



School & group activity trips

School & Group Activity Trips A Parent & Pupil Guide



Essential information for parents & pupils

www.rockley.org/schools/parents



Welcome to Rockley Adventure

A residential activity trip is often one of the highlights of a pupil's time at school. It may well be the first time your child has been away from home or family and as such marks an important step in their development towards adulthood. Rockley Adventure recognises the significant responsibility we have in providing a safe and fun residential activity holiday for the young people in our care.

Adventure is out there!

Rockley Adventure is part of the Rockley family of outdoor adventure products. We would like to take this opportunity to introduce ourselves and tell you a little bit about what we do.

We began in 1976 with the sailing centre at Rockley Point in Poole. Over the years we have expanded and opened further activity centres in south west France. This has allowed us to offer activity holidays to school groups and introduce our family watersports holidays to add to our renowned dinghy sailing courses. We also offer sixth form courses including the BTEC L3 Sport (Outdoor Adventure) course and have seen the educational arm of the business expand significantly over the last few years.



Why choose Rockley?

- personal approach
- unrivalled equipment
- safety is at the heart of what we do
- superb locations
- excellent & qualified staff

"Thank you for providing our pupils with such a positive life experience!"

John Smeaton School



Best choice for activities

We believe that by concentrating on well planned and well structured activity sessions we ensure you receive the highest possible standards of safety, learning and of course enjoyment.



Sample Week - a sample plan for a multi-activity adventure to France

DAY	MORNING	LUNCH	AFTERNOON	EVENING
Sun			Depart school	Travel
Mon	Arrive for breakfast Kayaking	Centre	Windsurfing	Games Evening
Tue	Stand up Paddleboarding	Centre	Catamaran Sailing	Excursion
Wed	Excursion	Packed lunch	Excursion	Team building
Thu	Mega SUP	Centre	Sailing	Quiz night
Fri	Mountain biking	Centre	Canoeing	Depart (8pm)
Sat	Travelling	Arrive home		

Best choice of locations

All our centres have been specifically chosen for their unique locations and their suitability to provide excellent water activities in a fun and safe environment.

French Centres

We have three centres in the south west of France - Le Lac Mimizan, La Rive and AzuRivage. Our lakeside centres are based on campsites set in pine forests on the shores of Lakes d'Aureilhan, Cazeau and Soustons. These freshwater lakes are fringed by sandy beaches, the water is warm and the conditions are safe yet challenging for young people and adults alike.

UK - Rockley Point & Poole Park

Our UK residential watersports centre - Rockley Point is based on the shores of Europe's largest natural harbour in Poole, Dorset. Here we can offer unrivalled conditions for watersports, operating in a safe, shallow and sheltered area.



"An absolute gem! Our pupils have experienced something with rockley that will be hard to emulate anywhere else"

Cranborne middle school



Best choice for excursions & evening entertainments

All our programmes include the opportunity to explore the local area and take part in activities away from our centres.

French Centres

At our French centres - Le Lac Mimizan, La Rive and AzuRivage your child's group may visit the seaside resort towns of Mimizan Plage, Biscarrosse Hossegor for a fun-packed evening with fairs, street markets, bustling promenade and typical French café culture. AquaLand is a short journey from our centres and provides some exciting thrills with its complex of water slides and pools.

UK - Rockley Point

At Rockley Point groups have the opportunity to visit Tower Park with its waterslides, bowling and cinema complex. Our dedicated and enthusiastic members of staff provide a packed and varied programme of evening activities, including beach olympics, a barbecue or final feast, volley ball, table tennis and 5 a-side football tournaments.



Best choice for food

All our food is prepared on-site by our own catering staff. Ingredients are fresh and locally sourced giving your child all the energy they need to enjoy their action-packed adventure week.



We are the market leaders in safety and our centres have been recognised by the RYA for over 43 years. Our safety standards continue to exceed those required by our various governing bodies and no other centre can boast such a highly qualified Team of staff.

