

Your adventure at robinwood Activity Centres

What To Pack For Robinwood

- 1x Robinwood survival kit (provided)
- (Waterproof cagouls, over trousers, warm fleeces and watersports footwear are all provided.)
- 3x T-shirts (no vests please)
- 3x Sweatshirts/Long sleeve tops
- 3x Pairs of trousers
- 1x Pair of shorts (knee length or longer please)
- 6x Pairs of underwear
- 6x Pairs of socks
- 1x Pair of outdoor shoes/boots
- 2x Towels
- 1x Coat, ideally waterproof (for walking to centre)
- 1x Warm hat
- 1x Pair of gloves
- 1x Set of pyjamas
- 1x Bag of toiletries
- 1x Black bin liner

This guide will talk you through what you and your Parents need to know before your trip to Robinwood

- We have a drying room and provide laundry facilities. Clothing is washed on a 30 degree cycle and tumble dried. Please don't bring anything new or expensive, or that cannot be tumble dried. (We may not always be able to do laundry from water activities on the last day).

- Due to the nature of our activities it is possible that clothes may occasionally get damaged. Clothing should be suitable for an outdoor environment. Old clothes are best.

- Outdoor shoes/boots are for the walk to centre (about 1 mile). Walking boots are great, but a sturdy pair of trainers will be fine in dry weather. (You definitely don't need to buy walking boots especially for your trip.)

- Jeans are not ideal for our activities. Tracksuit or jogging bottoms are best.

- Please ensure your clothing is labelled with your name and if possible your school name. (It really helps us return lost property)

What not to bring to Robinwood

- Please do not bring any cameras with you on your trip. (Don't worry your teachers will take lots of photos.)

- Please do not bring any valuable items such as mobile phones, tablets or expensive watches.

- Please do not bring any aerosol sprays as they can set off our fire alarm system which is highly sensitive.

- Please don't bring any food containing nuts.

Thank you.

Notes for Parents

Medical & dietary details

Medical and dietary information enables us to provide the best possible care for your child. Please give us as much relevant information as possible, particularly if your child has any special needs or requirements. If there isn't enough room on the form then please attach additional information. We can cater for most eventualities. If your child has been off sick (or in contact with someone) with an infectious sickness bug before their trip, please discuss this with the school party leader. Robinwood has a 48hr clear policy and it is important that children with potentially infectious bugs do not attend a Robinwood centre.

Robinwood Meals

The food is good and there is plenty of it! As well as toast and cereals we always provide a cooked breakfast. At lunch we typically provide wraps, sandwiches, fruits and yogurts. We provide evening meals such as pasta bolognese, pizza and curry. More hot food and drinks are available over winter time. Break time snacks are provided and additional fruit is always available. There is always a vegetarian option and we regularly cater for special diets such as coeliac disease (gluten free), lactose free, dairy free and halal. Please let us know in advance of any dietary needs. We aim to provide healthy meals that will appeal to the children in order they get the energy intake they need to fuel their three days at Robinwood

Lost Property

We make every effort to keep lost property to a minimum, including a final day check where we show all lost property to the schools. Please ensure that all clothes are labelled with ideally the schools name as well as the child's. If after returning you realise that your child has lost an item, please contact the school party leader to see if the item has been returned to school. Failing this please contact our Head Office team on 01706 814554 and we will see if we have the item in our lost property. All lost property is held for 4 weeks.

Personal Information

A personal information form needs to be completed for each child. The forms will be distributed by the school party leader. Personal information forms need to be completed and returned to school 3 weeks before the trip, so they can be posted to Robinwood. These include medical information, dietary details, allergies and any other information that is relevant. Information provided is completely confidential.

Water Activities

Children do not need to be able to swim to take part. All we ask is that they are confident in water. If you feel your child is likely to panic in water, then please indicate this on the personal information form and they will not go in the water during the water activities. (All water activities take place in very sheltered and well supervised environments).



The Activities

Our action packed trips consist of more activities over 3 days than most centres can provide in a 5 day course

Each of the activities typically lasts an hour and a quarter, this allows us to not only fit more in, but ensures you can remain focused and totally engaged through each activity. Varying from puzzle solving and adventure activities through to pure adrenaline rushes, you are guaranteed to find something you will excel at. Activities offered do vary slightly according to weather conditions and general programme planning.



Archery

Following an introduction and demonstration, children receive individual coaching for their first arrows until they have the skills needed to get arrows on target.



Canoeing

Canoeing takes place on very sheltered shallow water, with the children close to the bank at all times. The Canadian canoes used are very stable and accommodate up to 3 children in each canoe.



