

# ACTIVITIES for Groups and Organisations



- Kayaking
- Canoeing
- Climbing
- Mountain Biking
- Raft Building
- Low Ropes
- Team Building
- Orienteering
- Mud Matters
- Environmental Studies
- Residential Block

**New for  
2012  
Day  
Packages**

**Discount  
for  
multiple  
bookings**





## **AOAC GROUP ACTIVITIES AND BOOKINGS**

The Adur Outdoor Activities Centre (AOAC) offers a wide range of outdoor activities, opportunities and experiences to schools, colleges and other organisations.

Situated on the banks of the River Adur and adjacent to the South Downs in Shoreham-by-sea, West Sussex; AOAC is in an ideal location to deliver outdoor education to your group.

We can facilitate both landbased and waterbased sessions and packages to suit your needs and requirements, linking to specific curriculum areas, particular outcomes or focus for your group, accreditation or just an opportunity to have some fun and enjoy the great outdoors.

### **Activities available at AOAC:**

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"><li>• Climbing (indoor &amp; outdoor)</li><li>• Orienteering</li><li>• Team Building</li><li>• Raft Building</li><li>• Mountain Biking</li><li>• Environmental Studies/Mud Matters</li></ul> | <ul style="list-style-type: none"><li>• Low Ropes</li><li>• Kayaking</li><li>• Canoeing</li></ul> | <b><u>Facilities/Resources:</u></b> <ul style="list-style-type: none"><li>• Residential</li><li>• Function room hire</li><li>• Minibus hire</li></ul> |
|--|---|---|

**For more detailed information, cost and group sizes  
for all these activities please read on.**

To gain a worthwhile quality experience, AOAC recommends that sessions should be 2 hours in duration. 1½ hour sessions are available if preferred to suit your needs/requirements.

**All Sessions are delivered by appropriately qualified  
instructors/coaches**

**There is more information available on our website:**

**[www.aoac.org.uk](http://www.aoac.org.uk)**

Alternatively contact the centre to discuss any queries you may have. Contact details can be found on the back of the brochure.

### **Self Instructed Groups / Use of Resources:**

The Centres activities can also be delivered by your own instructors subject to providing evidence of appropriate NGB awards, First Aid certificates and proof of insurance cover by the group/organisation. A Centre activity induction is required and adherence to AOAC policies, procedures and practice.

## **AOAC DAY PACKAGES**

Day Packages provide a structure to your day if you are looking to book more than one activity for your School, College, Group or Organisation.

With a standardised structure just decide on how many and what activities you would like facilitated, the length of the sessions, the time you will arrive and then we will do the rest.

- Structure and prices based on a maximum of 32 participants per day
- Sessions facilitated on a round robin basis on a ratio of 1 Instructor to 8 participants with 16 on each activity at a time
- Certain activities can be facilitated on a whole class basis on request
- Certain activities will need to be facilitated on a whole class basis due to tide constraints e.g. Mud Matters, Kayak/Canoe
- All timings are flexible / adaptable to group needs if required

<b><u>2 Activities: 1 ½ Hour Sessions @ £520 (£16.25 per head)</u></b>				
<b>Approx. 4hr day structure</b>				
<b>15 mins</b>	<b>1½ hrs</b>	15 min Break or 45 min Lunch	<b>1½ hrs</b>	<b>15 mins</b>
Welcome	Session 1		Session 2	Review

<b><u>2 Activities: 2 Hour Sessions @ £680 (£21.25 per head)</u></b>				
<b>Approx. 5hr day structure</b>				
<b>15 mins</b>	<b>2 hrs</b>	15 min Break or 45 min Lunch	<b>2 hrs</b>	<b>15 mins</b>
Welcome	Session 1		Session 2	Review

<b><u>3 Activities: 1 ½ Hour Sessions @ £840 (£26.25 per head)</u></b>						
<b>Approx. 6hr day structure</b>						
<b>15 mins</b>	<b>1½ hrs</b>	15 min Break or 45 min Lunch	<b>1½ hrs</b>	15 min Break or 45 min Lunch	<b>1½ hrs</b>	<b>15 mins</b>
Welcome	Session 1		Session 2		Session 3	Review

<b><u>3 Activities: 2 Hour Sessions @ £1100 (£34.35 per head)</u></b>						
<b>Approx. 7hr day structure</b>						
<b>15 mins</b>	<b>2 hrs</b>	15 min Break or 45 min Lunch	<b>2 hrs</b>	15 min Break or 45 min Lunch	<b>2 hrs</b>	<b>15 mins</b>
Welcome	Session 1		Session 2		Session 3	Review

## **AOAC BOOKING / PRICE INCENTIVE**

AOAC offers discount on a sliding scale based on the number of sessions/day packages booked at any one time. Offer relates to multiple bookings that are booked at any one time within a six month period from the first activity.

