

Dear Parent/Carer,

We are looking forward to meeting the young people coming on one of our events and want to reassure you that they will be safe and enjoy themselves. To do that, we need to provide you with some information but also ask that you send them properly dressed, and/or with the correct clothing to help them take part fully even if it happens to be rainy day.

Who are Venture Out?

We are based on the banks of the Mersey in Heaton Mersey at Burnage Rugby Club who generously allow us to use their building and grounds. This also allows us to use the river, the woodland and meadows, pond and surrounding trails. In the past three years we have developed into a small Outdoor Centre providing outdoor sports and Environmental activities year round to schools, colleges, youth groups, families and individuals. The company is run by two teachers who also have a wide range of outdoor sport qualifications and over 20 years of experience of working with people young and old. We see our mission as helping the people of Manchester enjoy the Great Outdoors on their backdoor. There are many great places in and around Manchester where we can go kayak, mountain bike or climb.

Are we safe?

We are a limited Company, Venture Outdoors Ltd, (10042656) and hold a licence with the Adventurous Activities Licencing Authority (Reg no: L11326/R1942). Licence details can be confirmed by telephoning the Health & Safety Executive or visiting their website. This licence requires us to be inspected, have Public Liability Insurance, have Risk assessments, operating policies and procedures. It also requires that we use only qualified staff who hold recent CRB checks and First Aid certificates. We have a wide network of staff and prefer to pay extra for staff that not only are well qualified but are also good with groups.

What will your child be doing?

Your child will spend the day doing activities in groups of ten. We keep the group : instructor ratio to 10:1 to enable your child to have a safe and enjoyable time. They will take part in 4 activities over the day from a list of:

- Archery
- Canoeing games
- Kayaking games
- Mountain bike games
- Climbing games
- Teamwork challenges
- Orienteering
- Forest games/bushcraft

What to wear and bring?

Even if it is a dry day you must send you child with the clothes they will need if they get wet - they might fall into the water from a kayak and the weather can change quickly. Children get cold very quickly when they get wet in the outdoors and we will not be stopping the activity if it rains. Your child needs to come in sensible outdoor clothing – expect your child to come back damp and dirty.

Old trainers or walking boots. Flip flops and crocs are not appropriate as they do not protect the feet when running around and can float away if in the water.

Jogging bottoms and sports tops (avoid football team shirts) – if these are made from **polyester** they will dry quickly and be more comfortable. Avoid clothes made of cotton as it gets heavy and cold when wet and is difficult to move or swim in. **Don't come in jeans!**

Wear or bring a fleece and a waterproof coat (and trousers if you have them).

If it is hot please send your child with a bottle of water or drink, preferably one they can refill.

Please leave all electronics at home, they are easily broken in the outdoors and we will not accept any responsibility for them.