. There is also a different film screened each night in our TV lounge, for those children who do not wish to take part in the planned evening entertainments.

As part of our evening entertainments programme we have a fancy dress disco, so please ensure your child has a costume for the evening.

Some children go through a phase of homesickness in the early part of the week. We have found that phoning home only exacerbates the problem, so we have now taken out the public phones. Please do not send your child with a mobile phone. Be assured that we have skilled tutors who will support them through this period. Should you have an urgent message the number is 0870 777 5111.

We look forward to greeting your child and please don't hesitate to contact us if you have any queries.

Regards

Keith Marshall
Managing Director

Health & Safety



We have been inspected by the Adventure Activities Licensing Authority, School Inspectors and Advisors, National Governing Bodies, Fire Inspectors, Health & Safety and Environmental Health Inspectors.

Adventure International conforms to all Health & Safety regulations including staff/pupil ratios required by all Governing Bodies. The Centre is licensed for the required activities by the Adventure Activities Licensing Authority and is recognised by the British Activity Providers Association and the Governing Bodies of the British Canoe Union, Royal Life Saving Society, Learning Outside the Classroom & Adventure Mark.

Every member of our instructional staff is 18 or over and this policy will remain, in spite of many other centres employing 16 – 18 year old staff as Assistant Instructors under the new 'apprenticeship scheme'.

A Quality Assurance folder is available for inspection and contains all relevant details concerning Health & Safety, including Risk Assessments for all areas of our operation.

Adventure International has been in operation for over 30 years under the same management and has developed a Health & Safety regime second to none. The Management have been at the forefront of the initiatives regarding the development of safety regulations and it is our firm commitment to provide a safe and healthy environment for all participants.

Instructor Training

For those of you who don't know, all instructional staff employed at Adventure International go through a very vigorous selection and training programme. This starts with a 2-day selection course when they are required to do a number of theoretical tests, practical exercises and ends with a formal interview. Successful applicants then must attend 6 weeks of staff training before the season starts. This will include gaining National Governing Body Awards in the various activities as well as intensive in-house training covering all aspects of the residential instructor's role i.e. First Aid, Life Saving, Fire Evacuation, teaching & tutoring skills, etc. The Management Team and highly qualified senior staff run the training in addition to independent outside assessors & examiners.

After training, staff are then required to complete a 6-week probationary period and are profiled on a regular basis. Prior to working with a group, each instructor is assessed for competence by a member of the centre's senior staff on each activity that they're qualified and trained to work on. This assessment is in addition to them holding the required level of National Governing Body qualification. Also after rigorous checks and references all staff are only employed after obtaining an enhanced disclosure from the Criminal Records Bureau.

As usual, many of our staff will be returning for another season with us, so there will be lots of familiar faces and naturally these staff will all be highly qualified with great personalities.

Activity Kit List



All Activities require clothing suitable for the weather that day. If it is cold dress warmly, tracksuit bottoms, warm jumpers, coats. If it's sunny wear knee length shorts, t-shirt (no vests or strappy tops), a hat. Protect your skin and drink plenty of fluids. Bring a water bottle.

Abseiling

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Beach Walk

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Body Boarding

Swimwear & towel, light clothing for before & after.

Trainers to get wet or wet shoes.

Canoeing

Warm comfortable clothing to get wet, shorts when hot.

Trainers to get wet or wet shoes.

Caving

Lightweight clothing to go under a boiler suit.

Sensible footwear with socks.

Climbing

Warm comfortable clothing.

Sensible footwear – trainers or boots.

High Ropes

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Kayaking

Warm comfortable clothing to get wet, shorts when hot.

Trainers to get wet or wet shoes.

Mountain Biking

OLD clothing MUST have Long sleeves, trousers & Socks.

Sensible footwear – trainers or boots.

Mountain Board

OLD clothing MUST have Long sleeves, trousers & Socks.

Sensible footwear – trainers or boots.

Surfing

Swimwear & towel, light clothing for before & after.

Trainers to get wet or wet shoes.

Team Trail

OLD clothing MUST have Long sleeves, trousers & Socks.

Trainers to get wet or wet shoes.

WATERPROOF JACKETS ARE PROVIDED FOR ALL ACTIVITY SESSIONS

**ABSOLUTELY NO JEWELLERY ON SESSIONS OR EVENING ACTIVITIES.
ASTHMATICS MUST TAKE INHALERS TO EVERY SESSION AND EVENING ACTIVITIES.**

What to pack



Please use the table below as a guide line as to what to pack for your son or daughters week of activity with us at Adventure International. Obviously the prevailing weather conditions for the forthcoming week will have an influence on exactly what you pack so please do have a look at the weather forecast for the week of their trip. Please also be aware however that the weather here on the North Coast of Cornwall can be very unpredictable and it is sensible to have cover for most eventualities.

