

## Children's Adventure Programme February 13, 14 and 15<sup>th</sup> 2012

### Information Sheet

Activities are all run by qualified and experienced Instructors  
Instructors have all been all been vetted to Enhanced status by Disclosure Scotland  
All safety equipment is provided.  
All activities take place outdoors.

**Activities on offer for 8 – 13 yrs** - selected from or a combination of

- **Adventure Activities – Monday all day and Wednesday morning ½ day**
  - Adventure Activities
    - Lawn Games
    - Adventure Wood obstacle course
    - Low Ropes and High Ropes Courses
- **Bushcraft – Tuesday – all day and Wednesday afternoon ½ day**
  - A choice of activities from
    - Shelter building
    - Fire making
    - Listening, observation and movement games to become more aware of nature
    - Campfire Cooking

### Activities for 5 – 7yrs

- **'BumbleBees'- Monday, Tuesday and Wednesday- full days**
  - A choice from
    - Hobbit's hideaway
    - Native American Brave/Squaw adventure
    - Superheroes
    - Pirate Treasure Hunt
    - Fairies, Goblins and Magic

### Timings

Drop off at **8.30a.m.** Collect at **4.00pm.** Later collection may be possible but only by prior arrangement and a supplement may be payable.

### What to wear and bring with you

We must cater for the unsettled summer weather we have been experiencing in Scotland this year.

- Old clothes you don't mind getting scuffed, dirty and possibly wet.
- Old Trainers
- Waterproof Jacket and Trousers
- Fleece
- Woolly hat and gloves
- Change of clothes
- Towel
- Packed Lunch and a snack

- Drinks (preferably not high sugar, fizzy or energy drinks)
- Sense of humour
- Thirst for Adventure

## What to leave behind

- Any jewellery
- Precious or valuable items
- Mobile phone (we don't allow the use of these during any session but they may be used in the breaks and of course in emergency)

## Responsibilities

We accept responsibility for your youngsters throughout their time with us as long as we have an [Activities Consent Form](#) signed by the participant's parent or guardian which will alert us to any health issues, any particular support needs and that we have emergency contact details. Please complete the relevant form accessed on our website and bring with you or this can be done on the day but may take a little time.

## Inclement Weather

We will generally stay out in all weathers; however we do monitor the participants closely and should the need arise we can easily move indoors.

## Prices

Please pay by cash or cheque ('Wiston Lodge') when booking your place(s) on the programme. Unfortunately paying on the day is no longer acceptable as we must confirm our bookings with our Instructors ahead of the day.

Day activities

**£22 per day**

## Booking

For more detailed information and to BOOK YOUR PLACES NOW contact:

Kerry at:

Wiston Lodge, Millrigg Road, Wiston, Biggar, ML12 6HT.

Tel: **01899 850 228** • Email: [info@wistonlodge.co.uk](mailto:info@wistonlodge.co.uk) • Website: [www.wistonlodge.co.uk](http://www.wistonlodge.co.uk)