

Whitlingham

Outdoor Education Centre

Opening summer 2005



**SPORT
ENGLAND**

Supported by



Norfolk County Council
at your service

Norfolk County Council Whitlingham Outdoor Education Centre is a new purpose built development on the outskirts of Norwich offering outdoor pursuits for people of all ages and abilities.

We offer a range of activities and courses from beginner to instructor level, together with opportunities to just 'have a go' (see Pay and Play).

Small or large groups can be catered for and any programme can be tailored to your needs (see group bookings).



If you require further help or information regarding any of the details in this brochure please contact us on: -

Tel: 01603 632307

Email: ncc.oep@norfolk.gov.uk

or visit the web site at **www.nccoutdooreducation.co.uk**

- **To book your place** on any of the courses or activities in this brochure please complete the yellow pages in the centre.
- Please note that your attendance on a course does not guarantee successful accreditation.
- Some pre requisites (qualifications or experience you will need to take part) are listed below the course details. In many cases you will need little or no experience and we offer opportunities to gain everything you need to progress.
- Where a course states 'award bearing' this means you will receive a nationally or locally recognised certificate acknowledging your successful completion.

How much will you achieve this year?

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Where are we?
See map on page 38

Sailing/Windsurfing/Kayaking/Canoeing

‘Try It’ Sessions

If you haven't tried one of these activities before then these sessions are just for you. Try a new activity under the watchful eye of our fully qualified staff, and progress at your own pace.

Dates	Time	Cost YP	Cost Adult	Course ref
27 Aug	1000 - 1300	£20.00	£25.00	TS/TC/TK/TW +date
28 Aug	1000 - 1300	£20.00	£25.00	TS/TC/TK/TW +date
24 Sept	1000 - 1300	£20.00	£25.00	TS/TC/TK/TW +date
25 Sept	1000 - 1300	£20.00	£25.00	TS/TC/TK/TW +date

When quoting course reference please state:

TS = Try Sailing (plus date)

TC = Try Canoeing (plus date)

TK = Try Kayaking (plus date)

TW = Try Windsurfing (plus date)



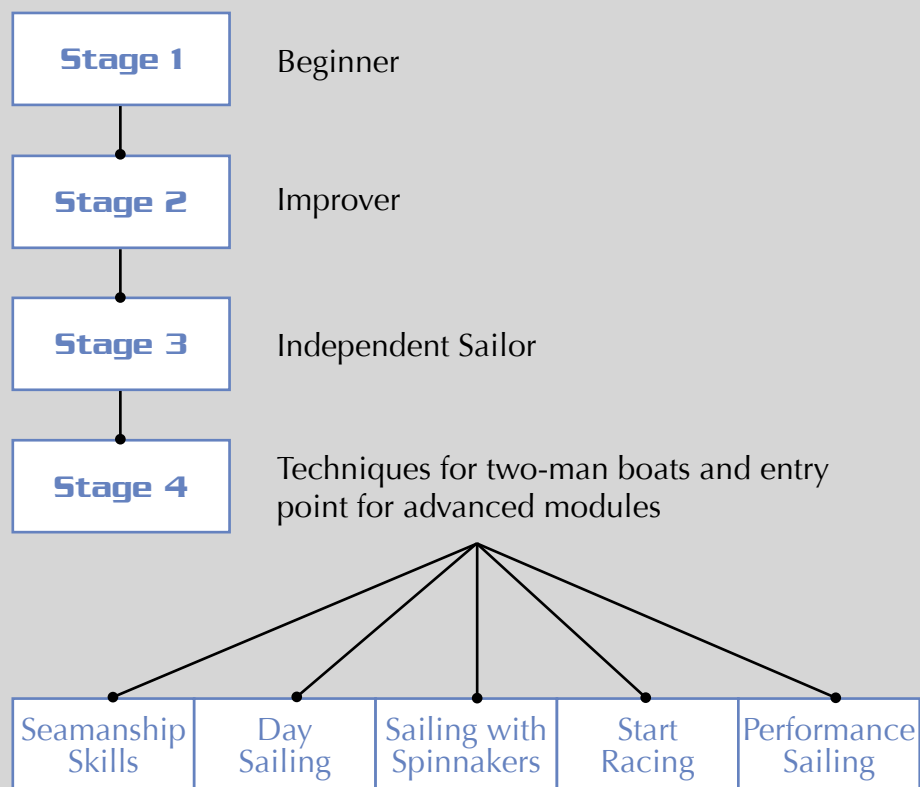
If you already have some experience why not try one of our other courses or make use of our Pay and Play scheme (see pages 30-31).

Sailing

RYA Youth Sailing Scheme (YSS) (for 8 - 16yrs)

The Youth Sailing Scheme has been revised and updated. The changes are intended to mirror the adults' National Scheme and took effect from January 2005.

