

## Information For Day Visitors

### Welcome!

Skern Lodge has been using the outdoors for adventure activities and people development for over 40 years. We are an independent, privately owned organisation committed to the highest standards in all aspects of what we do. We're situated on the edge of Appledore village in North Devon.

### 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.

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, non or weak swimmers or special needs we should be aware of, so we can look after you safely and well
- Provide us with an emergency contact and telephone number for your time at Skern
- Arrive on time. Usually 0915 for mornings or 1330 for afternoons, or any other time we have specifically arranged with you
- Wear/bring suitable clothing (see the list opposite)

If you are the **Party Leader** bringing a group to Skern Lodge, please make your group aware of this information and provide us with a list of participants' names and medical conditions we should know of in advance.

### Food and drink

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

We're also a fully catered residential centre so if you'd like to book a meal for your group, this can be arranged and booked in advance. Please ask our office.

### 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.

### Where can I leave my kit?

Either in your vehicle, or in a changing room we allocate to you whilst you're out on activities. We recommend you don't bring any unnecessary valuables with you. Care of personal belongings is your responsibility.

### Your Skern Lodge experience

- Reputation - as an established outdoor activity and training provider, Skern has expertise in a wide range of activities and development areas
- Superb staff team – we have the best! Not only qualified instructors and tutors, but with great qualities that support and encourage people to get the most from their experience
- Quality and safety - activities are run in small groups to ensure good care and attention. The centre has numerous accreditations and is fully licensed by the Adventure Activity Licensing Authority. AALA
- All equipment provided – it's top quality
- Builds confidence, helps people know one another better and work well together - *adventure, fun and learning in safety*

Please get in touch if we can help with any aspect of your visit. We look forward to seeing you!

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