



Year 6 PGL



FERNY CROFTS
Scout Activity Centre

[Zip Wire](#)

Monday 1st July - Friday 5th July

Key Aims

- Resilience
- Adventure
- Team Building
- Challenge
- Risk-taking
- Learning a skill



THE MOUNTBATTEN LODGE

The Mountbatten Lodge is a 32 bed accommodation unit, with a fully equipped kitchen and a large Main Hall (approximately 6.5m x 13m). The building also benefits from its own toilets and showers.

The Lodge has a patio area overlooking our main camping field, and there is a small campsite with a campfire circle next to the Lodge which can be used if required.

The Mountbatten Lodge also comes with the option of being fully catered.



THE CROFT CENTRE

The Croft Centre is a 32 bed accommodation unit with a fully equipped kitchen, 5 unisex wet room showers and toilets, and a spacious Main Hall (Approximately 6.4m x 6.5m) for dining and indoor activities.

Many of the bedrooms boast beautiful views across the site's woodland, and the whole building is wheelchair accessible.

There is a small campsite with a campfire circle next to the Croft which can be used if required.

The Croft Centre also comes with the option of being fully catered.

The Croft can be booked with the Conservatory as an extension to the Main Hall, adding another indoor activity space or dining area. Please see below for details.

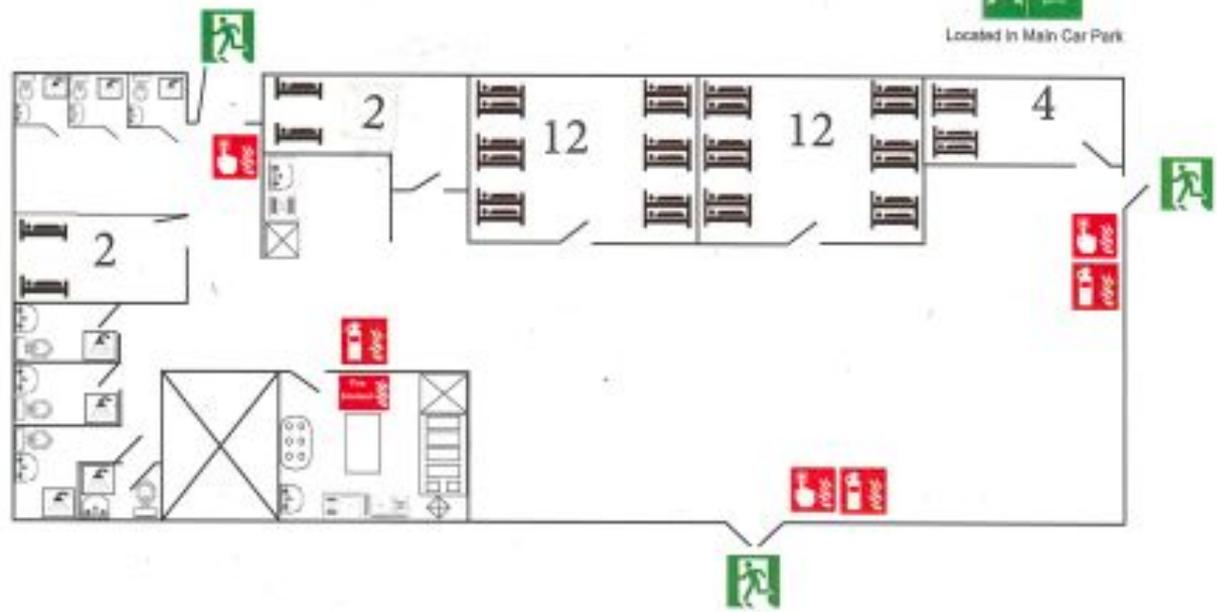


Mountbatten Lodge

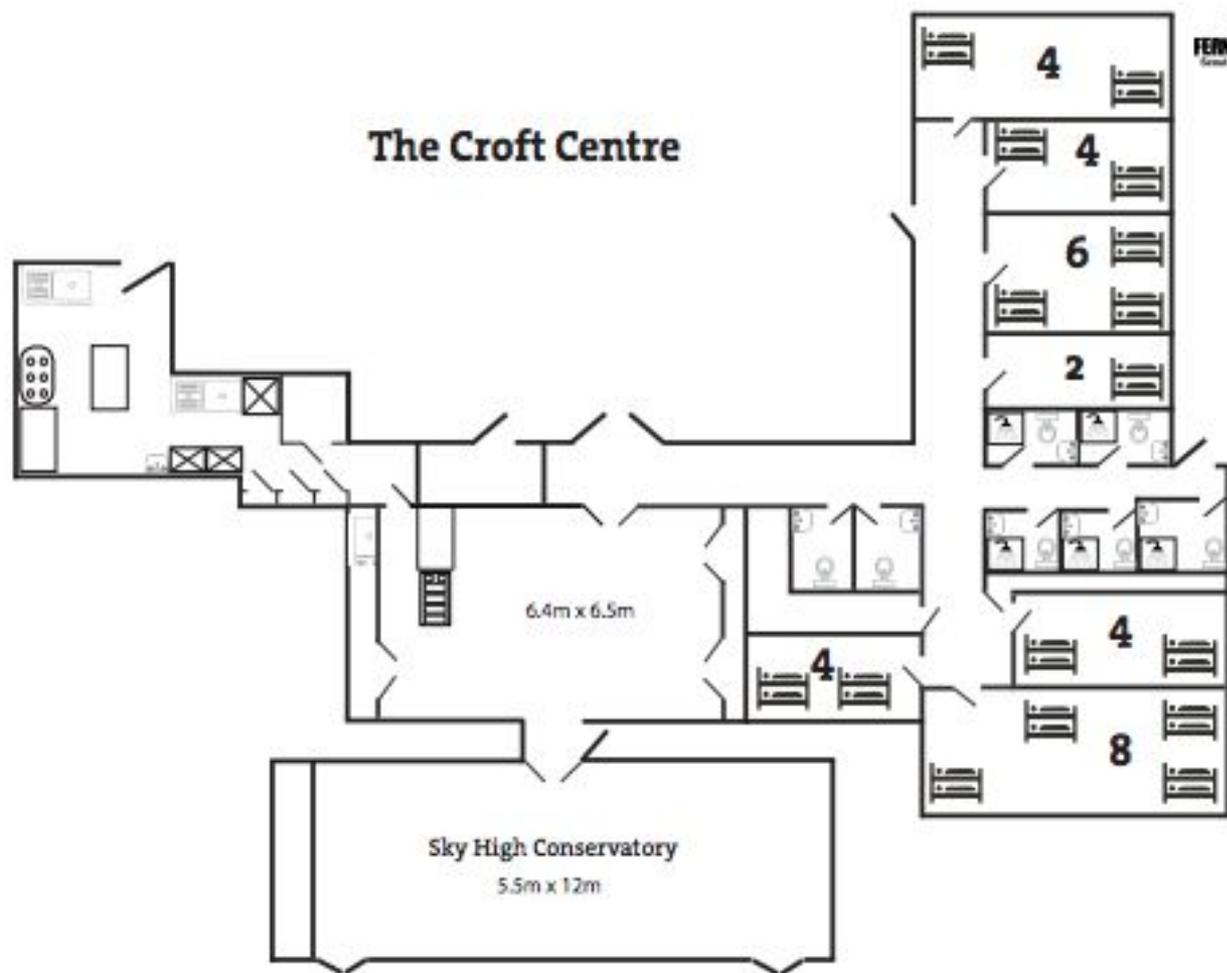
Emergency Exit & Fire Safety Equipment Locations



Located in Main Car Park



The Croft Centre



Rooms

- Rooms of up to 12
- Bunk beds
- Rooms locked during the day
- Children to shower daily
- Children will make requests for room mates- these will be at the teacher's discretion
- Bedding - bottom sheet provided children will need duvet or sleeping bag- children to make and strip beds

Activities

- Activity groups of up to 11
- Mixed across classes
- 4 activities across the day, including an evening
- Majority run by Ferny Croft instructors with supporting adults
- We will encourage all children to participate and push their own limits but no child will be forced to undertake an activity

Some examples of activities offered...

