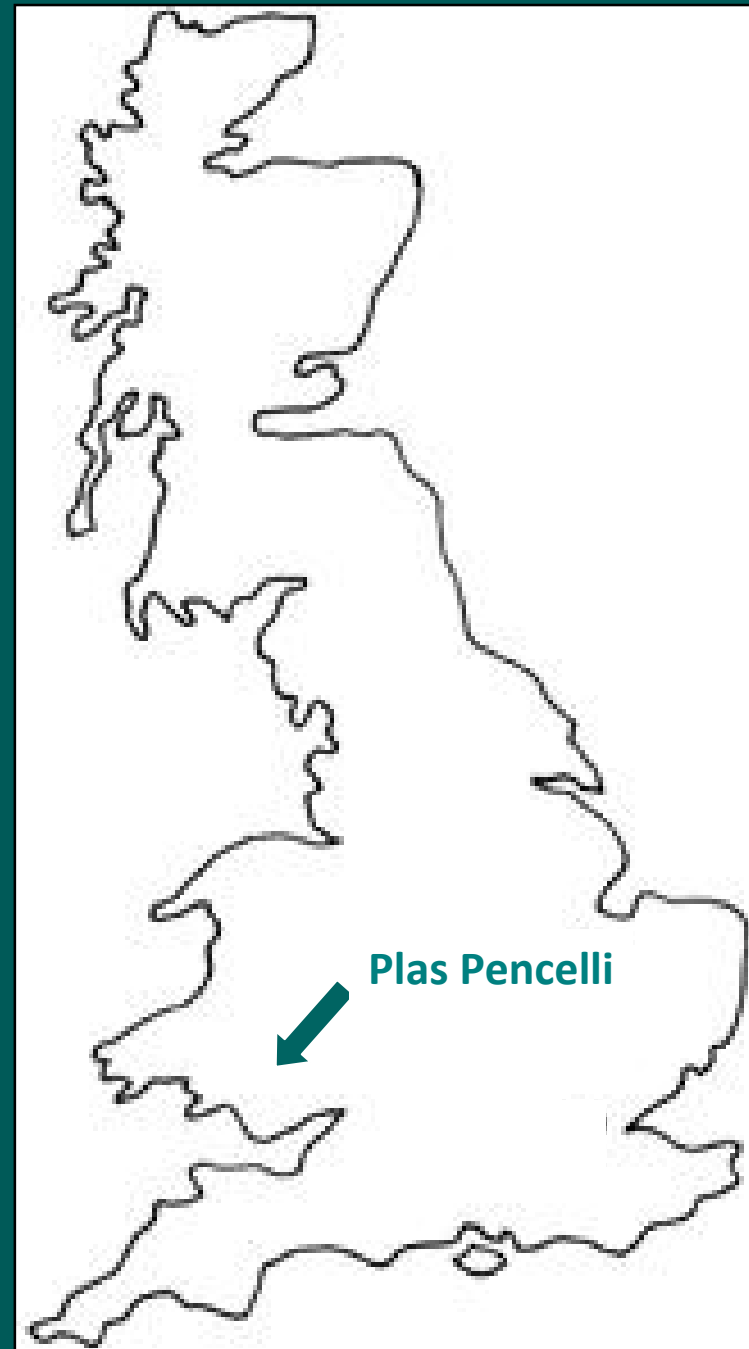


Plas Pencelli Outdoor Education Centre



Real Adventures andReal Learning!

Where is Plas Pencelli?



The Route to Plas Pencelli



In the Brecon Beacons...















A Range “Real” of Activities



Caving



Gorge Walking



Climbing



Kayaking

Traditional Outdoor Activities in the Natural Environment



Hill Walking



Canoeing



Caving



Climbing

Some History



- 200 year old Rectory
- An Outdoor Centre for more than 50 years
- Owned by & run by Swindon Council
- No Direct Subsidy since 2005
- On-Going Improvements













The Outdoor Staff Team



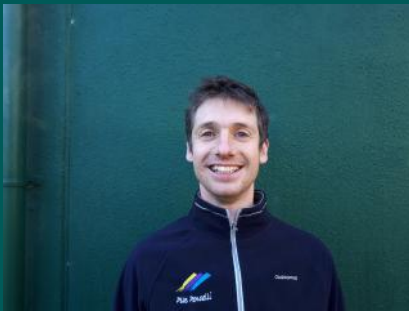
Becs (Instructor)



Pete (Head)



