

ADVENTURE WEEKS



5 fantastic days 17 exciting activities

Surfing Assault Course Archery Orienteering Abseil

The Big Zip Wire Rockets & Riddles Swimming pool Crate Stacking

Climbing wall Rafting Body Boarding Scavenger Hunt Pool Kayak

High Ropes Tunnels River Kayak

First child
£149
Additional
Children
£129

Five
action-packed
days for
the price
of four

www.skernlodge.co.uk **01237 475992** skern@skernlodge.co.uk

Adventure weeks for kids from 8 to 16 years old - Activities run 9am to 5pm Monday to Friday - Full supervision from 8.30am to 5.30pm - Lunch break from 12.30pm to 1.30pm - Bring your own lunch or pre-book one with us - Bookings taken over the phone if you prefer to pay by debit/credit card

SUMMER ADVENTURE WEEKS	Mon 24 th - Fri 28 th Jul	Mon 31 st Jul - Fri 4 th Aug	Mon 7 th - Fri 11 th Aug	Mon 14 th - Fri 18 th Aug	Mon 21 st - Fri 25 th Aug	Mon 28 th Aug - Fri 1 st Sept	Age
Participants Names							
1.							
2.							
3.							
4.							

Tick here for 5 days packed lunches @ £30 per person

Please inform us of any medical conditions, non-swimmers or special diets

I wish to book _____ places for a total of £_____.

Cheque enclosed made payable to **Skern Lodge**.

Parent/Guardian: _____

Address: _____

Email: _____

Telephone: _____

Emergency telephone: _____

Skern Lodge, Appledore, Bideford, Devon. EX39 1NG

Phone: **01237 475992**

Email: skern@skernlodge.co.uk Website: www.skernlodge.co.uk

Adventure and risk

Our philosophy is simply, we want all our guests to have fun and adventure, to learn something new and enjoy themselves safely. However, adventure activities are not completely without risk. Whilst the chances of serious injury are extremely remote, the chance of minor injury has to be seen as a possible outcome – to much the same extent as in normal active play at home, school, work or on holiday. We aim to run activities that are accessible and enjoyable for all. If you or any members of your party have a medical condition or special need, we can talk you through the activities, and you can then decide if you think you'll be able to manage it, with guidance from our instructors.

Your responsibilities

To help us to look after you best whilst you're with us we'll need you to do a few things:

- Advise us in advance of any medical conditions, or special needs we should be aware of, so we can look after you safely and well. If you are asthmatic don't forget to bring your inhaler
- Provide us with an emergency contact and telephone number for your time at Skern
- Arrive on time or any other time we have specifically arranged with you
- Wear/bring suitable clothing (see the details below)

Food and drink

If you are with us for the day, you can pre-order a packed lunch or alternatively bring one with you. We have vending machines selling tea/coffee and soft drinks. There are water fountains to keep hydrated and fill up your water bottle.

What do I wear?

Dress for the weather! All of our activities are great in all weathers, so keep an eye on the forecast. Bring along a coat if it looks like rain, or sunglasses, sun cream and a hat if you think it might be sunny.

If you are on a dry activity, wear clothes you don't mind getting dirty. Ensure you're relatively covered up to help avoid scrapes and scratches, and wear some shoes that can be tied on or won't slip off whilst you're undertaking the activities.

If you're on a wet activity, bring your swimming kit and a towel, and some old trainers or shoes that you don't mind getting wet. We'll supply the wetsuit etc.

All activities require that long hair is tied back and that jewellery is removed or taped up prior to the session starting.

PLEASE CONTACT US IF YOU WOULD LIKE YOUR DETAILS TO BE REMOVED FROM OUR MAILING LIST