Further details of the scheme are available on request or on our website at www.nccoutdooreducation.co.uk



For advanced module options see page 10.

Sailing

RYA Youth Sailing Scheme - School Holidays (for 8-16 yrs)

A five day course for young people to start or progress through the Youth Sailing Scheme (see page 5)

Good fun combined with the opportunity to gain accreditation within the Youth Start Sailing Scheme.

Date	Time	Cost	Course Ref
8 – 12 Aug	1000 - 1600	£140.00	SYW03
15 – 19 Aug	1000 - 1600	£140.00	SYW04
22 – 26 Aug	1000 - 1600	£140.00	SYW05
29 Aug – 2 Sept	1000 - 1600	£140.00	SYW06
24 – 28 Oct	1000 - 1600	£140.00	SYW07

Pre reqs: None. Please bring your logbook if you have one.

Award bearing: Yes



Sailing

RYA Youth Sailing Scheme Stage 1 to 4 – Evenings (for 8-16 yrs)

A course run over six evenings to start or progress young people through the Youth Sailing Scheme.

Wednesday evenings only

Dates	Time	Cost	Course Ref
10 Aug – 31 Aug	1800 - 2030	£72.50	SYE01

Pre Reqs: None

Award bearing: Yes

Start sailing - Saturdays only (for 8 - 16 yrs)

Delivered over 5 Saturday afternoons this course is a chance to develop those basic skills and learn new ones.

Dates	Time	Cost	Course Ref
13 Aug - 27 Aug	1400 - 1700	£72.50	SS01
3 Sep - 1 Oct	1400 - 1700	£72.50	SS02

Pre Reqs: None

Award bearing: Yes

Improve sailing – Sundays only (for 8 - 16 yrs)

Delivered over 5 Sunday afternoons this course builds on our start sailing course and upon completion students should be able to sail independently.

Dates	Time	Cost	Course Ref
14 Aug -28 Aug	1400 - 1700	£72.50	SI01
4 Sept - 2 Oct	1400 - 1700	£72.50	SI02

Pre Reqs: Some experience

Award bearing: Yes

Sailing

The RYA National Sailing Scheme (NSS) (for 16+)

has two levels with a further five modules available after Level 2:

**RYA
level 1**

The aim of this course is to provide a taste of sailing for beginners.

**RYA
level 2**

Designed to follow on and complement the 16hr Level 1 course. RYA Level 2 will give you the essential skills, practise and understanding to be able to rig, launch, reef, sail and recover a dinghy in light to moderate conditions.

After successful completion of level 2 the following modules are available on request (see page 10 for more details)

Seamanship
Skills

Day
Sailing

Sailing with
Spinnakers

Start
Racing

Performance
Sailing

Adult courses at level one and two are provided at a ratio of one instructor to two/three people.

RYA Level 1 Evenings or Weekends

Evening Courses Tuesdays and Thursdays

Dates	Time	Cost	Course Ref
9 Aug - 25 Aug	1800 – 2100	£163.00	SL1E02

Pre Reqs: None

Award bearing: Yes

Weekend Courses

Dates	Time	Cost	Course Ref
3/4 Sept	0900 – 1700	£146.00	SL102
1/2 Oct	0900 – 1700	£146.00	SL103

Pre Reqs: None

Award bearing: Yes

Sailing

RYA Level 2 Evenings or Weekends

Evening Course* Tuesdays and Thursdays

Dates	Time	Cost	Course Ref
9 Aug – 1 Sept	1800 – 2100	£265.00	SL2E01

Pre reqs: RYA Level 1 or equivalent experience **Award bearing: Yes**

* Level 2 evening courses are designed to be more intensive than the course delivered over a weekend to provide for those that may need extra practice time.

RYA Level 2– Delivered over one weekend

Dates	Time	Cost	Course Ref
13/14 Aug	0900 - 1700	£146.00	SL201
20/21 Aug	0900 - 1700	£146.00	SL202
10/11 Sept	0900 - 1700	£146.00	SL203
17/18 Sept	0900 - 1700	£146.00	SL204
8/9 Oct	0900 - 1700	£146.00	SL205
15/16 Oct	0900 - 1700	£146.00	SL206

Pre reqs: RYA Level 1 or equivalent experience **Award bearing: Yes**

Alternatively why not take The Crash Course!

RYA Level 1 and 2 (combined) - Delivered over five days

Dates	Time	Cost	Course Ref
15 – 19 Aug	0900 – 1700	£350.00	SL1202

Pre Reqs: None

Award bearing: Yes

Sailing

RYA Advanced Module Options

Following your successful completion at Level 2, you may wish to choose from the following options. These are available on request and require a minimum of two people for the course to run.

Each module costs £82.00 (8 - 16 yrs) and £102.00 (17+ yrs) and can be completed over a weekend (16hrs).