Cilla (Deputy)



John (Instructor)



Henry (Instructor)



Josie (Assistant)



Jack (Assistant)

Centre Support Staff



Linda (Administrator)



Bridget (Head Cook)



Ceri (Administrator)



Richard (Domestic Assistant)



Anita (Evening Cook)



Jackie (Assistant Cook)

Multi-Activity Adventures

Involve:

- Excitement
- Real Adventure
- Visiting New Places
- Making New Friends



Each Course is About:

- Challenge
- Responsibility
- Confidence
- Social Skills
- The Outdoor Environment



Daily Routine

- 8.15am Breakfast
- 9am Make Packed Lunch
- 9.15am Activity Briefing/Preparation
- 10.30am Depart on Activity
- 4.30pm Return/Clean up/Hot Drink
- 5.30pm Records of Achievement
- 6pm Dinner
- 7-9pm Evening Activity
- ? Bedtime



The Day's Briefing

- Different briefing each day & for each activity
- Information about the venue & what the activity entails
- Addresses any worries or fears
- Weather/water levels
- Clothes to wear & change into
- Any other (camera, money etc.)



A Typical Programme



PLAS · PENCELLI · OUTDOOR · EDUCATION · CENTRE



Activity Programme

Bridlewood Primary School 13th – 17th March 2017

	BLUE · GROUP	GREEN · GROUP	RED · GROUP	YELLOW · GROUP	ORANGE · GROUP	EVENING	Security
MONDAY	WELCOME · /INDUCTION/LUNCH · Becs(David) LOCAL · ADVENTURE · WALK Cilla(James), Martin, Becs(David), John, Henry					ORIENTEERING Cilla(David)	David
TUESDAY	CANOEING Cilla(James)	CAVING Martin	CLIMBING Becs(David)	CAVING John	CANOEING Henry	DINGLE · DESCENT John(James)	James
WEDNESDAY	CLIMBING Cilla(David)	CANOEING Martin	CAVING Becs	CANOEING John	CLIMBING Henry	SCAVENGER · HUNT/QUIZ Henry(David)	David
THURSDAY	CAVING Becs	CLIMBING Martin	CANOEING Pete(James)	CLIMBING Henry	CAVING John	PROBLEM · SOLVING Becs(James)	James
FRIDAY	GORGE · WALK Cilla(James)	GORGE · WALK Martin	GORGE · WALK Becs	GORGE · WALK John	GORGE · WALK Henry(David)	DEPART · 2.30pm	

Minibus to and from Venues



Record of Achievement

- A Record to take home
- A chance to re-live the day
- Some fun exercises
- Links to the school curriculum



Equipment Provided

- All activity equipment (ropes, canoes, caving lights etc.)
- On personal loan :
 - waterproofs
 - boots
 - wellies
 - rucksack
 - fleece
 - water bottle



Previous Experience & Difficulty?

- None needed
- Tailored to meet the group's needs
- All are encouraged to take part
- It's all about trying



Personal Belongings

- Security
 - it's a very "safe" area
 - there are over-night security staff
- Personal belongings
 - mobile phones X
 - music players X
 - disposable cameras
 - pocket money
- Personal responsibility
- Personal "trip" Insurance recommended



Student Responsibilities

- Listening to instructions
- Taking care in potentially hazardous environments
- Bringing along personal equipment as advised
- Bringing any medication (Asthma Pump etc.)
- Reasonable behaviour



Outdoor Activity Staff

- Very well qualified and experienced staff
- Are caring and supportive
- Are very approachable



Activity Licence

Adventure Activities Licensing Authority

Schedule

License Holder

SWINDON BOROUGH COUNCIL

Plas Pencelli Outdoor Education Centre,
Pencelli, BRECON, Powys, LD2 7LX

Specified Activities

Kayaking
Open Canoeing
Paddle Surfing
Improvised Rafting
Rock Climbing
Ice Climbing
Abseiling
Sea Level Traversing
Gorge Scrambling
Canyoning
Climbing
Hill Walking & Mountaineering
Off-Road Cycling
Caving
Mine Exploration

Activity Provider

PLAS PENCELLI OUTDOOR
EDUCATION CENTRE

Pencelli, BRECON, Powys, LD2 7LX

LICENCE

The undermentioned is a licensed provider of specified adventure activities to young people under the age of 18 years pursuant to the Activity Centres (Young Persons' Safety) Act 1995 and the Adventure Activities Licensing Regulations 2004

Registration number: **L7758/R0471**

This licence is issued by the Adventure Activities Licensing Service on behalf of the
Adventure Activities Licensing Authority, and licenses
SWINDON BOROUGH COUNCIL

to provide facilities for adventure activities at,
from, or by, the activity centre or provider known as

PLAS PENCELLI OUTDOOR EDUCATION CENTRE

to undertake the provision for the adventure activities specified in the
Schedule to this licence, subject to the following conditions.