- Book 1 session/day package = Full Cost**
- Book 2 sessions/day packages = Save 10%**
- Book 3 sessions/day packages = Save 15%**
- Book 4+ sessions/day packages= Save 20%**

## **Indoor Rock Climbing**

**Scale new heights and learn to climb on our  
10 metre high Indoor Climbing Wall!!**

AOAC offers the perfect place for groups to learn to climb with its purpose built climbing wall and separate bouldering area. An ideal activity to learn new skills, support each other alongside developing confidence and gives a great sense of personal achievement.

The Centre offers a range of opportunities for groups from one off sessions where participants get an introduction to climbing to progressive accredited programmes based on the NICAS Scheme (see below).

Climbing ratio is 1 Instructor to 8 participants.  
Minimum Age is 8  
Larger groups facilitated with additional  
Instructors and costs as required



The National Indoor Climbing Achievement Scheme (NICAS) is facilitated at AOAC for groups and individuals.

There are 5 levels to the scheme from complete beginner to advanced climber. As the South East primary centre, AOAC can facilitate all the NICAS levels.

Approximately 4 to 6 progressive sessions will be required in order to achieve Level 1. The award scheme is open to participants aged 8 & above.

For further details contact the centre or visit [www.nicas.co.uk](http://www.nicas.co.uk)

	AOAC Instructor 1½ hr session	AOAC Instructor 2 hr session	Self Instructed
School/Youth Groups & Organisations	£80	£105	£75
Adult	£110	£140	£110

## Outdoor Rock Climbing

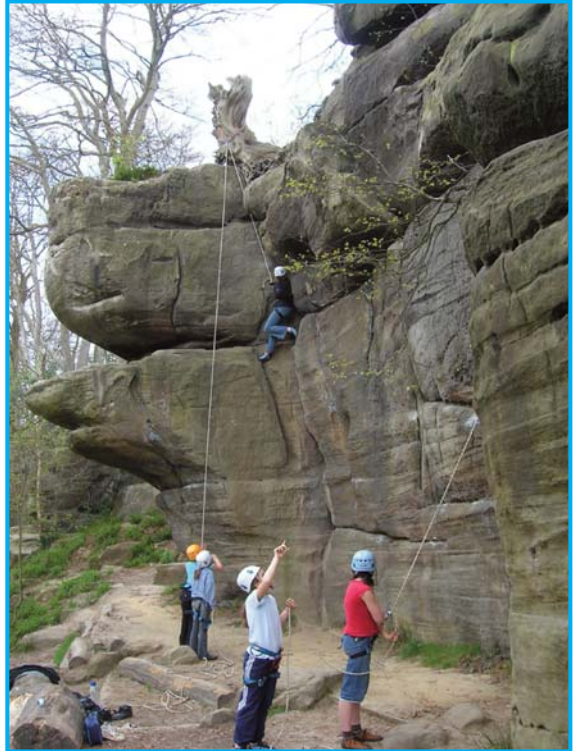
**Take those Climbing Skills and put them into practice in the great outdoors!!**

AOAC can facilitate day trips to sandstone outcrops near Tunbridge Wells, offering a different experience to indoor climbing. This will build and expand climbing skills.

To gain full benefit from this day it is recommended that participants have some basic skills, understanding and experience in climbing already i.e. following at least two sessions at the wall.

Only our SPA (Single Pitch Award) qualified instructors are able to lead groups climbing on the sand stone. [The ratio is 2 instructors to 8 participants.](#)

Your own transport will be required or alternatively hire of our minibus can be arranged at an additional cost. Please see mini bus hire page for full prices. *Lunch is not provided.*



	Cost of 6 hour day
School/Youth Groups/Organisations	£315
Adult	£395

## Paddlesport

**Get on the water and have lots of fun!!**

A mix of kayaks and open canoes are available at the Centre providing a variety of paddlesport opportunities ranging from a fun splash session to a progressive skill based accredited programme which can be facilitated for your group. Paddlesport sessions are subject to an appropriate tide time. All beginners/group sessions take place around a high tide.

### **Paddlesport overview:**

**Kayaks:** Paddled by individuals with a double bladed paddle generally sitting in an enclosed cockpit area. Kayaking ratio is 1 instructor to 8 participants



**Open Canoes:** Sometimes referred to as 'Canadian Canoes'. These can be paddled by individuals or up to four people either from a sitting or kneeling position with a single-bladed paddle and not enclosed. Open Canoe ratio is 1 instructor to 12 participants.