Caving

Specially designed indoor caving systems at all of our centres are constructed for realism and adventure, but also to introduce the activity at just right the right level.



Challenge Course

At Maes y Nant our Challenge Course is a fantastic ariel ropes course. Tackle a series of physical challenges high above the centre grounds.



Climbing

Purpose built indoor climbing walls create the safest possible environment for young people to be introduced to climbing.



Crate Challenge

Crate Challenge is a high activity with the emphasis on teamwork. Groups are given the challenge of building a crate tower together.



Dungeon

The group need to escape from the Dungeon; a place full of cobwebs, spooky noises, skeletons and other horrors. They can only do this through excellent teamwork.



Giant Swing

Adventure and teamwork combine on the Giant Swing. Two children wearing harnesses go on the swing together, and swing through the air!



Night Line

With blindfold in place the children put one hand on the rope and then follow it wherever it goes. It goes to all sorts of interesting places!



Piranha Pool

This session involves different 'crystal maze' type challenges, going back and forth across our 'piranha pool', without falling in.



Quest

There are a series of problems for each activity group to overcome and if they can manage to do this the Quest is achieved.



Team Challenge

In Team Challenge we get a number of activity groups together for various inter-group challenges.



Trapeze

Climb up to a platform around 5 metres above the ground, then leap off and catch a bar, which is dangling a short distance in front of you.



Zip Wire

Zip Wire is a real thrill activity, which is great for group support and encouragement, individual confidence and achievement.

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Your Adventure Starts Here!

A guide to your Robinwood trip

Here you will find a selection of the questions we are most frequently asked by parents

• What is your safety record?

We have an excellent safety record over 25 years of operation and currently more than 45,000 visiting pupils each year. All of our activities take place in safe secure environments that are appropriate and provide a safe introduction to adventure activities for 7-11 year olds.

• What checks do you carry out on your staff?

All Robinwood staff are subject to Enhanced DBS checks (Disclosure and Barring Service) and suitable references. A DBS check is carried out periodically throughout all employees' careers.

• Do different schools mix together?

When we first opened we only took one school group at a time. Schools that attended really appreciated the exclusive use of the centre, so we continue to offer the same special attention and exclusive feel. It is likely that other schools will be present and you will see them at meal times and occasionally at break times, but the children are kept busy with little opportunity to mix. Schools are allocated dormitories for exclusive use.

• What are your staffing levels?

We feel that good levels of supervision from a high quality staff team are vitally important for the success of Robinwood courses. When centres are operating we typically have 3 instructors for every 10 children.

• Has my child arrived safely at Robinwood?

If a school does not arrive within the allocated times then our first point of call would be to contact the school and ensure that all is OK with the journey. We do not notify schools or parents of schools that have arrived on time, but many schools do contact their school office to inform them of arrival.

• What happens outside the activity times?

Children are supervised by Robinwood staff at all times throughout their stay. Children sleep in dormitories with all bedding provided and toilets close by. Shower times are built into the groups' timetable.

• What are the educational benefits?

The benefits are many and varied, with curriculum links to all of the activities. We have an additional information sheet (available to the party leader) detailing learning objectives and outcomes, to show how a Robinwood course more than satisfies the outdoor and adventurous activities requirements of the national curriculum. All centres hold the Learning Outside the Classroom (LOIC) quality badge.

• Can you cater for children with special needs?

We are committed, in so far as is possible, to a policy of inclusion and are keen for as many children as possible to benefit from a Robinwood course. We, however, have to acknowledge that we are not specialist providers for children with special needs or physical disabilities. We employ specialist SEN staff who will look at the needs of the individual child and will discuss options as to provision and participation with the party leader.

• Can children phone home?

The decision on whether a child can phone home lies with the party leader. It is difficult to arrange for a whole school to phone home, due to limited phones and a busy schedule. Although we recommend that children do not phone home, if there was a particular reason to call, a teacher or senior member of staff would not hesitate to contact you. We ask that the children do not bring mobile phones as they are an expensive item that could get lost or damaged.

• Any other questions or queries?

We work closely with the schools party leader and provide them with as much information about the course as possible so recommend that you contact your school for most enquires. For general information about Robinwood then please visit our website or social media outlets. www.robinwood.co.uk @ RealRobinwood on Twitter and @Robinwoodactivitycentres on Facebook.

