



# **ADUR OUTDOOR ACTIVITIES CENTRE**

## **GENERAL INFORMATION**

The Adur Outdoor Activities Centre, situated on the banks of the River Adur at Shoreham, offers a wide range of activities for young people from school groups, youth groups and individuals including:

- *Canoeing & Kayaking*
- *Raft-building*
- *Indoor Climbing*
- *Outdoor Climbing*
- *Kite-Building workshops*
- *Mountain Biking*
- *Orienteering & Walking*
- *Low Ropes course*
- *Team-building & Problem Solving*
- *Environmental Studies*

Adult groups and individuals can also be accommodated on many of the above activities, and we can arrange corporate days out and training events and programmes.

We also have residential accommodation for up to 16 people. The centre is also available as a venue for meetings, training courses, and there are catering and refreshment facilities on-site.

In addition we run a wide range of National Governing Body Awards for Canoeing & Kayaking, and a Mountain Bike Leaders Award.

Our Climbing Wall offers superb climbing, providing for a wide range of abilities and is one of the best facilities of its kind in the South-East of England. We also have a smaller, lower Training Wall which offers further top-roped climbing & bouldering facilities.

Please phone for further information or visit our website below:

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

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

## **OTHER ACTIVITIES / COURSES**

### **WSCC MOUNTAIN-BIKE (OFF-ROAD CYCLING) LEADERS AWARD**

This Award allows group leaders to take groups of young people on MTB's locally and the courses details are below:

Course code: MTB 22	Course code: MTB 23	Course code: MTB 24
7 & 8 Feb 09	7 & 8 Apr 09	28 & 29 Jul 09
Cost for the two-day course: £99		
Bike hire is not included in the course fee.- full details available on application		

### **ROCKHOPPERS CLUB**

Please ask for the separate leaflet, or download from the website, for the Rockhoppers Junior Climbing Club that runs on every weekday afternoon and Saturday & Sunday mornings.

### **CANOEING & KAYAKING**

#### **INFORMAL COACHING:**

We run canoeing & kayaking sessions on a Saturday morning from 10am-12noon all year round and on Wednesday evenings from 6.30-8.30pm between April-August. There is no advance booking. Just turn up and pay for the session.

These sessions are aimed at paddlers with some experience who wish to practise and improve their skills. We would advise absolute beginners to attend a Beginners course advertised in the separate Outdoor Courses brochure.

If you wish to come along and it is your first time, please refer to the list of dates downloadable from the website to find out whether the tide is suitable for your level of ability as the water conditions here change every week (or ring for advice).

#### **BEGINNERS & IMPROVERS:**

These are advance-booking sessions and aimed at those who would like more intensive training within their level of ability. See separate Outdoor Courses Brochure for dates and more details.

# ADUR OUTDOOR ACTIVITIES CENTRE CLIMBING INDUCTION COURSES

## For Novice Adult climbers wishing to learn the basics

The course covers the following main topic areas:

- *Harness fitting / knots / belay device / clipping-in / tying-in*
- *Tying-in versus clipping-in: which is appropriate and when*
- *Belay techniques*
- *Climbing etiquette / centre policies / safety procedures*

**The courses are 2 x 2 hour sessions.** Sufficient time is allowed for climbers to practise with the Instructor present to ensure that they are confident with the techniques covered. The current dates for induction courses are below:

COURSE CODE	DATES		TIME	
IND 158	Tue, 06 Jan 09	Wed, 07 Jan 09	1900	2100
IND 159	Wed, 14 Jan 09	Fri, 16 Jan 09	1900	2100
IND 160	Wed, 21 Jan 09	Fri, 23 Jan 09	1900	2100
IND 161	Wed, 28 Jan 09	Fri, 30 Jan 09	1900	2100
IND 162	Tue, 03 Feb 09	Wed, 04 Feb 09	1900	2100
IND 163	Wed, 11 Feb 09	Fri, 13 Feb 09	1900	2100
IND 164	Wed, 18 Mar 09	Fri, 20 Mar 09	1900	2100
IND 165	Tue, 06 Jan 09	Wed, 07 Jan 09	1900	2100
IND 166	Wed, 14 Jan 09	Fri, 16 Jan 09	1900	2100
IND 167	Wed, 21 Jan 09	Fri, 23 Jan 09	1900	2100
IND 168	Wed, 28 Jan 09	Fri, 30 Jan 09	1900	2100
IND 169	Tue, 03 Feb 09	Wed 04 Feb 09	1900	2100
IND 170	Wed, 11 Feb 09	Fri, 13 Feb 09	1900	2100
IND 171	Wed, 18 Mar 09	Fri, 20 Mar 09	1900	2100

**COST: £42.50.** (Includes a free climb when you return to register within 14 days).

### CLASS SIZE: Max 6 participants

- Participants must attend both sessions in order to return to register as an individual climber.
- Participants must return within 14 days of the course date to validate their training in order to register with the centre.
- Participants must be 18yrs or over.