RYA - Sailing with Spinnakers - Weekends (course ref SPIN)

By the end of this weekend course the successful sailor will have a practical introduction to rigging and using both asymmetric and symmetric spinnakers.

RYA Start Racing - Weekends (course ref SRAC)

By the end of this course the successful sailor will have had a sound introduction to racing at club level. Although essentially a practical course, sessions afloat will be backed by lectures ashore.

RYA Performance Sailing - Weekends (course ref SPER)

A coaching course that aims to improve boat handling in all conditions using all equipment including trapeze and spinnaker appropriately in race rigged boats. This is not a course for beginners.

RYA Seamanship Skills - Weekends (course ref SEA)

By the end of this course the successful sailor will have a competent, safe, practical approach to the sailing of small boats and will be capable of sailing and making seaman like decisions in moderate conditions.

RYA Day Sailing (course ref SDAY)

Plan your day trips and experience day sailing on the Norfolk Broads and rivers. Route planning, boat preparation, transport, launch and recovery all in a relaxed weekend course using a dinghy or keelboat.

To book any of the above modules contact us on 01603 632307 to discuss suitable dates and times. You will then need to complete the yellow pages at the centre of this brochure.





Windsurfing

Fast and exciting - once you get past those initial wobbles, windsurfing is a fun activity, and one in which you can quickly progress from a beginner to a competent windsurfer. We have all the equipment you need to start and develop your windsurfing activity in a safe environment.

All our instruction is by RYA windsurfing coaches and the centre is working towards becoming an accredited centre.

Windsurfing equipment is also available for Pay and Play (see page 30) and we have private launch arrangements for you once you have bought your own gear.

Summer Windsurfing School (for 8-12yrs or 13-16yrs)

A week of mornings or afternoons to learn how to sail in company of other young people. Lots of practical sailing fun, games and exercises.

Dates	Times 8-12yrs	Course Ref	Times 13-16yrs	Course Ref	Cost
8 – 12 Aug	1000 - 1300	WS03A	1400 – 1700	WS03P	£67.50
15 – 19 Aug	1000 - 1300	WS04A	1400 – 1700	WS04P	£67.50
22 – 26 Aug	1000 - 1300	WS05A	1400 – 1700	WS05P	£67.50
29 Aug – 2 Sept	1000 - 1300	WS06A	1400 – 1700	WS06P	£67.50

Pre reqs: None

Award bearing: No

If you already have some windsurfing ability why not come down and use our equipment?

See Pay and Play or Private Launch (page 30-31)

Windsurfing

Start windsurfing - Saturdays only (for 12 yrs+)

Delivered over 5 Saturday afternoons this course is a chance to polish up on those basic skills and develop new ones.

Dates	Time	Cost YP	Cost Adult	Course Ref
13 Aug – 27 Aug	1400 - 1700	£67.50	£86.25	WSS01
3 Sept - 1 Oct	1400 - 1700	£67.50	£86.25	WSS02

Pre reqs: None

Award bearing: No

Or

Start windsurfing – Monday evenings only (for 12yrs+)

As above but delivered over 6 x 2.5hr sessions

Dates	Time	Cost YP	Cost Adult	Course Ref
15 Aug -29 Aug	1800 - 2030	£67.50	£86.25	WSE01

Pre reqs: None

Award bearing: No



Windsurfing

Improve windsurfing – Sundays only (for 12yrs+)

Delivered over 5 Sunday afternoons this course will demonstrate intermediate skills such as how to fast tack, flare gybe, and beach start.

Dates	Time	Cost YP	Cost Adult	Course Ref
14 Aug – 28 Aug	1400 - 1700	£67.50	£86.25	WI01
4 Sep - 2 Oct	1400 - 1700	£67.50	£86.25	WI02

Pre reqs: Some experience

Award bearing: No

Or

Improve windsurfing – Tuesday evenings only (for 12yrs+)

As above but delivered over 6 x 2.5hr sessions

Dates	Time	Cost YP	Cost Adult	Course Ref
9 Aug - 30 Aug	1800 - 2030	£67.50	£86.25	WIE01