As a residential activity trip, a visit to a Rockley Adventure centre is by its very nature 'active' and therefore minor injuries, such as bumps and scrapes are more likely. All our qualified instructors hold a valid certificate in First Aid. We are very proud of our safety record and it is through the safe practices and procedures of our activities and the adherence by children to the advice given by our staff that has achieved this record. We choose the best and most suitable equipment for our students and our activities, which ensures a safe and enjoyable trip.



Check out our brand new adventure video to see exactly how much fun is possible on a rockley adventure trip! -

www.rockley.org/schools

Visit our website

To ensure ensure you have everything you need for your trip, we have a dedicated section on our website just for parents. We recommend that you browse through the website as it will answer many of the questions you may have. From extensive kit lists, to what is on the menu and other frequently asked questions, this is your port of call for any queries you may have -

www.rockley.org/schools/parents

Kit list - what to bring on your adventure

This is a guide of what to take with you. Please bear in mind the time of year and any particular personal requirements when packing for your activity trips.

- > Waterproof sunblock (essential) factor 50
- > Named sports drink bottle (essential)
- > Land footwear - trainers/plimsolls suitable for dry/land activities
- > Water footwear - wetsuit shoes/plimsolls (ones you don't mind getting wet)
- > Sunglasses (with glasses strap, also essential for spectacles)
- > Lightweight, rainproof jacket (for the occasional shower and evenings)
- > Long-sleeved top/t-shirt & tracksuit trousers/jogging bottoms (1 pair)
- > Shortie wetsuit (recommended early in the season, **essential in the UK**)
- > Tee shirts (6 or 7), Sweatshirt/jumper; Shorts (3 or 4 pairs)
- > Jeans/long trousers (1 pair)
- > Large, sturdy plastic bag for damp/dirty clothing
- > Sleeping bag (essential)
- > Pillow & pillow case
- > Rash vest (recommended)
- > Small back pack for use on activities
- > Insect repellent
- > Sun hat
- > Small torch and batteries
- > Towels (bath & beach)
- > Speedo style trunks
- > Pyjamas/nightwear
- > Wash kit, underwear & socks
- > Named reusable drinks bottle - as part of Rockley's environmental pledge, there are water stations located around all of our centres



Most of the above items can be found on our designated page on the Decathlon website which offers a range of clothing and equipment at affordable prices - www.decathlon.co.uk/C-2434296-rockley-watersports



PACKING

When packing for your trip we advise you use a soft bag/holdall no larger than 100cm x 40cm x 50cm. If you are packing your sleeping bag separately, please use a strong, clearly labelled plastic bag. **Please label ALL of your belongings.**

Your questions answered

Kit list

We provide a comprehensive kit list to your Group Leader. Watersports generally don't require much expensive, specialist clothing, however, we would recommend wetsuits for certain times of the year and a rash vest and wet shoes at all times. We provide buoyancy aids and at our UK centre a full set of waterproofs. Bedding and towels are **NOT** provided so please remember to bring your own. Sun protection is essential and sensible and appropriate footwear must be worn at all times.

Pocket money

As our school activity trips are fully inclusive your child will require only a modest amount of pocket money for sweets, soft drinks, ice-creams, small souvenirs and if you are lucky postcards! We would recommend £20 to £40 for trips to our UK centre and €60 to €100 for trips to any of our French centres.

Swimming

Everyone should be able to swim 50 metres in light clothing and will also be required to wear a buoyancy aid (except for body-boarding, surfing and swimming in the campsite pools or visiting AquaLand/Tower Park) whenever on or near the water. Special arrangements can be made if a particular child cannot swim the required distance; this information should be provided to your Group Leader, in writing, well in advance of the trip. At all our centres in France, boys are required to wear "Speedo" style trunks in order to be allowed to swim in the campsite pools - baggy swim shorts are not allowed. Please note that this only applies to the campsite swimming pools and swim shorts are fine for other watersports activities.

Special needs

All special needs should be clearly notified to your Group Leader at the time of booking. We will make every effort to accommodate all special needs. We need to know about any medication, special diets, food allergies or physical disabilities that your child may have.