Sample Programme

Day 1 your adventure begins!	Day 2 a full day of fun!	Day 3 the last challenges...
-	Breakfast	Breakfast
Arrival - 11:00am	Piranha Pool	Quest
Settle in	Challenge Course	Dungeon
Lunch	Giant Swing	Caving
Crate Challenge	Lunch	Lunch
Canoeing	Zip Wire	Departure - 3:00pm
-	Climbing	-
Evening Meal	Trapeze	-
Archery	Evening Meal	-
Night Line	Team Challenge	-
Hot Chocolate & Review	Team Challenge	-
-	Hot Chocolate & Review	-

Times will be confirmed to visiting groups. Wake ups at around 7am and lights out (and sleep) is at 10pm at the latest.
The activity programme offered varies to some extent, according to weather conditions.



Maes y Nant

Our Maes y Nant activity centre is based in Marchwiel, a small town just outside Wrexham.

Maes y Nant dates back to the late Victorian era when it was built as a private house around 1870. Its name translates to 'house by a stream'. In 1959 Maes y Nant was sold and converted to a hotel with many of its original features being preserved to this day. The centre stands in 8 acres of grounds.

We have created a shallow sheltered lake next to the activity centre, which provides the ideal environment for adventurers to do and Canoeing. It is designed so that you are always close to the bank, but is big enough to run challenging activity sessions, developing new skills and having plenty of fun at the same time.

Our purpose built high activities building houses a Climbing Wall, Trapeze area and Crate Challenge room. We have a purpose built high wires Challenge Course and three different themed problem solving areas; Quest, the Dungeon and Piranha Pool - our staff team love developing these areas to ensure the challenges really capture your imagination when taking part.

Within our accommodation, you sleep in dormitories with between 2-12 beds. Maes y Nant can cater for up to 170 adventurers at a time.



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Suggested Clothing List

There is no need to go out and buy anything special for a trip to Robinwood, all specialist equipment is provided. The clothing list given includes clothing being worn on the journey (so if you are wearing a pair of trousers for the journey, you only need to pack 2 more pairs).

- 4 Comfortable long-sleeved tops (sweatshirts/jumpers/hoodies/fleeces)
- 3 T-shirts (not vest type)
- 3 Pairs of trousers (not restrictive; sportswear is good/ideally not jeans)
- 1 Pairs of shorts (knee length)
- 5 Sets of underwear
- 6 Pairs of socks
- 2 Pairs of trainers
- 2 Towels
- 1 Waterproof coat
- 1 Warm hat
- 1 Pair of warm gloves
- 1 Set of nightwear
- 1 Bag of toiletries
- 1 Black bin liner

Notes on the suggested clothing

1. Please ensure, wherever possible, that items brought to Robinwood are marked with the child's name. It is really helpful if the school's name can also be indicated. We do our very best to return all property to the children that it belongs to and this is made much easier if items are named.
2. We have a drying room and also provide a laundry facility for children's clothing at Robinwood. Wet and/or dirty clothing will be washed on a 30-degree cycle and dried in a tumble drier. Please do not bring any new or expensive items, or any items which cannot be tumble dried. Please note that we don't have time to offer this service on the last morning, so if clothes get wet on your final day it's likely you will return with some damp clothes. The black bin liner listed is helpful to keep these separate from other clothes.
3. As a result of the provision of specialist Robinwood clothing and the laundry facility offered, children do not need to bring much additional clothing with them. Keeping the clothing brought by children to a minimum helps us to reduce lost property, so please don't exceed numbers stated in this clothing list.
4. Due to the nature of the activities, it is possible that clothes may occasionally get damaged. All clothing should be suitable for use in an outdoor, and sometimes muddy, environment. Old clothes are best, not new or expensive clothing.

Items not to bring

1. Please do not bring items such as mobile phones, any type of cameras (including disposables), computer games or iPads/tablets. Leave all expensive items at home.
2. Please do not bring any aerosol sprays. Our fire alarm is sensitive in order to ensure high standards of fire safety and aerosols sprayed near any of the many smoke alarm sensors can set off the fire alarm for the whole centre.
3. All bedding is provided, there is no need to bring your own bedding.

Lost property

1. During the course we will collect any lost property and display it for the group to re-claim whenever possible, particularly at the end of the course. If lost property appears after the group has left Robinwood we will post this on to the school, if the school and/or the owner can be identified.
2. If it is recognised that items have been lost whilst at Robinwood, it is best to let the school know, so that they can log details of the missing item(s) with us. We will be happy to search on centre for any lost items, as long as we are notified no more than 3 operational weeks after the course finished. We will then either return items or confirm that unfortunately we have been unable to find them.

