

Cub Water Activity Morning / Afternoon

Information Pack



adventure.notts-scouts.org.uk
#SkillsForLife

Version 1.0



Scouts
Nottinghamshire

Overview

This will be an exciting half day with the opportunity to sample a variety of different water activities; these could include open canoes, sailing, raft racing, cobbles, or rafted canoes. We are looking forward to a fun packed session with your child.

Please follow the instructions below to assist us to keep your child safe and happy and to make the session a success. The kit list and instructions form part of the risk assessment for this activity session. It is very important your child is prepared for the session and has **ALL** the required clothing, footwear, food, drinks etc so they can fully enjoy the activities on offer to them. There is very little shelter from the sun and/or rain so they **MUST** be suitably equipped for all eventualities – remember the weather can change very quickly, the site is very exposed, and we will be doing activities regardless of the weather.



Section

Cubs



Difficulty

Beginners



Max Group Size

50 Participants



Duration

3.5 hours

Participant Arrival & Departure

To help us manage our onsite vehicle logistics, we ask that you please display in your windscreen a letter 'A' for morning sessions, and a letter 'B' for afternoon sessions. You can find these at the end of this information pack, which can be printed at home.

Arrival

Please arrive between 09:15 and 09:30 for morning sessions, and between 12:45 and 13:00 for afternoon sessions.

You can find more information about getting to the centre under "Venue Location" on the following pages. Upon arrival, you will be directed to a drop off zone - please keep your car running; adults need to stay in the car and just the children with their

bags and permission/health form (if not already collected by the leader in advance) to exit and be escorted to their leaders by the Notts Scouts Adventure team. Please ensure your child has all their bags in the car with them (not in the car boot) to allow a swift exit from your car. You will then be directed out of the site turning left only back towards the A612.

Departure

Please arrive to collect your child between 12:45 and 13:00 for morning sessions, and between 16:15 and 16:30 for afternoon sessions.

You will be directed to a pickup zone. Please follow the directions of the parking crew, collect your child from the site and depart promptly. As before, you will then be directed out of the site turning left only back towards the A612. Please remember that everyone is a volunteer and procedures are in place for a reason.

Consent

All participants must complete and hand in a consent form before activities commence. The health and consent form can be downloaded from our website: <https://adventure.notts-scouts.org.uk>

Clothing & Equipment

All safety personal safety equipment will be provided as well as the boats. Personal safety equipment must be worn at all times as instructed.

Please ensure all clothing and personal belongings are named. Any unclaimed items left at the end of the day will be disposed of.

Clothing: (To be worn on arrival)



T-shirt/polo shirt/shirt/lightweight fleece top (long sleeves and a collar offer protection from the sun)



Tracksuit bottoms/leggings/shorts (covered legs offer protection from the sun)

- Underwear
- Or alternatively you may wear a wetsuit if you already have one (please do not buy one just for this activity session)
- Footwear that must cover toes and heels - old trainers or water shoes/boots. No crocs, flip flops or sliders which will fall off your feet or wellies which will fill with water.
- A lightweight cagoule (to keep wind out whilst on the water– even on a hot day)
- Sun cream applied before leaving home. Please also bring some extra sun cream with you and know how to apply it!
- Glasses/sunglasses, if normally worn, secured to your head with a sports band ESSENTIAL
- Long hair must be tied up

Other kit to be bought with you:

(In a clearly named rucksack which your child will need to carry themselves)

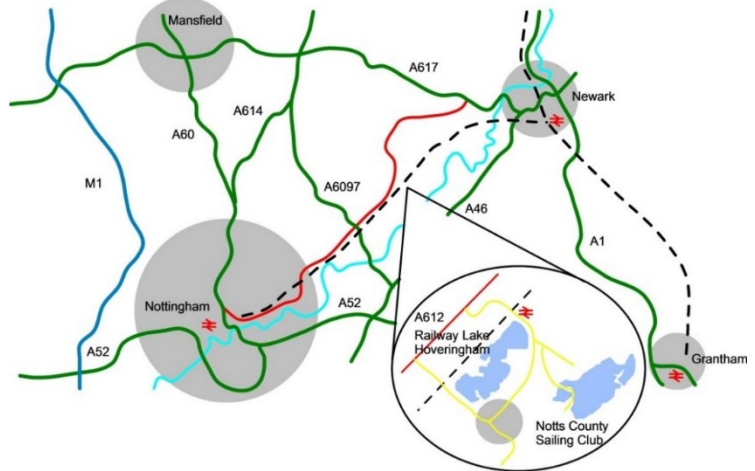
- Snacks to be eaten during the activity session changeovers
- Plenty to drink – plastic bottle can be refilled with water on site
- 2 Towels
- Named carrier bag - big enough and strong enough for wet clothing, towels, and water footwear
- A sun hat ideally with a brim to cover the back of your neck
- Full change of clothes including underwear, a fleece/cagoule and footwear
- Medication as listed on your permission/health form as required for a half day activity session