Pre reqs: Some experience

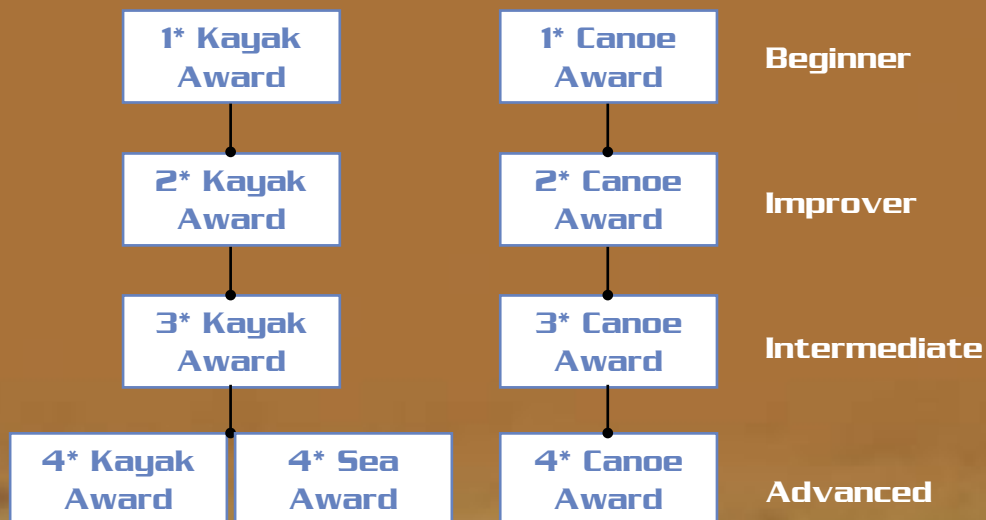
Award bearing: No



Paddlesport

Whitlingham is an ideal location for paddlesport with access to the broads and the river networks.

We deliver the British Canoe Union Personal Performance Award Scheme which awards certificates of competence at the following levels:





Paddlesport

Summer Holiday Scheme

Our summer holiday scheme for 10-16 year olds offers a week of activity that has been broken down into three sections. You can pick and mix or do the whole week! See pages 18-19 for full details.

Mondays and Tuesdays

Basic canoe/kayaking skills (+ assessment for BCU 1*)

Wednesdays

A river trip plus fun, games, and lots of practise (only available for those signed onto Mon/Tues or Thurs/Fri courses)

Thursday/Fridays

Improve on basic skills, (plus assessment for BCU 2* if part of full week's programme)

Paddlesport

Summer Holiday Scheme

Canoe and Kayak Skills (for 10-16 yrs)

Learn the basic skills to canoe or kayak under supervision. Lots of games and confidence building plus assessment for BCU 1*

Mondays and Tuesdays

Dates	Time	Cost	Course Ref Kayak	Course Ref Canoe
8/9 Aug	1000 - 1600	£57.00	KSB03	CSB03
15/16 Aug	1000 - 1600	£57.00	KSB04	CSB04
22/23 Aug	1000 - 1600	£57.00	KSB05	CSB05
29/30 Aug	1000 - 1600	£57.00	KSB06	CSB06
24/25 Oct	1000 - 1600	£57.00	KSB07	CSB07

Pre reqs: None

Award bearing: Yes

Paddle Time Canoe and Kayak (for 10-16 yrs)

A river trip plus fun, games, and lots of practice (Please note this session is only available for those signed up to a Mon/Tues or Thurs/Fri course)

Wednesdays

Dates	Time	Cost	Course Ref Kayak	Course Ref Canoe
10 Aug	1000 - 1600	£27.00	KPT03	CPT03
17 Aug	1000 - 1600	£27.00	KPT04	CPT04
24 Aug	1000 - 1600	£27.00	KPT05	CPT05
31 Aug	1000 - 1600	£27.00	KPT06	CPT06
26 Oct	1000 - 1600	£27.00	KPT07	CPT07

Pre reqs: None

Award bearing: Yes

Paddlesport

Canoe or Kayak Improver (for 10-16 yrs)

This course is designed to build on the skills learned for BCU 1* and introduce more advanced techniques.

Thursdays and Fridays

Dates	Time	Cost	Course Ref Kayak	Course Ref Canoe
11/12 Aug	1000 - 1600	£57.00	KSI03	CSI03
18/19 Aug	1000 - 1600	£57.00	KSI04	CSI04
25/26 Aug	1000 - 1600	£57.00	KSI05	CSI05
1/2 Sept	1000 - 1600	£57.00	KSI06	CSI06
27/28 Oct	1000 - 1600	£57.00	KSI07	CSI07

Pre Reqs: BCU 1*

Award bearing: Yes

Completing the full week of activity could result in a BCU 2* certificate if the assessment is successful.

Further advanced options are available (see page 20)



Paddlesport

Advanced options

The following courses are available on request.

Each course will only run with a minimum of four people.

Information sheets giving a break down of the courses are available on request. Please call the centre on 01603 632307

NB: Pre requisites must relate to specific discipline, i.e. Kayak or Canoe.