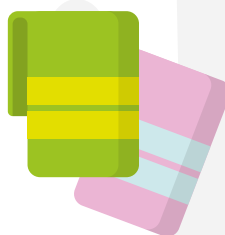
Below you'll find a useful resource for including your child in the packing process. We believe this helps them develop a responsibility for their belongings, and look after them during the trip, reducing the amount of lost property.

Packing for Robinwood

(This list includes what you'll wear to Robinwood)



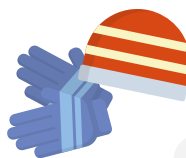
3 x T-Shirts
(No vests please)



2 x Towels



4 x Long Sleeve
Tops
(Jumpers/Hoodies etc)



1 x Warm Hat
1 x Pair of Gloves



3 x Trousers
(Ideally not jeans)



6 x Pairs of socks
5 x Pairs of underwear



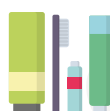
1 x Pair of shorts
(Knee length or longer)



2 x Pair of
trainers



1 x Set of
pyjamas



1 x Bag of toiletries
(No aerosols please)



1 x Coat, ideally
waterproof
(For walking to centre)



1 x Soft Toy
(Optional)

Please do not bring any
phones, cameras
or other electrical devices



A large, light grey graphic of a hand with fingers spread, positioned vertically on the left side of the page, serving as a background element for the text.

Children's Code of Conduct

Follow instructions given:

It is vital for everyone's safety, and for the maximum enjoyment of all the activities, that everyone listens carefully to instructions given and follows those instructions.

Keep yourself and everyone else safe:

Throughout your stay make sure you behave in a way that keeps yourself, and everyone else, safe. Following instructions is important. But you will also need to behave sensibly throughout your stay.

Challenge yourself:

Please come to Robinwood ready to have a go at all the activities, to challenge yourself and achieve as much as you can.

Be a good team member:

A good team member will always listen to others in the group, as well as putting forward their own ideas. They will be keen to help and encourage others, whilst setting a good example by taking full part in all activities themselves.

Take responsibility for your own property and jobs:

Look after your own clothing and any other items that you bring with you. Help pack your bag so you know exactly what you have brought with you.

Keep your dormitory clean and tidy

At meal times, follow the instructions of Robinwood staff, to make sure that after your meal any rubbish is put in the bin provided.

Be helpful to others:

Offer encouragement and support to others.

Listen carefully to other people's ideas and encouraging them, as well as putting forward your own ideas.

Help your group complete all the jobs that need to be done during your time at Robinwood.

Respect other people's privacy and property:

Respect the property of Robinwood Activity Centre. Also respect other people's property. Never enter anyone else's dormitory or look in anyone else's bag at. In your own dormitory, you should not go onto anyone else's bed.

Be a good ambassador for your school:

At Robinwood you will be a representative or ambassador for your school. It is important that you respect the rights, dignity and worth of all children attending Robinwood regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity. Good behaviour is not only important during the day, it is also important at bedtime and overnight.

Maes y Nant Menu

Break time snacks are provided and additional fruit is always available.

Hot Chocolate and a biscuit are served on both evenings.

We aim to provide healthy meals that will appeal to the children in order they get the energy intake they need to fuel their three days at Robinwood.

Lunch

Cheese and Tomato Pizza
Crisps
Biscuit
Fruit available

Evening Meal

Baked Potato (with choice of fillings)
Pasta Bolognese
Tomato Pasta
Salad available
Choc Ice

Day One

Breakfast

Sausage
Vegetarian Sausage
Bacon
Mini potato waffles
Beans
Toast
Choice of Cereals
Fruit available

Lunch

Chicken Burger
Hotdog
Sandwich with filling
(cheese, ham, tuna or jam)
Muffin
Fruit
Yogurt tube

Evening Meal

Fish Fingers and Chips
Curry and Rice
Peas and Sweetcorn available
Ice Cream Pot

Day Two

Breakfast

Sausage
Vegetarian Sausage
Bacon
Mini potato waffles
Beans
Toast
Choice of Cereals
Fruit available

Lunch

Sausage Roll
Cheese Roll
Crisps
Fruit
Biscuit

There is always a vegetarian option and we regularly cater for special diets such as coeliac disease (gluten free), lactose free, dairy free and halal.

Please let us know in advance of any dietary needs.

Day Three

My Visit to Maes y Nant, Cross Lanes



My Name is:

**Robinwood Activity Centre is at Dobroyd Castle,
Todmorden in Yorkshire.**

When we arrive, this is what I will see.



These are the main dining rooms where we eat our meals.



At breakfast time, I can have cereal, toast, sausage, beans and potato waffles.
I can have all of these if I want or I can just choose my favourites.