Items to Pack			Specialist Equipment	Packed
4	X	T-Shirts	<p style="text-align: center;">Any specialist equipment required for activity sessions is provided by the centre.</p> <p style="text-align: center;">This includes : Helmets, Harnesses, Wetsuits, Padding, Gloves, Waterproof Spraytops & Jackets and all session equipment such as Ropes, Surfboards, e.t.c.</p>	
3	X	Long Sleeved Tops		
3	X	Shorts		
3	X	Tracksuit Bottoms		
4	X	Jumpers		
1	X	Clothes to wear in the evening		
8	X	Socks & Underwear		
1	X	Warm Jacket/Coat		
2	X	Trainers to stay dry		
1	X	Wet Shoes or Trainers to get wet		
2	X	Swimwear		
2	X	Towels		
1	X	Toiletries		
1	X	Water Bottle		
1	X	Hat		
1	X	Sun Lotion		
1	X	Hair Bands		
1	X	Fancy Dress Costume		
1	X	Black Bin Liner for Wet Clothes		

What Not To Pack

Please do not allow your child to bring any of the following items to the centre :

Mobile Phone, Cigarettes, Drugs, Alcohol, Matches, Lighters, Pets, Electric Iron, Curling Tongs, Hair Straighteners, Ipods, MP3 players, Games Consoles, Jewellery, Chewing Gum, Sweets or Fizzy Drinks.

Medication & Jewellery

Any medication required to be taken by your child should be clearly labelled and handed to the teacher prior to departure with clear instructions for distribution.

Any child that requires an Asthma Inhaler or Epi Pen must have it with them on all activity sessions

Jewellery CANNOT be worn on any activity session.

Sample Programme of the Week



Day	Morning Activity	Meal	A.M. Activity	Meal	P.M. Activity	Evening Activity	Meal	Evening Entertainments	
Sunday								Meet Tutor Tour Centre	Meet & Mix Disco
Monday	Run	Breakfast See sample menu	Surfing	Lunch See Sample Menu	Kayaking	Beach Walk & Games	Evening Meal See Sample Menu	Karaoke	Parachute Games
Tuesday	Swim		Mountain Boarding		Canoeing	It's a knockout		Fancy Dress Disco	Tug of War
Wednesday	Run		Abseiling		Caving	Mapout		Talent Night Disco	Five a Side Football
Thursday	Swim		Team Trail		Body Boarding	Presentation Evening			
Friday			Climbing & High Ropes		Depart				

During all of the children's free time including meals and evening Entertainments the centre is free for them to do as they please.

The Astroturf and lounge are available for games and a differing DVD is shown each evening in the T.V. Lounge for those who do not wish to become involved with the Evening Entertainments.

Sample Week Menu



	Breakfast	Lunch	Evening Meal
Sunday			Pasta Bake Bread Roll Salad Fruit Salad
Monday	Sausage Hash Browns Hoops Cereal / Toast Orange Squash	Sausage Roll / Fish Finger Spring Roll Chips / Peas / Salad Apple / Jelly Blackcurrant Squash	BBQ Chicken Vegetable Grill Sauté Potatoes Carrots & Sweetcorn / Gravy Tray Bake / Fruit Sald
Tuesday	Beans on Toast Cereal Toast Orange Squash	Jacket Potato Cheese / Tuna Beans /Coleslaw Orange / Yoghurt Blackcurrant Squash	Spaghetti Bolognese Vegetable Bolognese Chicken Goujons Chips / Peas / Salad Chocolate Sponge
Wednesday	Sausage Hash Browns Hoops Cereal / Toast Orange Squash	Sandwiches Soup Salad Apple / Jelly Blackcurrant Squash	Chicken Curry with Rice Vegetable Curry with Rice Sausage & Mashed Potatoes Mixed Veg / Gravy Apple Crumble
Thursday	Bacon Hash Browns Beans Cereal / Toast Orange Squash	Chicken Burger Spicy Bean Burger Salad / Coleslaw Orange / Yoghurt Blackcurrant Squash	Ham & Pineapple Pizza Spicy Chicken Pizza Cheese & Tomato Pizza Jacket wedges / Salad Chocolate Flapjack
Friday	Sausage Hash Browns Beans Cereal / Toast Orange Squash	Packed Lunch Various filled rolls Crisps / Apple Muffin Fruit Drink	