High Ropes

CRATE STACKING

Brilliant balance, nerve and coordination is essential to see who can get the highest in this activity. As a pair you will try and build the tallest stack of crates you can. Whilst you are stood on them, your friends will be helping by passing you the crates and keeping you safe by belaying the ropes. This is the perfect activity to improve communication and teamwork while still having fun.



GLADIATOR CHALLENGE

Gladiator Challenge is Jacobs Ladder but with a twist. Overcome obstacles such as rope, netting and ladders to reach the top and beat your teammate! Difficulty can be increased by the addition of races, competitions and blindfolds. The rest of your group needs to work together to belay the ropes to keep you safe and to cheer you on to get to the top.



HIGH ALL-ABOARD

A great activity to highlight the importance of cooperation and trust between team members. This high ropes activity is a 20ft single pole with a small platform at the top. The challenge is as follows: four team members individually climb the pole and stand on the small platform. Once all four climbers are up high your instructor will set a variety of challenges to perform. The rest of the group will be belaying the ropes to keep the climbers safe.



JACOBS LADDER

The only way to succeed in this challenge is to work together as a group to navigate your way up a giant high ropes ladder of horizontally suspended logs.

This activity will test participant's teamwork skills and agility as the challenge comes with the ever-increasing gaps between the rungs.



ABSEILING

Abseiling is an exhilarating activity. Starting at the highest point of the high ropes course, you will lower yourself down the rope whilst controlling your own speed.

This activity needs you to find the courage to trust yourself and lean back off the platform and control your safe descent to the ground.



Some examples of activities offered...

Climbing.



BOULDERING

Bouldering is low-level climbing on our Small Tower Climbing Wall, using your team members as 'spotters' to aid safety instead of ropes. Bouldering is performed by staying within 2 metres of the ground and climbing horizontally.

During this session you will work on climbing techniques such as footwork, flagging and resting.

These will all be explored through a variety of games such as Simon Says, Shark Attack, climbing through hoops and drawing pictures on the wall.



ZIP WIRE

Our 60 ft high, 300 ft long Zip Wire is accessible using stairs inside of our Mega Tower.

This activity will promote courage and determination to be brave enough to step off the tower and wizz down the Zip Wire with your team mates cheering you on from below.



CLIMBING

Climbing is one of the most popular activities that we offer here at Ferny Crofts. You have the choice of two climbing walls, the 30ft Small Tower and the 60ft Mega Tower.

Your challenge is to climb as high as you can using the climbing holds to hopefully reach the top. Whilst you are climbing, your friends will work as a team to belay the ropes to keep you safe.

This is a brilliant activity to introduce groups to adventurous activities, not only does it help improve your balance and strength, it also builds on interpersonal skills within the group.

Some examples of activities offered...

Target.



RIFLE SHOOTING

With the help of our NSRA qualified instructors you will learn about our small bore rifles, and how to load and shoot them safely. The instructor will provide you with tips, techniques and progression through competitions and games, such as Battleships.

This activity is well suited to any group, whether you are a beginner or an expert! Rifle shooting is a fun activity, offering adventure, coordination and achievement to all.



CROSSBOWS

Our newest target sport on site, Crossbows gives you the chance to combine skills from both Archery and Rifle Shooting. With Crossbows you shoot bolts, which are similar to the arrows used in Archery but shorter, and they are released by trigger in a similar way to Rifles. Why not give this exciting new activity a try?



ARCHERY

At our outdoor Archery range, our qualified Archery GB Instructors will teach you how to shoot a bow and arrow safely. They will provide you with tips and techniques through competitions and games, such as Elimination and Pop. This activity is well suited to any group, whether you are a beginner or an expert! Archery is a fun activity, offering adventure, coordination and achievement to all.