Course title	Cost YP	Cost Adult	No.of sessions	Pre Reqs
BCU Kayak/ Canoe 1*	£39.00	£49.00	1 x 6 hr or 2 x 4 hr	None
BCU Kayak/ Canoe 2*	£57.00	£72.00	2 x 6 hr or 3 x 4 hr	BCU 1*
BCU Kayak/ Canoe 3*	£111.00	£141.00	4 x 6 hr	BCU 2*
Kayak Pool Sessions - Beginner	£30.00	£45.00	2 x 1.5 hr	None
Kayak Pool Sessions - Improver	£30.00	£45.00	2 x 1.5 hr	BCU 1*
Canoe Sailing and Rig Building	N/A	£56.00	4 x 2 hr	BCU 2*
Discover Sea Kayaking	N/A	£59.00	2 x 3.5 hr	BCU 2*
Start Sea Kayaking	N/A	£136.00	2 x 9 hr	BCU 3*
Sea Kayak Journey	N/A	£82.00	1 x 9 hr	BCU 3*
BCU Sea Kayaking 4*	N/A	£150.00	2 x 9 hr	BCU 3* + 3 logged journeys
Guided Canoe Trips	£4.50 per hour	£5.75 per hour	Min of 6 people	None

Create your own package of activities with one or more of the above courses. Call us on 01603 632307

Sculling is one of our exciting newer activities currently under development.

Despite their slim hulls which assist their speed through the water, the vessels are surprisingly stable and an excellent introduction to water based activity.

Sculling provides an ideal opportunity for recreational rowing or a great chance to get fit and stay fit.

If you would like to try sculling please contact our office on 01603 632307 for availability.



Multi-Activity

Multi Activity - School Holidays (for 8-16 yrs)

A five day course aimed at young people interested in a range of active outdoor pursuits. Sessions may include activities from the following: sailing, canoeing, kayaking, raft building, archery, climbing, abseiling and team challenges. These may be undertaken onsite or at a variety of venues with the drop off and collection point at Whitlingham.

N.B. Activities may vary for each course.

Date	Time	Cost	Course Ref
8 – 12 Aug	1000 - 1600	£140.00	MA03
15 – 19 Aug	1000 - 1600	£140.00	MA04
22 – 26 Aug	1000 - 1600	£140.00	MA05
29 Aug – 2 Sept	1000 - 1600	£140.00	MA06
24 – 28 Oct	1000 - 1600	£140.00	MA07

Multi activity sessions are available for any group, and can be programmed to suit your needs. For further info please see pages 32-33.



Powerboating

The aim of our powerboat courses is to enable people to handle power boats in a safe controlled manner. Courses are mostly practical with some additional theory and maintenance sessions. Our vessels are outboard driven Dorys and rigid inflatables.

Courses are run at a number of local venues that offer different operating conditions.



Powerboating

RYA Powerboat Level 1

This one day course is available on request and provides a practical introduction to boat handling skills and safety in powerboats.

Delivery is split into three age groups:

8 - 11 years; 12 - 15 years; 16+

A minimum of 3 people is needed to run the courses in each age group.

Course title	Cost YP	Cost Adult	No of Sessions	Pre Reqs
RYA Powerboat Level 1	£61.00	£80.00	1 x 8 hr	None

RYA Powerboat Level 1 and 2 (combined) (for 16 yrs+)

This two day course is the basis of the International Certificate of Competence and will provide the skills and knowledge required by the competent powerboat driver.

Course title	Cost YP	Cost Adult	No of Sessions	Pre Reqs
RYA Powerboat Level 1 and 2	N/A	£180.00	2 x 8 hr	None

RYA Safety Boat (for 16+yrs) - Weekends

An award aimed at potential club and centre rescue helms, instructors working with single-handed groups and RYA Senior Instructors.

Course title	Cost YP	Cost Adult	No of Sessions	Pre Reqs
RYA Safety Boat	N/A	£140.00	2 x 8 hr	RYA PB L2

CEVNI / ICC Powerboat assessment – one day

CEVNI – a written exam for people wishing to use a powerboat in Europe - details on application.

ICC – Boat handling to LEVEL 2 standard, details on application.

The above courses are available on request. Call 01603 632307

Shore Based

Day Skipper & Coastal Skipper/ Yacht Master Offshore

These courses will provide the theoretical knowledge to navigate a yacht at sea. The certificate indicates that the student has understood the theory but has not yet taken a practical course. The topics covered in Coastal Skipper/Yachtmaster Offshore are at a higher level than the Day Skipper course. This course is not suitable for people with no experience of navigation and sea sailing.

No of sessions	To a total of 40 hrs
Date and times	As arranged
Age	16+yrs
Cost	£50 per 8 hour day +£25 courses pack

A minimum of 4 people is required for the courses to run.

DSC VHF Radio courses

Radio courses are possible as an add-on to shore based courses, or as individual courses.

Level	Beginner
No of sessions	2 days including exam
Date and times	As arranged
Age	16+yrs
Cost	£100

Please contact the office on 01603 632307 to register your interest.



First Aid

Rescue Emergency Care (REC) training scheme

Training is very interactive with participants being highly motivated by the skill-based simulations and active 'hands on' approach.

REC courses are recognised by a variety of National Governing Bodies as appropriate first aid training including AALA, BCU, RYA, MLTB, BOF.

REC Level 1 - Basic First Aid (For 12yrs+)

A one day (8 hour) course, the Basic First Aid course is designed to introduce a systematic method of first aid for managing casualties where help is close at hand.