Mixed fleet options are available for larger sized groups based on the above ratios.  
[All sessions will include some basic skills coaching.](#)

Progressive sessions are run in conjunction with the BCU Paddlepower or Star Tests Award Schemes

[Please contact the centre for further information and to discuss your needs/requirements.](#)

**The minimum age is 9 for all our water based activities.**



	AOAC Instructor 1½ hr session	AOAC Instructor 2 hr session	Self Instructed
School/Youth Groups & Organisations	£80	£105	£75
Adult	£110	£140	£110

**As a water sport remember you may get WET!**

See recommended Kit List page

## **Mountain Biking**

**Take up the challenge off road on mountain bikes learning new skills, techniques and knowledge along the way!!**

AOAC is adjacent to the Downslink cycle route which provides ideal access to the extensive bridleway system leading across the Downs, including the South Downs Way. A variety of rides and routes ranging in difficulty from relatively flat to the more challenging slopes enable groups to enjoy the countryside on a bike.

All sessions will include some of the following; understanding of a mountain bike and how it works, skills and techniques, bike maintenance, local knowledge and map work, leadership skills, and the sense of being in the great outdoors and enjoying the fresh air. Sessions can be tailored to meet specific group needs and requirements.

Sessions can be varied in length from a 2 hour session to a more demanding all day challenge.

The ratio is 1 instructor to 8 participants. A group leader **MUST** participate/support the group at all times on this activity as an additional person to the ratio if necessary.

	2 hr session	All Day	Self Instructed 2 hr session
School/Youth Groups & Organisations	£105	£265	£75
Adult	£140	£315	£110

## **Mountain Bike Leaders Award**

*The Centre runs a Mountain Bike Leaders Training Course for Teachers, Youth workers/leaders and others who wish to lead groups off-road locally on mountain bikes. Please contact the centre for more information.*



## Raft Building

**Work together and build your own rafts before trying them out on the river!!**

Raft building combines team building with water based skills and is run as a 2½ hour session for groups of young people or adults.



The objective is to design and build a raft from logs, barrels, ropes and sometimes other resources to support your group members as you paddle a set course and face various challenges along the way on the river.

Ideal for developing the potential of a group with required team work and cooperation alongside utilising a variety of skills learnt throughout the session to ensure the raft is 'fit for purpose' or not as the case may be!! Lots of fun too!!



The ratio is 1 instructor to 12 participants.

	2½ hour
School/Youth Groups & Organisations	£125
Adult	£170

**As a water sport remember you may get WET!**

See recommended Kit List page



## **Low Ropes**

**Complete the tasks and challenges set on this low level ropes and challenge course!!**

Situated in the grounds of AOAC the low ropes course is a great challenge for any group aged 8yrs +. The tasks and challenges set by the Instructor will extend the capabilities of all; requiring and developing teamwork, leadership and communication skills.

Challenges are set subject to the needs and abilities of a group requiring both mental and physical ability to fulfil tasks successfully utilising various strengths and abilities within the group.



## **Team Building/Problem Solving**

**Work together and communicate to work out and achieve set problems and tasks!!**

AOAC have a wide selection of team building problems and tasks that will challenge and develop any group, helping to bring out the various strengths and qualities within individuals and the group as a whole.

This activity will encourage development and understanding of essential skills in a practical way requiring cooperation, communication and initiative to solve and complete the various tasks set.

	AOAC Instructor 1½ hr session	AOAC Instructor 2 hr session
School/Youth Groups & Organisations	£50	£65
Adult	£80	£95

Sessions can be based on groups needs and requirements targeting and fulfilling specific outcomes if requested.

The ratio is 1 instructor to 12 participants.

## Orienteering

**A fun enjoyable session learning some valuable basic skills to take into and enjoy the great outdoors!!**

Various set courses ranging from a short easy introduction to a harder more technical course to introduce groups to some basic key skills and the sport of orienteering. Set out around the Centre and the adjacent open space and recreation ground, AOAC is the ideal place to learn and utilise basic map reading skills to find set markers in a safe environment.



Sessions can be delivered in a variety of different ways engaging groups and individuals in working together as a team, alongside putting the skills learnt into practice in either a race against the clock or just the satisfaction of finding what you were looking for.

There is a further permanent course 2 miles away from the Centre that can be used to develop the skills required for orienteering to a higher level. This session can be arranged upon request.

The ratio is 1 instructor to 12 participants. The instructor will base the level of the session in accordance to the groups needs and requirements.