Extra charge

Our school activity trips are fully inclusive of our activities, all meals and drinks from arrival to departure at the centre, insurance and for trips to our French centres, return travel. We do offer a number of optional additional activities and excursions to enhance the trips which are organised by your Group Leader.

Insurance

Our activity trips include personal accident and travel insurance. Please see our website for the complete policy wording or call us and we will post you a copy.

Supervision

Both Rockley Adventure staff and accompanying school staff are resident at our centres and therefore provide supervision during the day and evening. Certain members of our staff are nominated as contacts for Group Leaders and youngsters throughout the day and evening, we also have a member of staff on duty through the night.

Travel documentation

For trips to our French centres it is the responsibility of parents/guardians to ensure that their child has his/her own passport and (if necessary) visa documentation. Youngsters travelling as part of a school group may travel under a Group Passport obtainable from the Passport Agency. Your Group Leader will advise you of all documentation requirements.

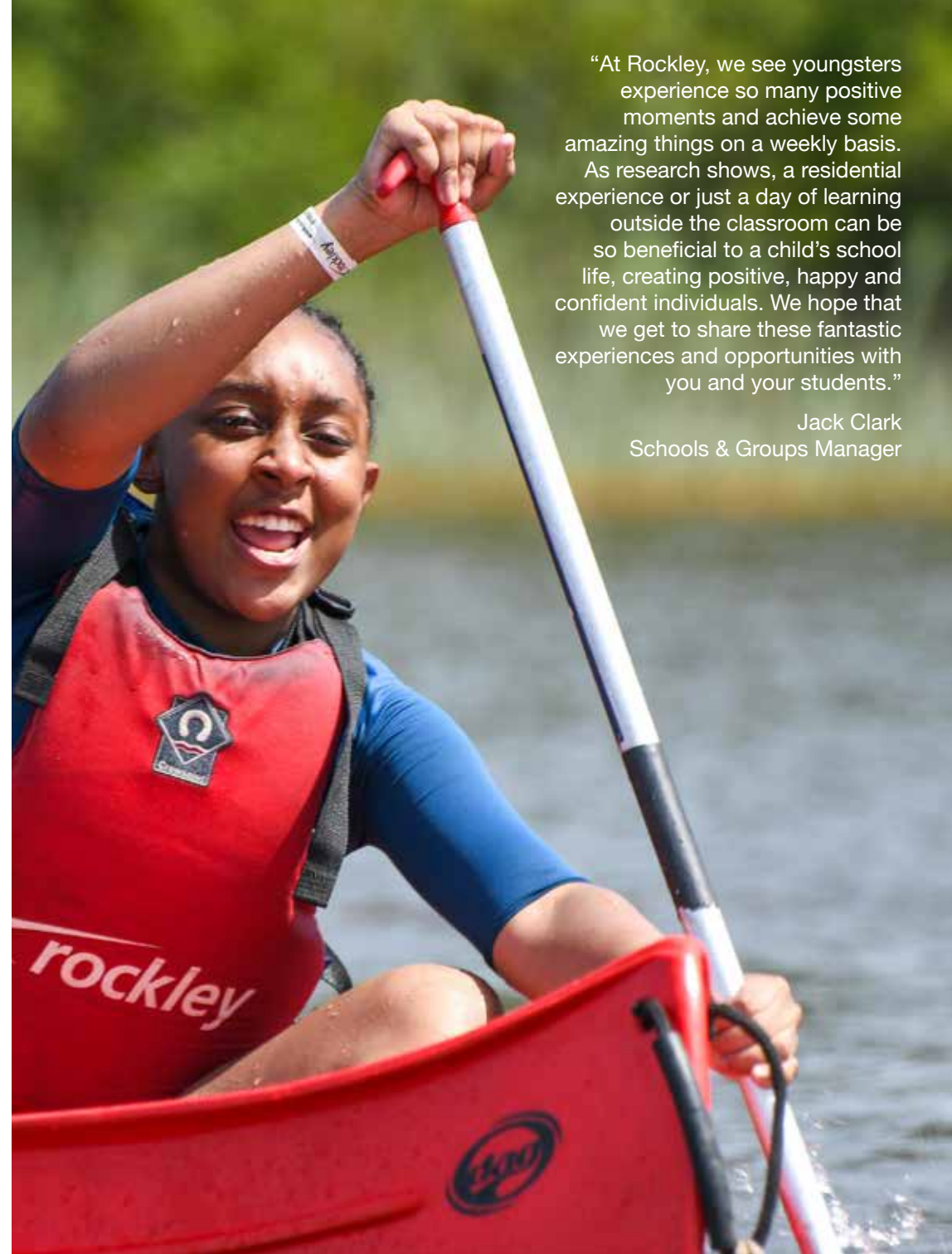
Non-EU passport holders may require visas and lost, stolen or new passports will take a minimum of 2 weeks to replace. As a UK resident, your child is entitled to any medical treatment which becomes necessary, free or at a reduced cost, when temporarily visiting a European Union (EU) country. Only treatment provided under the state scheme is covered. However, to obtain treatment you will need to take a European Health Insurance Card (EHIC) with you. You can apply for an EHIC, free of charge, online at www.ehic.org.uk. Alternatively, you can apply by calling 0845 606 2030; or by picking up an application form from the Post Office. Before applying for an EHIC it is advisable to have read the information at www.dh.gov.uk 'Health Advice For Travellers' and in order to apply you will need the NHS or National Insurance Number of the applicant.

