

GREAT POTHERIDGE HOUSE

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THE ADVENTURE ACTIVITY LICENSING SERVICE

Encompass Training is licensed

to provide the following activities under Licence No R/0720. Watersports (kayaking, open canoeing, improvised rafting), Climbing (rock climbing, abseiling, sea level traversing, gorge scrambling), Trekking (hill walking, mountaineering)

INTRODUCTION.

The courses operated by Encompass Training SW Ltd are designed to provide adventurous experiences which require the application of a mixture of physical, mental and social skills. Opportunities will arise to work, not only as an individual, but also in a team-work situation, on tasks and activities which are challenging, stimulating and enjoyable. It is important to realise from the beginning that the time spent at Great Potheridge is neither an activity holiday nor an endurance test, but a life skills course which provides a real learning experience, combining decision making, communication skills and responsibility with excitement, adventure and fun.

GREAT POTHERIDGE HOUSE.

Great Potheridge House was built in the 1660's for General George Monke, Captain-General of all His Majesty's Land Forces', who formed the Coldstream Guards in 1660, restored King Charles II, stopped another civil war, took the military out of politics and organised the rebuilding of London after the Great Fire. The House, together with the barns complex, now provides comfortable accommodation for groups of approx 75 in bunk rooms for 6-8-10, complete with showers and toilets. Duvets and bedding are provided. Outside there are 6 acres of grounds that are used for a range of on-site activities.

PROGRAMME

During the course there will be a full programme of activities although precise content will depend upon the weather, the conditions and the ability of the group.

The course will be developmental in nature using both outdoor and other activities to help you to become confident of your own ability. Other elements develop your communication skills and help you to work effectively with others. Opportunities will be given to review what has happened, both within the group and on an individual basis.

Each course is tailor-made for each group, so you will need to speak to your group leader to find out which activities you will be doing. See our website for examples of what we run.

SAFETY

Safety is a major consideration in all of our activities, as some of them, by their very nature, can include elements of risk and danger. Recognising this fact is the key element in taking every step to ensure that this risk is reduced to a minimum. Both the staff team and the equipment used are of the highest calibre, whilst the sites used for activities are tried and tested.

Never-the-less, it is important that students adhere to the safety regulations and carry out the instructions of the staff at all times. Those who are unwilling or unable to do so may, for the safety of themselves and others, be removed from the activity or from the course.

In addition to our AALS licence to run adventurous activities, we are inspected by the British Activity Providers Association and have Learning Outside the Classroom accreditation.

A Consent form will have to be completed. Please ensure that it is filled in accurately so that we have the information about you, which we need. It is possible to cope with almost every eventuality, providing that the information is available in advance.

Encompass Training SW Ltd has full public liability insurance cover up to a limit of £5m. Details are available on request. Personal accident, cancellation and personal belongings are not covered.

Personal belongings are the responsibility of their owners; Encompass Training accepts no liability for any personal affects. It is your choice whether to take out Personal Insurance to cover such things as illness, injury, personal belonging.

EQUIPMENT AND KIT LIST

All specialist equipment will be supplied. However, if you have any of your own equipment, please bring it with you.

Please don't bring any unnecessary valuables, such as jewellery, electronic games equipment, laptops or large amounts of money. Encompass Training cannot accept responsibility either for the loss or for the safe keeping of any of these or other valuable items, including mobile phones.

Bring a small amount of spending money as you may come across shops and the occasional ice cream.

Please ensure that you bring the following. It would be most helpful if all items are marked with the owner's name.

- Waterproof Jacket and trousers (if have them)
- 3 changes of outdoor clothes - bring old ones!
- Long sleeved shirts/tops
- T-shirts
- Trousers
- Socks and underwear
- Shorts
- Swimming costume
- Towel
- Hat and gloves
- Warm jumpers/fleece
- Wellie boots
- Torch and spare batteries
- Drinks/water bottle
- 2 poly bin liners for wet clothes
- At least 2 pairs of trainers (old ones which can be used for watersports - NOT WETSUIT boots/beach shoes or Crocs)
- Wash bag
- Night clothes
- Any medication you may be taking
- Small amount of money
- If you have a rucksack, even a small one, then bring it.

Please bring everything listed above. If it is on the list, then you will need it. The most commonly forgotten items are towel, tooth brush and old trainers. We do have a stock of wellies and waterproofs if you do not have any.