	AOAC Instructor 1½ hr session	AOAC Instructor 2 hr session
School/Youth Groups & Organisations	£50	£65
Adult	£80	£95

Please contact the centre to discuss your needs.

## **Environmental Studies**

**Use the wildlife on our doorstep to learn more about the environment!!**

Explore and understand the local environment in a practical way.

A variety of sessions can be facilitated utilising the interesting and significant local environment - Adur Valley, Adur Estuary, RSPB Nature Reserve and Shoreham Beach Nature Reserve. By exploring and understanding the local environment you will learn how and why it has formed along with finding out what lives and thrives in these areas.



A great way for schools to boost curriculum content. Sessions can be facilitated around your needs and requirements.



Another exciting workshop can be offered studying the centres greener sources of energy use. See how it all works and the energy it is producing/saving.

## **Mud Matters**

**Mud glorious mud, explore and find out about the mud!!**

Mud Matters is a fun session aimed at 8-12 year olds to give an introduction to nature. Come equipped with wellies and maybe get a little muddy exploring how and why the mud formed and what lives in it!

Sessions run at low tide on the mud banks and rock pools of the River Adur adjacent to the centre. Therefore subject to appropriate times.

Sessions can be expanded to explore the wider Adur Estuary and specific curriculum areas on request.

The ratio is 1 instructor to a class. The teacher/group leader must be present at all times.

Please contact the centre to discuss your needs.

	AOAC Instructor 1½ hr session	AOAC Instructor 2 hr session
School/Youth Groups & Organisations	£50	£75

## AOAC Facilities

### Residential Block – Self Catering

AOAC has an 18 bed residential block which is a great place to stay with your group. It is ideal for a first time residential experience, mid-way point on an expedition, or a base for a course. Better still combine it with the centre's activities for a great week or weekend away.

#### **WHAT YOU GET:**

##### **Kitchen:**

The kitchen has a large cooker (5 hob, 2 fan assisted ovens), microwave, dishwasher, fridge, freezer and storage space. Plus utensils including plates, cups, cutlery, pots and pans.

##### **Dining area:**

A versatile area with fold away tables and plenty of chairs.

##### **Communal area:**

This contains a table tennis table, pool table and table football. There is a TV, DVD player and multimedia facilities, ideal for group work or training.

##### **Bedrooms:**

The residential block consists of 3 bedrooms with bunk-beds and an additional leaders room sleeping 2. Pillows, pillowcases and mattress covers are supplied. You will need to provide sleeping bags etc.

##### **Showers/Toilets:**

The residential block has its own shower facilities and toilets. There are also other shower and toilet facilities within the centre accessible during your stay if required.



## Residential Price for Group

	Mon-Sun (7Days)	Fri-Sun (2 Nights)	1 Night
School/Youth Groups & Organisations	£499	£221	£121
Adult	£578	£258	£137

**Camping arrangements within the compound may be considered to accommodate additional numbers. This would incur a nominal cost per head.**

## Function Room / Meeting Venue

The large function room at AOAC is available for hire either by the hour, half day or full day. A great space for a meeting or as a training room seating 30.



There are multimedia facilities available including a Power-Point projector, wireless connection and an ample supply of tables and chairs.



Full kitchen facilities are accessible for refreshments; either self cater or tea and coffee provided at £3 per head.

(Numbers must be known in advance.)

	Per hour	Half a day	Whole day
Room Hire	£16	£55	£99

## Mini Bus

The Centre has a Peugeot Boxer 16 seater HDI 2.8L Diesel minibus which can be hired out.

### Hire costs:

£30 half day (1-4 hours)  
£50 whole day (4+ hours)  
£65 half day **plus** our driver  
£110 whole day **plus** our driver



Additional fuel costs based on 25p per mile, unless adequately re-filled as part of booking, evidenced by receipt.

To hire the minibus the driver must have a full driving licence with D1 category.

A West Sussex minibus permit in addition to licence is also mandatory. Copies of licence & permit will be required as part of booking.

## Birthday Parties

These are aimed mainly at 8-12yrs old but can be adapted to suit the older age group. Minimum ages are 8yrs for land-based and 9 yrs for mountain biking & water based activities.

Activities available are listed below with prices.

All activities are run as introductory sessions and last for 2 hours (except raft building which is 2½ hrs). The instructor will cater for the individual groups needs.

If the group is larger than the numbers specified a second instructor will be required charged at the same price again.

Activity	Max participant	Price
Climbing	8	£120
Kayak (Apr-Oct)	8	£120
Canoe (Apr-Oct)	12	£120
Raft Build-2½ hrs (Apr-Oct)	12	£140
Mountain Biking	8	£120
Low Ropes	12	£80

The centre has a function room available to hire at £16 per hour to compliment the party, subject to availability. (Residential bookings will take priority.)