Dates	Time	Cost	Course Ref
Sunday 2 Oct	0900 - 1800	£50.00	RECB01
Saturday 5 Nov	0900 - 1800	£50.00	RECB02
Sunday 5 Feb 2006	0900 - 1800	£50.00	RECB03
Saturday 4 Mar 2006	0900 - 1800	£50.00	RECB04

Pre reqs: None

Award Bearing: Yes

REC Level 2 - Emergency First Aid (For 12yrs+)

A two day (16 hour) course. The Emergency First Aid Course is designed to develop essential skills to deal with more difficult incidents when there is no immediate help.

Dates	Time	Cost	Course Ref
19/20 Nov	0900 - 1800	£100.00	RECE01
25/26 Feb 2006	0900 - 1800	£100.00	RECE02

Pre reqs: None

Award Bearing: Yes

REC Level 3 - Emergency First Aid (For 12yrs+)

HSE First Aid at Work course. Four day modular training to give immediate treatment and recognise when further help is required.

Dates	Time	Cost	Course Ref
31 Oct - 3 Nov	0900 - 1800	£190.00	RECW01

Pre reqs: None

Award Bearing: Yes

Coaching

We offer a range of coaching courses in sailing, powerboating, off-road biking, climbing/abseiling and paddlesport.

Any pre-requisite awards for these courses are available through our centre.

We advertise some specific courses, but can also arrange courses to suit groups and individuals. Contact us on (01603) 632307

Coaching courses on offer include:

- RYA Dinghy Instructor Award
- RYA Powerboat Instructor Award
- BCU Level 1 Kayak Coach
- BCU Level 1 Canoe Coach
- BCU Level 2 Kayak Coach
- BCU Level 2 Canoe Coach
- BCU Level 3 Kayak Coach
- BCU Level 3 Canoe Coach
- BCU Level 3 Sea Kayak Coach
- MIAS Level 1/2 (Mountain Bike Instructor Award Scheme)
- LEA Climbing Wall Supervisor Award
- LEA Mobile Abseil Tower Supervisor Award



RYA Dinghy Instructor Pre Course Assessment – (PCA)

To be accepted for training at instructor level all candidates have to pass a practical test conducted by an RYA Coach/Assessor not more than 6 months before instructor training. (The cost of this course is included if taken as part of a Dinghy Instructor course run by us).

Date	Time	Cost	Course Ref
10 Sept	1000 - 1600	£44.50	DIPCA01

Pre reqs: RYA advanced modules - Seamanship, Day Sailing, Sailing with Spinnakers, Performance Sailing, Start Racing, or equivalent experience.

Award bearing : Yes

RYA Dinghy Instructor

A course aimed at experienced sailors who wish to become involved in the coaching process. Candidates are required to satisfy the personal sailing requirements prior to the course at a pre-course assessment session (PCA). The course lasts for seven days including assessment. Candidates with racing experience are able to gain the racing endorsement during the course.

Dates	Time	Cost	Course Ref
24 -30 Oct	0900 - 1700	£332.00	DI01

Pre reqs: RYA Member. RYA L2 Powerboat Certificate. Valid 7 hour first aid certificate. Pre course assessment (PCA)

Award bearing: Yes

**Those that can do,
and teach.**

Pay and Play

A unique Pay and Play scheme exists at Whitlingham allowing you the opportunity to hire a range of craft as set out below. Craft are booked on site on the day of hire.

A qualified instructor will assess an individual's level of competence to use the craft safely.

It is not possible to reserve craft in advance as they are booked out on a first come first served basis.

Operational Times - Little Broad 10.30 until close*
7 days a week Great Broad 11.00 until close*

*Closing times will vary according to season

Hire Charges - Little Broad

Open Canoe.....	£5.00 per hour
Windsurfer	£6.50 per hour
Topper/Oppie	£8.00 per hour

Hire Charges - Great Broad

Open Canoe.....	£7.50 per	1.5 hour
Windsurfer	£9.00 per	1.5 hour
Topper/Oppie	£12.00 per	1.5 hour
Laser.....	£15.00 per	1.5 hour
Double Hander (eg Wayfarer)	£15.00 per	1.5 hour
Spinnaker Boat	£25.00 per	1.5 hour

We also have off road bikes and canoes available as part of the Broads Authority Hire Network - prices available on application.

Private Launch

It is possible to launch your own private craft on Whitlingham Broad by purchasing a launch ticket. These are available for between 1-7 days or on an annual basis.

For safety reasons it is only possible to use the broad under the presence and supervision of NCC OEC staff.

Staff are on hand to supervise while you are afloat and to help out in emergencies.