This licence is effective from

3 March, 2009

to

3 March, 2010

unless revoked or varied in writing by an authorised person.

SIGNED: *[Signature]*
ON BEHALF OF THE ADVENTURE ACTIVITIES LICENSING SERVICE

DATE: 17 February, 2009

Standard Conditions*

(1) The licence holder shall maintain such arrangements as are appropriate for the review of the provisions referred to in regulation 10(1) and for the effective implementation, control, monitoring and review of the control measures referred to in regulation 10(2)(b)(ii).

(2) The licence holder shall maintain suitable and sufficient arrangements -

- (i) for the employment of a sufficient number of competent and adequately qualified personnel;
- (ii) for the giving of safety instructions to instructors and participants;
- (iii) for the provision of such equipment as is needed to ensure that the activities are carried out safely;
- (iv) for the maintenance of that equipment in an efficient state and in good repair; and
- (v) for the provision of first aid, for the summoning of medical and rescue services in the event of an emergency, and for otherwise dealing with an emergency.

(3) The licence holder shall ensure that he is advised by competent persons of safety matters which he has competence in such matters himself.

(4) The licence holder shall ensure that the authority is permitted to inspect at any reasonable time any place or equipment used in, or in connection with, the provision of the facilities for adventure activities to which the licence relates and any documents held by or on behalf of the licence holder relating to such provision.

(5) The licence holder shall accede to any reasonable request for information from the authority relating to the provision of such facilities.

(6) Where such facilities are provided at or from an activity centre on two or more consecutive days, the licence holder shall deposit at that centre a copy of this licence, and that where such facilities are not so provided the licence holder shall have available for inspection, at any reasonable time, such a copy; and

(7) The licence holder shall not refer to the holding of a licence, in any advertisement or otherwise, issued by him or on his behalf, unless that reference states which adventure activities are covered by the licence and gives the telephone number of the licensing authority.

* These standard conditions are prescribed by regulation 9 of the Adventure Activities Licensing Regulations 2004.

Reference is to be made to the authority marking the Adventure Activities Licensing Service.

Explanation as to the standard licence conditions

(This note is not part of the licence and is not intended to be comprehensive.)

The standard conditions apply to all licences and additional conditions may be imposed at the discretion of the licensing authority.

As regards other things, these regulations require a licence holder to -

- (i) carry out a safety risk assessment of the activities covered by the licence; and
- (ii) identify the control measures necessary to ensure or to so far as reasonably practicable the safety of those taking part in those activities.

Standard condition (1) requires the licence holder to make appropriate arrangements to keep the safety risk assessment up to date and to implement the control measures identified.

The remaining standard conditions (2) to (7) contain practical measures that the licence holder must take to ensure adequate levels of safety.

The Adventure Activities Licensing Authority recognises that other activities may be offered which do not come within scope of the Adventure Activities Licensing Regulations 2004.

The Health and Safety Executive was designated the Adventure Activities Licensing Authority by Designation Order (SI 2007/447).

Please address any complaints or enquiries to:
The Adventure Activities Licensing Service, 44 Lambourne Crescent, Llanishan, Cardiff, CF14 5GG



Tel: 029 2075 5715 Email: info@aaia.org.uk



The Adventure Activities Licensing Service is contracted to perform certain functions prescribed by the Adventure Activities Licensing Regulations 2004, on behalf of the Adventure Activities Licensing Authority. These functions include, but are not limited to, inspections, the consideration of licence applications, and the granting or refusal of a licence.

The Adventure Activities Licensing Service is a trading name of Tourism Quality Services Ltd (registration number 2459487).

Parental Consent Form


PLAS PENCELLI OUTDOOR EDUCATION CENTRE


Individual Information Form

Plas Pencelli provides programmes of Outdoor Education that can make a unique and powerful contribution to an individual's education and development. Using a variety of teaching methods, adapted to a range of individual learning styles, within a challenging environment, each course focuses on specific learning objectives within the National Curriculum. Citizenship, Physical Education and Personal, Social and Health Education feature strongly. Achievement centres on 4 main areas: Personal development; Relationships; Social Skills and Appreciation of the Natural Environment. Throughout the course a high priority is placed on health and safety.