TOMAHAWK THROWING

In this activity you throw single headed axes at wooden targets to score points. It is exciting, great fun and different to most common target sports. This session can be progressed with competitions and games.

Some examples of activities offered...

Water & Bushcraft.



BACKWOODS COOKING

Backwoods Cooking explores cooking on an open fire with hazel cooking sticks. Together you will make your own dough twists and cook them until they're ready then make some crispy smoky bacon and finally toast some marshmallows. Yum!



PADDLE GAMES

Paddle games is an introductory session of kayaking, using sit on top kayaks to explore the basic paddle strokes through basic paddling and games.



SHELTER BUILDING

On this session the group will imagine they have been left stranded and will need to make shelters to keep warm. Using both man-made and natural materials they will work together to build an array of shelters and discuss the pros and cons of each.



RAFT BUILDING

Raft building requires team work and communication to build a raft out of barrels, ropes and poles. You need to ensure that it will be able to float on our lake and be strong enough to hold your team mates. Once built you and your team will paddle it around and play a number of competitions and games to test your raft durability.

Some examples of activities offered...

Team Building.

TUNNELLING



Our Tunnelling bus provides a safe environment to navigate your way through a maze of 100 metres of tunnels built into a repurposed bus.

Young people wear a helmet and headtorch, and there are plenty of escape hatches if anyone becomes uncomfortable.



ADVENTURE COURSE

Our purpose built Adventure Course is an activity which allows the group to play and learn through a series of obstacles, such as hanging tyres, the wall, balance beams and over and under.

This course can be completed a number of times, using different methods. For example: individual races; team races, both of which can include challenges such as carrying a pioneering pole around or a cup of water without spilling any.

The Adventure Course is a great activity for encouraging team work while having fun.



TEAM BUILDING

Ferny Crofts has a wide range of problem solving activities such as Birthday Bench, Minefield, Spiders' Web, Blind Trail, Gutter Ball and many more.

All of these activities require team work, communication, listening skills and in some aspects leadership skills. The instructors will tailor the problem solving activities to help the group become a better team.



PEDAL GO KARTS

Have a go on our purpose-built Go Kart track which includes a start and finish line, narrow bridge to cross and a winner's podium. We have four pedal Go Karts for you to race. This session can be progressed with competitions, backwards racing, relay and blindfold races.

Kit List

Clothing

Clothes will likely suffer some wear and tear and get dirty and/or wet so make sure to bring plenty of changes of old clothes for doing activities.

- Tops & Jackets
- T-Shirts
- Long sleeved shirts/t-shirts
- Waterproof jacket
- Fleeces/jumpers
- Trousers or leggings (no jeans)
- Underwear and socks
- Clothing for the evening

Footwear

- At least 2 pairs of trainers
- 1 for activities
- 1 pair of dry shoes for evening activities
- An extra old pair if doing water based activities

(No open toe shoes, flip flops or wellington boots)

Other

- 2 towels - 1 for showering and 1 old one for activities
- Washbag & toiletries
- Hair brush & hair ties
- Water bottle
- Small rucksack/bag
- Bin bag for wet/dirty clothes
- Sleeping bag/duvet
- Torch and spare batteries
- Camping mat and pillow (if camping)
- Bag/Container for any food to be stored in within tent

Children may also bring a named disposable camera!

Children should **not** bring the following.

Mobile phones -

- Expensive Cameras
- Electronic Games Devices
- Music Devices
- Jewellery (cannot be worn during any activities anyway, so they will be ask to remove it)
- Expensive Clothing or Shoes – clothes will likely get dirty/wet, so please do not pack anything that you do not want to risk getting dirty or lost

Ferny Crofts cannot accept liability for the loss, theft or damage of any personal property your child may bring. We do keep lost property for a limited period.