Private Launch Fees	Per 1 Day Launch	Per 7 Day Launch	Per Season
Kayak/Open Canoe	£4.00	£20.00	£40.00
Rowing Boat/Diver	£4.00	£20.00	£40.00
Windsurfer/Dinghy	£6.00	£30.00	£60.00
Double Hander Dinghy	£8.00	£40.00	£80.00

Please note for Pay & Play and Private Launch:

- The final decision to enter the broad rests with the Duty Manager and will be judged by regarding prevailing weather conditions, kit availability and condition of craft.
- The use of buoyancy aids is mandatory.
- No private launch will be possible without a valid ticket.

Full terms and conditions for Pay and Play are available on our website at nccoutdooreducation.co.uk or tel: (01603) 632307

Groups, Friends, Family and Corporate Bookings

We can provide a range of activities for groups of all sizes, ages and abilities. Whether you want a single session activity or an entire activity week, we can tailor a programme to meet your needs.

Why not arrange a unique birthday event or a team building day for your employees?

Sessions can be delivered to meet personal development outcomes such as team and confidence building or just for fun.



Groups, Friends, Family and Corporate Bookings

Create your own package of activity whether it is on water, land or a mix of both.


Activities are delivered at Whitlingham Outdoor Education Centre and at other venues locally.

Prices include all equipment and a qualified instructor, generally on a ratio of 1:6 participants.

GROUP TYPE	PRICE BAND	COST
NCC Schools & Scheduled Voluntary Youth Orgs	A	£24 per hour onsite £30 per hour offsite
Adult Groups	B	£30 per hour onsite £40 per hour offsite
Corporate	C	£40 per hour onsite £50 per hour offsite

Make your selection from the list below and contact us directly to discuss your individual needs. 01603 632307.

- Sailing
- Windsurfing
- Open Canoe
- Kayak
- Raft Building
- Team Challenges
- Archery
- Off Road Biking
- Navigation
- Kiting (static and buggies)
- All terrain skate boards
- Sculling



Each activity is available for a minimum of a 2hr session and may be delivered at a number of venues locally

Mobile Fleet

Our mobile fleet (funded by the Big Lottery) is available for hire with supervision and instruction or for your own use after a mandatory induction.

All equipment comes complete with personal safety protection as appropriate.

Abseil and Climbing Tower

Our climbing and abseil tower is over six metres high and has a unique hydraulic operation that enables quick set up and pack down.

The facility is suitable for a number of climbing disciplines such as lead climbing, top rope, multi-pitch, gear placement and abseiling.

The equipment can be hired with qualified instructors or independently if as part of an induction and training package. Our training package allows for up to twelve people to be trained to deliver instruction to LEA climbing supervisor level.

All enquiries should go direct to our office on 01603 632307



Mobile Fleet

Skateboard Park

Our fully mobile skate park contains all the equipment required for an exciting skateboard / inline skate session for up to 30 people.

Constructed from galvanised steel, the park is very versatile and can be set up in a range of formations by our experienced staff. We can also offer induction and training for individuals wishing to hire the park independently.

Minimum hire is for one day with further discounted options for longer periods and for independent hire.

**All enquiries should go direct to our office on
01603 632307**



Mashed

Mashed is our off road motorbike project currently based south of Norwich.

The project uses off road motorcycle riding and maintenance to deliver a programme of group work and communication skills to schools, clubs and youth groups.

Motorcycle

Alcohol

Sexual

Health

Education

Drugs

We can cater for groups of up to 12 at any one time depending on ability and needs. To discuss the individual requirements for your group contact 01603 632307



Contacts:

British Canoe Union (BCU) (Canoeing & Kayaking)

John Dudderidge House, Adbolton Lane, West Bridgford, NG2 5AS.

Tel 0115 982100.

www.bcu.org.uk

Royal Yachting Association (RYA) (Sailing, Windsurfing & Powerboating)

RYA House, Ensign Way, Hamble, Southampton, SO31 4YA.

Tel 08453 450400.

www.rya.org.uk

Sport England

3rd Floor Victoria House, Bloomsbury Square, London, WC1B 4SE

Tel: 08458 508508

email: info@sportengland.org www.sportengland.org.uk

Amateur Rowing Association

National Office – ARA 6 Lower Mall, Hammersmith, London, W6 9DJ.

Tel: 0870 060 7100,

Email info@ara-rowing.org

Regional Office – ARA 11 More Close, Cambridge CB4 1ZP

Tel: 0870 1644 785

The following contacts offer grant support for young people:

The Norfolk Boat

Harrisons Farm House, East Tuddenham, Dereham, Norfolk,
NR20 3NF.