# TECHNIQUE COURSES

## For Beginner, Improver and Intermediate Climbers who wish to improve their technical skills.

The courses are 2 x 2 hour sessions and run by our technique experts Kyle or Colin

### Course 1 (TEQ1): Beginner/Improver Workshop

For both juniors (who have climbed on several occasions) and adults (who have successfully completed an induction course), and wish to improve personal climbing skills. This course will cover: *personal climbing performance using basic techniques to improve balance, body positioning, footwork and to build confidence.*

### Course 2 (TEQ2): Intermediate Technique Class

For those who have been climbing regularly for at least 3 months and who wish to enhance existing skills. Areas covered include: *accurate foot placements, body positioning, increasing reach and maximising rests. This course is quite intensive and a basic level of fitness will be required.*

COURSE CODE	DATES	TIMES
TEQ1 013	Wed 11- Fri 13 Feb 09	18.30 - 20.30
TEQ1 014	Wed 25 – Fri 27 Mar 09	18.30 – 20.30

**COST: £18.25 Adults, & £12.50 Juniors (10-17yrs)**

### CLASS SIZE: Max 6 participants

### Pre-requisites

- Participants must be able to belay competently.
- These courses are not suitable for children under 10yrs.
- For continuity, participants must be able to commit to both dates of the course.



## LEAD CLIMBING COURSES

For experienced Top-Rope adult climbers who require an introduction to Lead Climbing practice.

The courses are 2 x 2 hour sessions and run by our experience staff.

The course covers the following main topic areas:

- *The use of quick draws and how to clip in correctly*
- *Refresher on tying in*
- *Belay techniques*
- *Fall Factor*
- *Technique tips*
- *Gear Maintenance*

COURSE CODE	DATES	TIMES
LC 013	Sat 17 <sup>th</sup> & Sat 24 <sup>th</sup> Jan 09	13.30 - 15.30
LC 014	Wed 25 <sup>th</sup> & Fri 27 <sup>th</sup> Feb 09	19.00 - 21.00
LC 015	Sat 14 <sup>th</sup> & Sat 21 <sup>st</sup> March 09	13.30 - 15.30
LC 016	Thurs 23 <sup>rd</sup> & Thurs 30 <sup>th</sup> April 09	19.00 – 21.00
LC 017	Thurs 21 <sup>st</sup> & Thurs 28 <sup>th</sup> May 09	19.00 – 21.00

**COST: £36.50 Adults & £25 Juniors (13-17yrs)**

**CLASS SIZE: Max 6 participants**

**Pre-requisites:**

- Participants must be aged 18 yrs or over for the adult session and between 13 and 17yrs for the junior.
- Participants must be Top-Rope climbing around grade 4c comfortably.
- Participants must be able to belay & tie-in competently.
- Own harness is preferable (with gear loops on both sides).

## TASTER SESSIONS

One-off Taster Sessions for Adults and Juniors (accompanied by their parents/guardians) wishing to "have a go" at climbing.

Informal and fun, this is an ideal way to experience the first steps of climbing.

The current dates for taster sessions are below:

COURSE CODE	DATES	TIME	
TAS 065	Thursday 15 <sup>th</sup> January 09	19.00	20.30
TAS 066	Sunday 25 <sup>th</sup> January 09	14.00	15.30
TAS 067	Sunday 8 <sup>th</sup> February 09	14.00	15.30
TAS 068	Sunday 15 <sup>th</sup> February 09	11.30	13.00
TAS 069	Sunday 8 <sup>th</sup> March 09	13.00	15.30
TAS 070	Sunday 29 <sup>th</sup> March 09	13.30	15.00
TAS 071	Saturday 11 <sup>th</sup> April 09	9.30	11.00

**COST: £10.50 Adult / £7.25 Junior (8-17yrs)**

**CLASS SIZE: Max 9 participants**

**CONDITIONS:**

- Adults must be aware that the session may include some young children. Families can consist of any Adult: Junior ratio, but Juniors must be aged 8 or over.
- **This session is not sufficient training to enable any adult participant to register.** Please see Induction Courses to further your climbing experience.
- Please note that Juniors are not permitted to belay (carry out rope work for) Adults.