Venue Location

Hoveringham Activity Centre
Nottinghamshire Scouts Adventure
Thurgarton Lane
Hoveringham
NG14 7HL

What3Words

///tens.refer.clubs



Please do not drive through Hoveringham village as we have an agreement to minimise traffic congestion when the centre is in use. Please arrange to car share for both journeys, if possible, to reduce the amount of cars. Please be patient with us, we will be using a system that we know works well and is safe and efficient.

Directions from Lowdham

- Take A612 towards Southwell
- Do not take the Hoveringham turn off, follow 'Industrial Area' signs towards Thurgarton.
- Leave the A612 by turning right onto Station Road, signposted 'Industrial Area' just before Thurgarton village.
- The Activity Centre entrance is on your right shortly after you cross the Thurgarton level crossing. Please wait to be directed to turn into the site.
- Please follow the directions of the parking crew - please smile and give them a cheery wave – remember they are all volunteers giving up their day for your child to have fun.

Leader Information

Arrival & Parking

Please park in the car park on the grass (leaders and helpers) which is on the left immediately as you turn into the centre, signs will be in place. Space is limited so please park thoughtfully filling up from the far end.

Please arrive at least 15 minutes before your group are expected (ie. 09:00 for morning sessions and 12.30 for afternoon sessions) so that you are in place and ready to receive your young people. If you are late, we have no one to take your young people from us which causes congestion and delay in the busy drop off zone.

Group Equipment

Please ask all your leaders/helpers to bring a camping chair to sit on, their own snacks and drinks and to dress for the weather. You will all be land-based to help with the speedy session changeovers.

For your group, please provide a tarp to put your kit on/sit on (we cannot control the goose pool!), hand sanitiser and a first aid kit. A couple of spare towels are always useful. Consider collecting the permission/health forms in advance (it speeds things up) but if you do, remember to bring them with you!

Departure

At the end of the session, we would appreciate you encouraging your young people to go home wrapped in a towel to speed up departure. This is especially important for anyone on the morning session as we will have our afternoon arrivals wanting to come in as it's a very quick turnaround. At the end of the session please check for any misplaced property. Thank you.

Toilets

Toilet facilities for everyone will be in Porta-loos. During the activities it would be appreciated if you could keep an eye on the Porta-loos (cleaning materials will be available) as we find some youngsters have yet to perfect their aim!

Changing Facilities

We are continuing to only use the changing rooms and showers in the building in an emergency. Please ensure everyone arrives on site ready to take part in the activity.

Spare Places

If you have any places that you are not able to fill, please let me know as we have a waiting list. You will be charged in full for all the places you originally booked unless we are informed otherwise at least 2 weeks before the activity starts, as per the booking policy.

Extending your day

If you would like to extend the day for your group and bring a packed lunch and have a walk around the lake and/or use the rope trail, please let Sue Youngson (gslkinoulton@gmail.com) know as soon as possible and we can discuss the logistics and timings.

Badge Requirements

By participating in this session, you should have completed the following badge requirements:

Cubs

Adventure Challenge Award



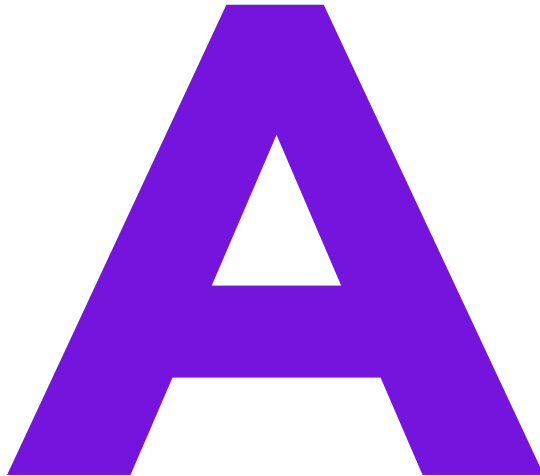
Take part in an adventurous activity (x2)

Time on the Water Staged Activity Badge



Complete a session on the water lasting around 1 - 2 hours (x2)

Morning Session Drop Off Pass



Afternoon Session Drop Off Pass

B