



Learning for Life

Adventure UK

Information for Parents & Guardians

Beam House North Devon



Welcome to PGL

PGL has been running adventure courses for young people since 1957 and with 28 centres in Britain, France and Spain, we are one of the most experienced activity providers in the UK.

Safety, Security & Fun

Safety is our absolute priority, yet this does not compromise our ability to ensure that fun, excitement and adventure are part of the whole package we offer. Each year thousands of groups trust PGL with the organisation of their trips and our proven safety record is a major reason why groups return year after year.

- All PGL UK centres are inspected and approved by the Adventure Activities Licensing Authority, the British Activity Holiday Association or the local Tourist Board as appropriate to the centre and activities on offer.
- Instructor qualifications and competence conform with National Governing Body and the Activity Centre Advisory Committee Code of Practice where applicable.
- Instructional staff and Group Leaders undergo intensive residential training before arriving on centre and are subject to continual assessment and further training through the season, ensuring that the highest possible standards are maintained.

- There is always access to a qualified first aider and sickbay/medical facilities.
- PGL night duty staff remain on call throughout the night to deal with any problems should they arise.

A Valuable Learning Experience

There are numerous benefits, both social and personal, as well as educational, to be gained from a PGL course. For many children this will be their first experience of living away from home and their first opportunity to participate in activities as part of a team. Our courses offer a sense of achievement which can help build confidence, and an awareness of personal strengths and abilities which can often remain hidden in the classroom. The value of outdoor based education and adventurous activities has been recognised by their inclusion in the PE National Curriculum. Through motivating, entertaining, organising and encouraging, our staff ensure that all children have a wonderful stay that they will remember for years to come.

Your course organiser has chosen one of the following courses at Beam House:

Superchoice Multi-Activity Programme

Your child's full and varied programme will be chosen by your course organiser from the following activities:

- Abseiling
- Archery
- Body Boarding
- Challenge Course
- Climbing Wall
- Coastal Walk
- Excursion (full week programme)
- Fencing
- High Level Ropes Course
- Initiative Exercises
- Motorsports
- Mountain Biking
- Orienteering
- Rifle Shooting
- St. Johns First Aid Award
- Speed Sailing
- Stunt Kites
- Trapeze
- Wave Skiing
- Zip Wire

Mission Earth!

Environmental Studies Course

Our exciting 'hands on' approach to Environmental Studies combined with outdoor activities is run in association with the Institute of Earth Education. Our curriculum based Mission Earth! sessions enhance classroom learning and are complemented by a selection of our stimulating outdoor adventure activities, which will be chosen by the course organiser.

Personal Development

Using outdoor adventure activities, both the course and setting provide each pupil with the ideal opportunity to develop personal and social skills such as leadership, teamwork, communication, organisation, planning, problem solving, and self-awareness.

Excellent organisation and very challenging activities - children and staff always have a wonderful time Stowford Primary School

Further Information

The Centre

Located near the beautiful North Devon coast, this 17th century country house provides a perfect base for a varied multi-activity programme and nearby beach activities. The centre's 20 acres of paddock, woodland and playing fields offer an ideal location for a wide range of challenging activities.

Accommodation & Facilities

- Bunk bedded rooms sleeping 4 to 14. Toilets and showers are located close-by.
- Tuckshop, disco/ indoor area, drying room, dining room.

Superb Catering

PGL provide three well-balanced and nutritious meals a day designed to please even the fussiest of eaters. Drinks are also available between activities and before bedtime. Our experienced caterers are able to deal with most dietary requirements, provided advance notice is given.

Insurance

The course cost includes cover against the following:

- Public Liability
- Cancellation due to illness or

parental redundancy

- Medical expenses and personal accident
- Loss of personal belongings
- Curtailment of activities due to illness

Full details of cover are supplied to the Party Organiser.

Cancellation

Please note that deposits are not refundable and charges on a sliding scale are payable if notification of cancellation is received later than 8 weeks prior to the course date. If within the terms of the insurance cover (i.e. illness or parental redundancy only), a claim for refund of cancellation charges may be submitted to the insurers through the Party Organiser.

PLEASE NOTE

No new or expensive clothing or equipment is required - just enough changes for the adventure activities. Items such as old trousers or shirts/tracksuits and solid footwear are the most useful. The centre provides windproof/waterproof cagoules. Jeans are not very practical as they provide no warmth when wet and take a long time to dry.

We strongly recommend that pupils are discouraged from bringing mobile phones or any other expensive items which could be easily lost or stolen such as valuable jewellery, expensive cameras or walkmans.

Lost Property

It is strongly recommended that clothing is marked with the name of the school/group and child's name. For lost items please write to the centre within two weeks with a description and a cheque for £5 for postage. The cheque will be returned if the item is not found.

Beam House

Torrington
North Devon
EX38 8JF

N.B. Any correspondence addressed to a pupil should include the name of the school.

If you wish to confirm any of the details contained in this leaflet, or have any other queries concerning the course, please consult the Party Organiser.



Visit our website for a real taste of PGL!

www.pgl.co.uk

Kit List

Clothing - Plenty in case of wet weather!

- Night Clothes (and tracksuit /jumper in cold weather)
- Several changes of underwear
- At least 2 thick jumpers/fleeces
- At least 3 pairs of old trousers (not jeans, 2 for activities, 1 for evenings)
- Shorts (in warm weather)
- Several t-shirts
- Socks (several pairs)
- At least 2 pairs of trainers (including 1 for wet activities)
- Waterproof jacket and trousers (if you have them)
- Hat and gloves (for cold weather)
- Sun hat and suntan lotion (summer)
- Swimwear

Other Essentials

- *Sleeping bag (and blanket if cold)
- *Pillow and pillow case
- Labelled strong plastic bags (bin liners) for wet and spare clothes
- Plastic bottle for drinks

Please limit luggage to one case/bag per child plus one small item of hand luggage

*Bedding is provided for adults