



## Residential Adventure Breaks

The graphic features the 'Real Adventure through sport' logo in the top left corner. The main title 'Residential Activity Breaks' is written in a large, blue, handwritten-style font across the top. Below the title are three polaroid-style photographs: 'Kayaking' showing people in colorful kayaks on a river, 'Skiing Breaks' showing a group of people in winter gear, and 'Gorge Walking' showing a person in a blue helmet and red jacket walking through a rocky gorge. To the right of the photos, the text 'Price includes: accommodation, food, activities & transport' is displayed in a white, sans-serif font. At the bottom right, the phrase 'What are you waiting for...' is written in a white, handwritten-style font.

## GROUP RESIDENTIALS

### Residential Camps

Located on the shores of Ullswater within the Lake District National Park, the Activity Camp is perfectly located to access a wide range of outdoor and adventurous activity.

The modern on-site facilities include a fully refurbished shower block, on site activity area, shop, and club house which hosts the end of Camp celebration. WiFi is available within these areas, and facilities to power electrical equipment are inclusive.

All aspects of the residential break are supported and planned, with adequate staffing to support the group sizes. Teaching and support staff are not included within supervision numbers (12 children : 2 instructors), allowing staff to move freely between groups to share as much of the experiences with all of the children.



## Example program

This program provides an illustration of the activities available and flexible to meet the groups age and ability. Half day taster sessions can be provided to offer as much experience of the activity, or a more challenging and structured plan can include full day excursions to challenge the individual and group.

Day One	Day Two	Day Three	Day Four	Day Five
Arrive	Canoeing	Climbing and abseiling	Ghyll Scramble and mountain day	Raft Building
Accommodation and site orientation	Journey & cliff jumping			Depart
Team challenges	Team sports	Orienteering / treasure hunt	Celebration Event	

Other activities available include; Mountain walks, Archery, Mountain Biking, Kayaking, Gorge Walk, Raft Building, overnight wild camp expeditions, Forest School & Bush Craft Survival Skills, Ullswater Steamer. Rheghed Outdoor & education Centre

## Staffing

All staff employed by Real Adventure Through Sport (RATS Ltd) fulfil the requirements OFSTED, with a central register available for inspection. A current DBS check is obtained (Disclosure and Barring Service), with all qualifications and National Governing



Body Awards being supported with current experience of the local area and activities being delivered. In most cases, all of the staff holding a minimum of a Level 3 Teaching and Learning qualification and or working towards QTS.

## Food

A balanced diet is provided across the whole week with all dietary needs being catered for. The food is prepared in accordance with safer food handling guidance and all staff hold the appropriate certificate of compliance

Breakfast: cereal, toast, sausage / bacon rolls, juice, yogurt, fruit, tea & coffee

Lunch: sandwiches, fruit, juice, cake bar, crisps

Dinner: (a range of dishes to include) Shepherds Pie, Casserole, Chicken, Pasta,

Bar- B – Q including hot & cold deserts.

Supper: Hot Chocolate, cake / biscuits.

Packed lunch is provided for the return journey.

## Accommodation

The tented accommodation is established with camp beds and electric points, each comprising of two sleeping areas and a main area which accommodates storage and seating. Staff are allocated individual sleeping accommodation (2:1 tent) with students sharing (4:1 tent).



The main marquee is fully serviced, and equipped with dining facilities and activity space. It caters for a maximum of 40 in a seated area, and complies with current Health and Safety requirements for group use.

## Risk Assessment

Approved by the Adventurous Activity Licensing Authority (AALS), S.K.I.L. Training Ltd is inspected to ensure its Operating Policies and Procedures are informed by robust risk management procedures. Groups / Schools can request copies of all insurance and Policies prior to departure, and we can support with all aspects of meeting your Health and Safety Procedures for Educational Visits. (HASPEV).

All staff a current First Aid qualification and receive safeguarding training.

## National Curriculum

The activity program can be adapted to provide children with access to a wide range teaching and learning activity which can be informed by the National Curriculum. This can include; Physical and Personal Health, Geography and the Natural Environment, Personal & Social Development

## Price

The quotation at time of booking the Residential is per person and fully inclusive; to include accommodation, food, activities and evening emergency cover (with transport). Prices start from as little as £90 for a two night stay and £190 for a four night stay.



Transport does not include collection or return to home location, although in most cases this return journey can be provided for as little as £20 per person (North East of England) when included as part of the residential costs.

Staff free on a ratio of 12 paying children – 2 staff