Full Name			
Date of Birth		Male/Female	
School/Group		Course Dates	
Address			
Emergency Contact	Daytime tel no.	Evening tel no.	Mobile tel no.
Doctor			Tel. no.
Medical conditions, allergies or significant disabilities (e.g. asthma, heart trouble, diabetes, epilepsy, previous injuries etc.) Give details of any medication.			
Water confidence (e.g. 50 metres in a swimming pool)			
Special dietary needs (e.g. vegetarian)			
Overnight concerns(e.g. sleep walking)			
Please outline previous experience of outdoor activities			

Courses at Plas Pencelli may include any of the following activities: Canyoning, Mine Exploration, Rock Climbing, Abseiling, Canoeing, Kayaking, Hill walking & Mountaineering, Mountain Biking, Paddle Surfing, Improvised Rafting, Gorge Scrambling, Sea Level Traversing, Surfing, Ice climbing, Orienteering and other Outdoor Activities.

I confirm that I understand what a course at Plas Pencelli entails and I am sufficiently fit and healthy to participate safely. I agree to emergency medical treatment if necessary. The course fee is none refundable.

Signed: _____ (Parent/Guardian to sign if under 18)

What Kit to Bring?



PLAS PENCELLI OUTDOOR EDUCATION CENTRE



PERSONAL KIT LIST

During your stay all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost everyday! You therefore need 3 to 4 complete sets of outdoor clothing at the very least! You'll also need everyday clothes for wear around the centre.

Check your labels!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore, **jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided** for use on activities, particularly in the winter months. Fleece or woollen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable.

Personal Clothing

Plenty of underwear	1 pair of gloves
4 light tops (T, football or other casual)	1 woolly hat
4 heavier tops (jumpers, fleeces, sweatshirts etc)	1 pair of old trainers
4 pairs track suit bottoms, trousers, leggings etc.	1 set of swimwear
4 thick pairs of socks (for boots and wellies)	1 baseball hat*

Miscellaneous items

2 Towels (1 bath-size and 1 small)	2 Heavy-duty bin liners
Wash-kit	Torch with spare batteries
Set of pyjamas	Pen for Records of Achievement
Sunglasses*	Rubber gloves for Canoeing or Caving (optional)
Sun cream (at least factor 20)*	Camera (optional)
Lipscreen*	Packet money for snacks & souvenirs

Sunburn: Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with *.

PLEASE DO NOT BRING!

- **MOBILE PHONES** create difficulties at the Centre. They are easily lost and broken, are a distraction from the social aims of the course and at worst can tend to exacerbate situations when used irresponsibly. Students are therefore asked not to bring them along. If they are then most visiting staff will ask for them to be handed over for safe keeping for the duration of the course. There are payphones available for student use at the Centre and Emergency Systems are in place both at Plas Pencelli and via each School.
- **AEROSOLS** can aggravate those with conditions such as asthma. They also trigger fire detectors when used in bedrooms. We ask that you use alternatives during your week.
- **ELECTRICAL EQUIPMENT** such as personal music players, electrical games etc. are out of synch with creating the right kind of an atmosphere for your course.
- **GET THE MOST OUT OF YOUR COURSE!** The emphasis at Plas Pencelli is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people.

Costs

- April 17-March 18 Swindon £295/Wilts & Others £315
April 18-March 19 Swindon £305/Wilts & Others £325
April 19-March 20 Swindon £315/Wilts & Others £335 tbc
- Fully Inclusive except for coach transport
- School Staff are free (within reason)
- There are some booking conditions (deposits, cancellation charges etc.)
- Some schools/authorities have assisted places schemes. Some schools use “pupil premium for this”

Bookings

- Up to 2 years in advance
- Deposit(10%) requested 12months before the visit
- Balance invoiced after the visit
- Summer and early Autumn is very popular

Other Bookings

- Weekend Courses
- Half Week Courses-(not available in summer term)
- Group Camping up to 50 places (D of E?)
- The self-catering Lodge for staff or family weekends
- Specialist Courses

Come and Enjoy Yourself!





The Staff Team in Action!

The Activities & What to Expect.....

Caving



















Mountain Day













Canoeing

















Climbing











Adventure Day/ Gorge Walk





















Evening Activities





















Gower Day (example of “other” activities)









Any Questions?

