

Llain Activity Centre, Llanarth, Ceredigion SA47 0PZ.

Information to Parents

1. Cost of Visit

The cost of the visit is £230

2. Staffing

Pupils are supervised by teaching staff from their own schools and assisted by Llain Activity Centre staff. During activities the staff/pupil ratios as recommended by BAALPE (British association of Advisers & Lecturers of Physical Education) are followed or by the governing bodies of Outdoor Sports e.g. Canoe Wales, or as specified in our Risk Assessments. For most activities, our Risk assessments state a ratio of 1 instructor (plus teacher) to each group of 12 max.

3. Clothing

We request that your child brings the items listed on the attached 'Kit list'. Please keep to the items listed. Large suitcases will not fit under the beds and we recommend that you send a holdall that your child can carry on their own. One cuddly toy, and no bigger than the child!

4. Pocket Money

It is recommended that pupils bring some pocket money, **including some change** as there may be an opportunity to purchase treats or some small gifts. Maximum pocket money allowance is £15.

5. Electrical/valuable item

No electronic games or phones are needed or allowed..

6. Daily Routine (all times are approximate)

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|---|---------------------------------------|
| Breakfast | 8.30 a.m. |
| Activities commence | 9.45 a.m. |
| Activities end | 12.30 p.m. |
| Lunch | 13.00 p.m. (picnic) |
| <i>(please send a packed lunch on the <u>first</u> travelling day)</i> | |
| Activities start | 13.45 p.m. |
| Activities end | 16.30 p.m. approx |
| Evening meal | 17.30 p.m. (pre ordered on first day) |
| Evening activity | 18.30 p.m. |
| Activities end | 20.30 p.m. |
| Lights out | 22.00 p.m. approx. |

These are approximate times and may vary with length of activities.

During their stay at Llain the pupils will be engaged in a variety of activities chosen from Climbing, High ropes, Zip line, Kayaking, Archery, SUP boarding, Orienteering, Coastal trekking, Mud run, Bushcraft/Forest schools and Problem solving games. The actual activity programme may depend on the weather and time of year.

Adventurous Activities – This subject is recognized on the National Curriculum and a residential activity visit gives pupils an opportunity of excitement, fun and a genuine sense of achievement.

Safety is of paramount importance and these activities are taught only by staff who are experienced and suitably qualified. All staff are also DBS checked and First Aid qualified.

Licensing – The activities provided at Llain are deemed as ‘not in scope’, that is, ‘non licensable’ by the HSE. On the rare occasions schools request ‘licensable activities’ these will be run by providers who are licensed by the Adventure Activities Licensing Authority, our main licensed provider being ‘Activity Pembrokeshire Ltd’.

ALA number – R2369/L13755

Field Studies – which may include plants and animals of the seashore, woodland studies, local coastal walks, location studies of New Quay or Aberaeron.

We hope that, during their stay at Llain your child will benefit in a number of ways:

- *An increased motivation and appetite for Learning outside the classroom.*
- *Increased confidence outside the classroom environment, cultivation of independence and broadening of horizons.*
- *An increased awareness of the natural environment.*
- *An awareness that physical activity, health and fitness can be fun.*

Please feel free to contact us prior to the visit if you have any queries regarding any aspect of the trip.

Gethin & the team

Llain Activity Centre

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www.llain.com