## **RECOMMENDED ACTIVITY KIT LIST**

### **WATER BASED:**

- T-Shirt
- Sweatshirt/fleece & thermals
- Jogging bottoms or shorts - not denim
- Suitable footwear (not Crocs/open toed shoes or thick soled trainers)
- Sun Protection
- Towel & wash kit
- Complete change of clothes & footwear

Remember... **YOU MAY GET WET**

The centre provides specialist equipment such as helmets, buoyancy aids, gaiters etc.

### **INDOOR CLIMBING:**

- Loose Clothing: T-Shirt/sweatshirt
- Trainers or climbing shoes (no open toed shoes)
- Tracksuit bottoms etc.

Climbing shoes can be hired for £2.25 a pair

### **OUTDOOR CLIMBING:**

- Food and drink for the day
- Trainers and climbing shoes
- Layers (to take off if hot/to put on if cold)
- Protective clothing e.g. waterproofs/sunglasses

### **MOUNTAIN BIKING:**

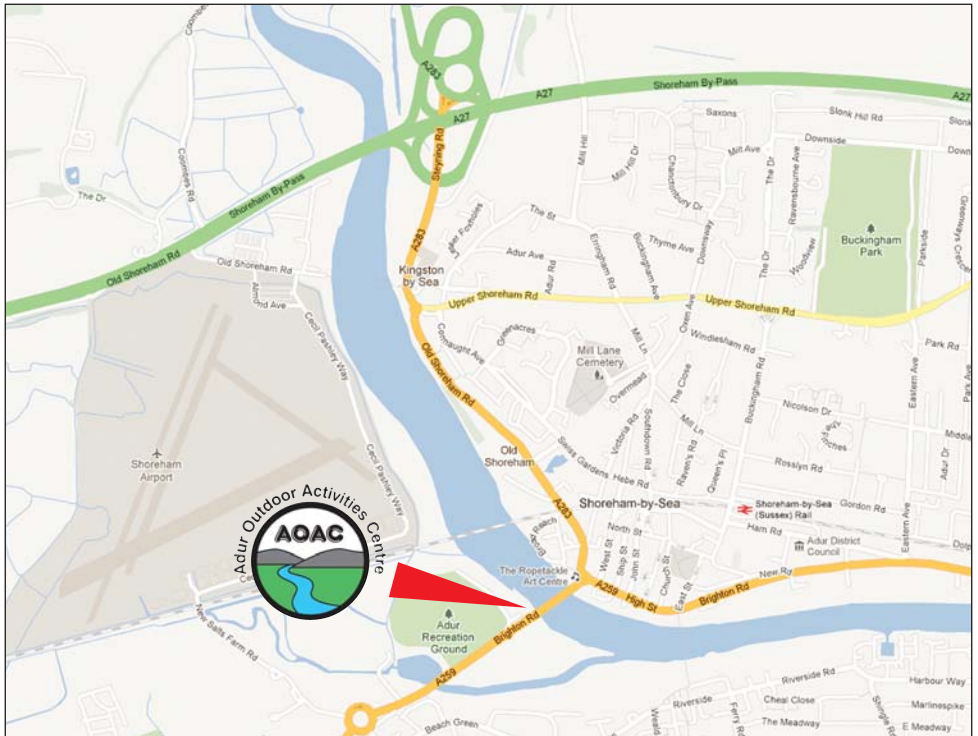
- Full change of clothes
- Old clothes – **You may get muddy**
- Layers (to take off if hot/to put on if cold)
- Waterproof jacket & trousers (if available)

The centre provides helmets and water bottles.

### **LAND BASED (Low ropes etc)**

- Loose comfortable clothing (may get muddy)
- Trainers (no open toed shoes)
- Possibly waterproofs
- Wellington boots for mud matters

Please dress appropriately for the weather on the day of your activity.



## **HOW TO BOOK:**

Please contact the centre (see details below) to check availability and to enquire about date/s and activities required. These will be provisionally reserved until receipt of booking form.

A booking form must be received within 7 days together with 50% deposit in order to secure/confirm your booking. Appropriate forms can be downloaded from the website or collected from reception at AOAC.

Please refer to terms and conditions on the booking form for more information and details.

### **Adur Outdoor Activities Centre**

Brighton Road, Shoreham-by-Sea, BN43 5LT

**Tel: 01273 462928**

Fax: 01273 441990

[www.aoac.org.uk](http://www.aoac.org.uk)

[adur.outdoor@westsussex.gov.uk](mailto:adur.outdoor@westsussex.gov.uk)