When I arrive at Robinwood, my Group Leader will ask me what I would like for lunch and dinner each day.

These are my options:

Evening meal Day 1:

Baked Potato
(with choice of filling)
Pasta Bolognese
Tomarto Pasta
Salad available

Choc Ice

Lunch Day 2:

Spaghetti Hoops
Beans on Toast
Bap with filling
(cheese, ham, tuna or jam)

Cake Bar
Fruit
Yogurt Tube

Evening meal Day 2:

Fish Fingers and Chips
Curry and Rice
Peas and Sweetcorn available

Ice Cream Pot

Lunch Day 3:

Sausage Roll
Cheese Roll
Crisps
Fruit
Biscuits

If I don't like something, I can tell my Group Leader or my Teacher and they will arrange something different for me so that I still eat something that I like.

**These are examples of where I might sleep.
The bedrooms all have a name to help me
remember which one I am in.**



This is a bedroom door with the name on it.



There are helpful instructions inside the bedrooms.



If I need help at night, I can press a button that tells the Robinwood night staff that I need somebody to come to my room. It won't wake anybody up in my room if I press it.



The toilets all have locks on the door.
The toilets near my bedroom looks like this.



The toilets and showers I will use in the day time
look like this.



This is a picture of a group kit cupboard (mine may have a different name on it).

When I have finished with my wet clothes, after a shower I leave them in the green bin to be washed.



When it's time for a drink, I can have one at the Drink Station.



At night I can fill up my bottle from the tap in my room.

These are the activities I can do. I will do them all but they will be in the order shown on my group's timetable.

Archery: I will learn to shoot a bow and arrow and play lots of fun archery games.



Canoeing: For canoeing I will wear a buoyancy aid and a helmet so that I am safe.



Caving: I will wear a helmet to protect my head.

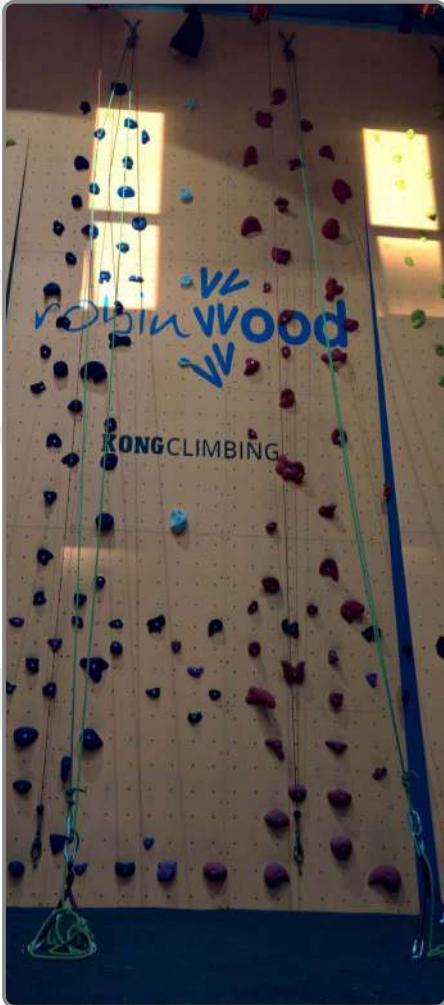


If I want to get out of the caves there are exit hatches in the roof. If I knock on it, my Group Leader will come and let me out.

Challenge Course: I will wear a helmet and harness to keep me safe. I will go over the obstacles with my friends.



Climbing: I will wear a harness and helmet so that I am safe.



Crate Challenge: I will wear a helmet and harness to keep me safe.



Dungeon: I will solve lots of different puzzles to help my team escape.



I will also wear a sash like the ones in the photo. They have different names on.

Giant Swing: I will wear a harness and helmet to keep me safe. I will pull the rope to help my teammates



Knight's Quest: I will help my team to solve puzzles and help them complete the challenge.



Night Line: I will wear goggles so that I can't see, then hold on to a rope in a line with my friends so we always know where we are going. My friends will pass on instructions to help and a helmet will protect my head.



**Piranha Pool: I will work with my team to solve the clues and get out of the room within 40 minutes.
I will wear a Piranha Pool t-shirt.**



Trapeze: I will wear a harness so that I am safe. We will climb up onto the tower and jump off attached to a rope.



Team Challenge: I will join the rest of my school and play games



Zip Wire: I will wear a harness and helmet so that I am safe. I will sit the top of the tower and wait for my turn.



Which activities are you looking forward to the most?



We can't wait to see you at Robinwood!