Spending Money

- Named wallet
- Up to £10 in change
- Collected in upon arrival at school
- Kept securely locked away during stay
- Souvenirs and drinks/sweets available

Medication

- Accompanying adults will store medicines for administration.
- Asthma pumps will be brought from school and carried by the group leaders throughout the day.
- Please label medicines clearly with child's name and written instructions including dosage, frequency and timings
- Hand this to the office when you bring your child to school on leaving day
- Ensure you have filled out permission form with all medical details.

Medication Continued...

Please DO NOT send over-the-counter paracetamol in for your child.

You will be given a permission slip to sign to allow us to administer Calpol in the event of a headache.

Arrival at School

- Arrive normal
- Enter through the normal classroom door with bags at normal time in the morning (8:30
- Parents to hand in all medication to the office
- Pupils to wear own comfortable clothes as activities start same day.
- Bring a day bag into school

Day Bag

- A small names rucksack/sports bag with:
 - named and filled water bottles
 - sun cream
 - sun hat
 - names disposable camera
 - named wallet to be handed in to teachers at start of day.

Monday Timetable

- ETA - 12:30
- Lunch
- Check-in and rooms
- Activity
- Dinner
- Evening activity
- Back to rooms to shower and settle in
- Lights out!

Tuesday, Wednesday and Thursday Timetable

- Early breakfast
- 2 activities
- 12 pm lunch
- 2 activities
- 5.30 pm dinner
- Evening activity
- Back to rooms to shower and settle in
- Lights out!

Friday Timetable

- Early breakfast
- 2 activities
- 12.30 pm lunch
- ETD - 1pm/1:30pm
- Collect from school normal time at 3:10 pm

Subject to change!

Accompanying Adults

Miss Morris

Mr Hadfield

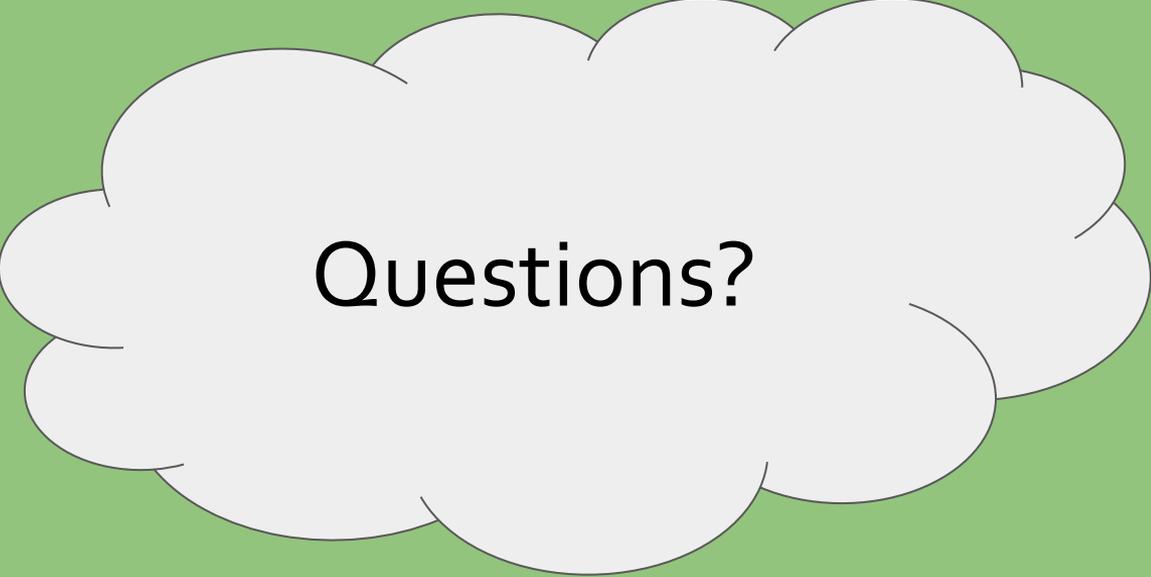
Mr Randall

Mrs Lidster

Ms Marks

Food

- Nut free kitchen
- Menu on display for children
- Breakfast - hot and cold options including self-serve cereal
- Fruit available to take for the day



Questions?