

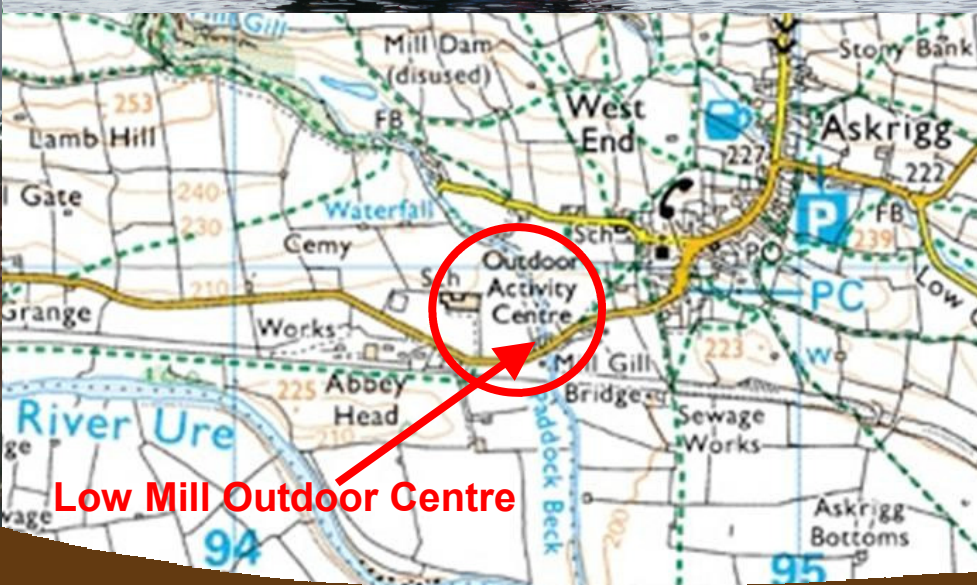


Adventure Day Information and Booking Pack



Monday 2 May 2011
9am to 4pm

Low Mill Outdoor Centre
Askrigg, Wensleydale



Low Mill Outdoor Centre

This is a FREE event funded by:



YORKSHIRE DALES
National Park Authority



**SPORT
ENGLAND**

Thank you for expressing an interest in Adventure Day 2011 - with canoeing, gorge walking, caving, cycling and a high ropes course to try, it's going to be a lot of fun!

What is it?

Adventure Day gives 14 to 25 year olds a chance to try outdoor activities for free. It is organised by the Go Dales! project - funded by Yorkshire Dales National Park Authority and Sport England - which aims to encourage young people to get more active and to care for the very special place that is Yorkshire Dales National Park.

Where is it?

The day will be based at Low Mill Outdoor Centre, Askrigg, near Bainbridge DL8 3HZ. Minibuses will take you to and from the activity locations, such as canoeing on Semerwater.

How can I take part?

Bookings must be made in advance in order to help us plan activities effectively. The booking form needs to be completed by each participant, signed by a parent or guardian if you are under 18, and returned to us by **Thursday 21 April**.

What do I need to know?

All the activities will be run by qualified instructors from Low Mill Outdoor Centre and Dales Mountain Biking.

This is an outdoor event, so please be prepared for typical British weather. Although there will be shelter inside the Centre between activity sessions, the majority of your day will be spent outdoors - or underground.

Each activity provider will equip you with any technical equipment required. The Centre can provide waterproof jackets and wellies if needed.

On the day...

The Centre will be open from 9am; meet the instructors for your first session at 9.30am. Parking will be available at Askrigg Primary School next door - please follow the signs.

Inside the Centre there will be information stands to look at and hot drinks and an assortment of cakes to buy, as well as a tuck shop. The village of Askrigg is a 10 minute walk away and has a village shop, cafes and pubs.

What should I bring?

- Clothes and trainers that will keep you warm, but that you don't mind getting muddy or wet
- Wear trousers - NOT jeans, as these will not keep you warm once wet
- Waterproofs
- Full change of clothing, including footwear
- Sun protection - sun cream and hat - you never know!
- Big packed lunch including a drink - you will burn more calories (and get more hungry and thirsty) than normal
- Towel.

There will be indoor male and female changing spaces and showers available.

We recommend that you check the weather forecast before you set out so you can dress appropriately.

Please return one copy of this form per participant (completing both sides) by 21 April

Adventure Day 2011 booking form

Name

Address

.....

.....

Date of birth Telephone number

Email

Activities

You can book *up to* two sessions for the day - one in the morning and one in the afternoon. Please enter a 1 for your first choice in each time slot.

Whilst we hope to accommodate everyone with their first choice, please also indicate a second choice by putting a 2 against each time slot.

Activity	9.30-12.00	1.00-3.30
Cycling *		
Canoeing**		
Caving		
High ropes course		
Gorge walking		

* you must be a competent cyclist

** canoeing will be in tandem open boats

Please complete and return both sides of this form **by Thursday 21 April** to:

Corinne Hirst, YDNPA, FREEPOST RLZG-JARG-TXAK, Yoredale, Bainbridge, Leyburn DL8 3EL (no stamp required)

Or you can email your booking to godales@yorkshiredales.org.uk - just ensure this form is returned to us by post before the deadline.

Please call Corinne on 01969 652395 (Wednesday or Thursday) if you have any questions.

Medical/consent form

This must be completed by every participant, even if you are over 18.

Name

Relevant medical conditions (including allergies, recent injuries or current treatment)

.....
.....
.....

Name and address of family doctor

.....
.....

Name of contact in case of emergency

.....

I am satisfied that I am / my son or daughter is (please delete as applicable) fit enough to attend these sessions. I agree, unless otherwise stated (please attach letter) to any emergency medical treatment by the qualified staff involved.

I understand that there are some low but acceptable risks inherent in adventure activities. For the purpose of consent, Low Mill Outdoor Centre risk assessments and AALA licence details and Dales Mountain Biking risk assessments can be viewed on www.godales.org.uk/go-activities

Signature
(if under 18, a parent/guardian's signature is required)

Print parent/guardian's name

Date

Please note

By attending our funded activity day, you are agreeing to let us or our partners use any photograph taken of you for publicity purposes.

If you feel strongly that we should not do so, please let any of the event photographers know on the day.