



It is our great privilege to be involved in the education of young people at our four outdoor Adventure Centres in Scotland. In 2011 we will be celebrating 40 years providing schools with an outstanding residential experience and we very much look forward to welcoming your child to one of the Abernethy Adventure Centres...

INFORMATION FOR PARENTS

ABERNETHY ADVENTURE CENTRES | SCOTLAND

Each of our four Adventure Centres has a unique atmosphere created by our stunning locations, beautiful properties, but most of all our friendly and professional teams who provide a warm welcome and excellent care.

Children who have been to an Abernethy Centre remember their school camp as being a time of making new friends, fun, exploring new experiences and learning a little bit more about themselves and those around them. Our adventure days are action-packed, enjoyable and educational. Your child will take part in a carefully selected range of outdoor activities which contribute to the *Curriculum for Excellence*. At the end of your child's visit, new goals will have been reached and a new pride and self confidence gained both individually and as part of a team.



▶ ARDGOUR



▶ NETHYBRIDGE



▶ BARCAPLE



▶ ARDEONAIG



ACTIVITY OPTIONS

- | | |
|-----------------------|-------------------|
| Hill/Mountain Walking | Team Building |
| Rock Climbing | Crate Climbing |
| Adventure Days | Open Canoeing |
| Kayaking | Gorge Exploring |
| Sailing | Orienteering |
| Archery | High Ropes Course |
| Low Ropes Course | Raft Building |

And a whole lot more...

SAFETY FIRST

The safety & wellbeing of your child is our top priority, and we work closely with various agencies and National Governing Bodies to ensure that our Centres and activity programmes are operated to the highest standards of safety.

Please see some *Frequently Asked Questions* overleaf to help you understand more about the Abernethy Experience, or log on to our website for comprehensive safety information...





FREQUENTLY ASKED QUESTIONS

Q. Some of the Outdoor Activities my child will be doing are risky, aren't they?

A. There will always be an element of risk in the activities we offer. This residual risk is inherent in the activity, and cannot be eliminated without destroying the activity, or the reason for doing it. However, this risk is generally confined to a similar level that the average child involved in normal active play may experience. The level of risk is low, and we believe it is a tolerable risk when compared to the benefits. Our aim is to reduce risks to the lowest tolerable level consistent with the nature and ethos of the activity.

Q. What happens if my child becomes ill or is injured?

A. Injuries and illnesses are usually very minor, and are treated by Abernethy Staff and school teachers. All instructors and many of our front-of-house staff are trained and qualified first-aiders. More serious incidents are dealt with by our local health centre.

Q. What level of supervision is there at Abernethy?

A. During the outdoor activity sessions, instructors generally work with groups not exceeding 10 pupils. We aim to have a ratio of 1 instructor to 8 pupils. Different ratios and requirements apply to different activities. Outside of activity session times, visiting teachers are responsible for the children.

Q. Are your instructors qualified?

A. Instructors are fully trained to an appropriate level for all adventure activities. Our safety standards are documented and are available for download from our website. We work closely with the Adventure Activity Licensing Authority (AALA) to ensure the highest standards of safety. Our safety standards can be downloaded from our website: www.abernethy.org.uk/safety

Q. What is the accommodation like?

A. Our bedrooms are dorm-style with bunk beds, bed linen is provided. Rooms range from twins up to larger family rooms sleeping 6+. Teachers' bedrooms are on the same corridors as the children.

Q. Does Abernethy have a Child Protection Policy?

A. The safety and welfare of your child is of paramount importance to us. Abernethy has a full and comprehensive Child Protection Policy, which all of our staff adhere to.

Q. What is 'Time Out'?

A. The Abernethy Trust was set up in 1971 to provide people of all ages with the opportunity to experience the beauty and challenge of the outdoors within a healthy Christian environment. 'Time Out' is a fun, relevant and informal session with Abernethy staff each evening. This short interactive slot is designed to give pupils a 'thought for the day' incorporating appropriate activities such as games, video clips and songs.

Q. My child has a food allergy. Is that a problem?

A. Not at all. Providing we are given detailed information in advance, our Food Services Team are more than happy to cater for special dietary requirements. For more unusual diets, we may ask you to bring any preferred speciality foods with you.

We hope this guide has been helpful and we look forward to welcoming your child to an Abernethy Adventure Centre. If you have any questions, please do not hesitate to get in touch through your school.