Tel: 01603 881121

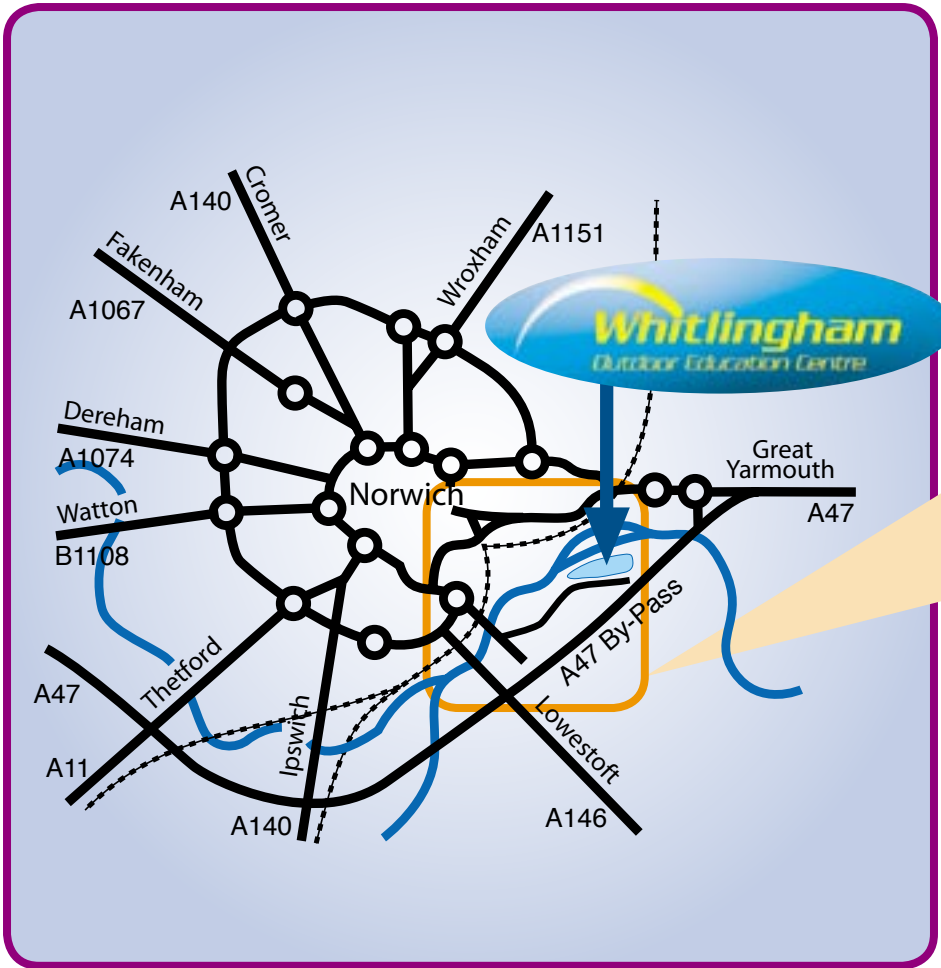
Email: info@norfolkboat.org.uk

Youth Bank Norfolk

Kirsten Francis, Active Citizen Unit, NYCS Training Unit, School
Lane, Sprowston, Norwich, NR7 8TR

Tel: 01603 485999

Email: kirsten.francis@norfolk.gov.uk www.youthbank.org.uk



Our centre is licensed by the Adventurous Activities Licensing Authority (AALA). For further details of this licence please contact AALA direct on 029 2075 5715. Website: www.aala.org.uk

All our staff are qualified to the appropriate governing body and local authority level.

All staff are first aid trained and have been cleared by the Criminal Records Bureau disclosure procedure.



Getting to Whitlingham Outdoor Education Centre could not be easier with a number of transport options available to you:

By Car – Whitlingham OEC is just 10 mins from the city centre. Follow signs for Trowse, once in the village turn left opposite the Church, down Whitlingham Lane. Pass the Norfolk Ski Club on your right

and Whitlingham OEC can be found 500 yards on your left. Park at either the little or great broad car parks. (NB car park fees go to the Whitlingham Trust for the upkeep of the park).

By Bus – No. 58 and 58a go to Trowse every 15mins from the city centre. The bus drops off at the centre of the village and Whitlingham OEC is a 10 min walk from the village centre (Directions as above). For further details of bus services tel Traveline 0870 6082608.

By Bike - Whitlingham Country Park and Outdoor Education Centre are part of National Cycle Route One. Once at the park the perimeter of the park can also be explored.

By Boat – The river bus leaves from Elm Hill Quay and Norwich Railway Station at regular intervals and stops directly outside the centre before continuing downstream. Tel City Boats on 01603 701701 for more information. There is also 24hr mooring adjacent to the centre.

Please note: Whitlingham Outdoor Education Centre is a brand new development and may be subject to delays in its completion. This could affect course dates and may result in some cancellations.

Whitlingham

Outdoor Education Centre

Tel: 01603 632307

Email: ncc.oep@norfolk.gov.uk

or visit the web site at www.nccoutdooreducation.co.uk



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If you would like a leaflet in large print, audio, Braille, alternative format or in a different language please contact us on 01603 632307 and we will do our best to help.