Safety

All our centres are fully recognised by the RYA (Royal Yachting Association) for the tuition of sailing, windsurfing and powerboating and are inspected annually. In addition, our UK centres are AALA (Adventure Activities Licensing Authority) licensed. Our long record of teaching watersports has also built up huge expertise and qualified staff at our centres - we are the **ONLY** Company to employ, full time, 6 RYA Coach Assessors and 5 RYA Senior Instructors. We have also developed a comprehensive Safety Management System to monitor, record and implement safe operation of our centres and activities, which encompasses policies, risk assessments, emergency and operating procedures.

Behaviour

For us to offer high quality and safe, enjoyable activity trips we rely in no small part on the cooperation of the youngsters themselves. We have a number of simple, common sense rules that will help ensure the safety and enjoyment of everyone involved in the trip with us. Our Behaviour Charter Agreement is provided to your Group Leader and can be viewed on our website - www.rockley.org/schools/parents.



“At Rockley, we see youngsters experience so many positive moments and achieve some amazing things on a weekly basis. As research shows, a residential experience or just a day of learning outside the classroom can be so beneficial to a child's school life, creating positive, happy and confident individuals. We hope that we get to share these fantastic experiences and opportunities with you and your students.”

Jack Clark
Schools & Groups Manager

What else we offer

**10% OFF
Family
Holidays**



French Family Holidays

You and your family can enjoy a 1 or 2 week, unique all-inclusive camping experience at our AzuRivage centre in the south west of France where you have the opportunity to try a range of activities from kayaking, trail biking and sailing, to windsurfing and stand up paddleboarding. Do as much or as little you like!

10% OFF for the parents/family of students attending a trip with Rockley Adventure.

01202 677272 www.rockley.org/watersports/family-holidays

Sixth Form Courses

We have a fantastic range of sixth form courses including our 2 year BTEC L3 Sport (Outdoor Adventure) course. Equivalent to 3 A-Levels, this is your route into the outdoor industry or your gateway to university. Combining water and land-based activities with classroom work, it could be the start of a brand new and exciting journey!

01202 677272 www.rockley.org/btec



Contact Us

01202 677272

Expert advice on the right trip for you 9am - 5pm
Mon-Fri & until 5.30pm from March - November

www.rockley.org/schools

visit our website 24 hours a day, 7 days a week

adventure@rockley.org

Email our experts at any time with your queries

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