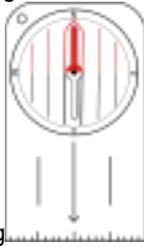


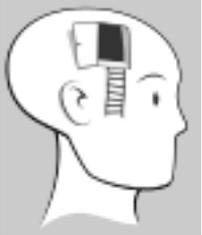
Choice of activities

Project Get Together will include a number of activities. To help us plan the programme, please:

tick those activities in which you would like to participate. However, we can't guarantee that you will be able to do all those you choose.

X Mark a big cross against any activity you definitely would NOT like to take part in

<input type="checkbox"/>	<p>Map challenge/  Orienteering</p>	<p>You will learn some practical map reading skills and then working in small groups you will use these to locate control points around the centre grounds. The idea is to locate them all before the other team so not only will you need to interpret your map and judge the distances covered you will also have to communicate well and make swift decisions.</p>
<input type="checkbox"/>	<p>Camp craft (survivor) </p>	<p>Find out if you have what it takes to survive and learn some skills to help you keep warm and dry when all you have is what you can find. You and your team mates will have to build a shelter in a wilderness environment on centre. You'll need to plan your camp taking into account the prevailing weather and then share out the tasks to get the shelter built before time runs out...</p>
<input type="checkbox"/>	<p>Climbing </p>	<p>Climbing may look easy but if you've never tried it before you'll find it needs a surprising amount of strength and agility. There's masses to learn – even before you leave the ground you will be shown how to identify and control risk, how to belay a climber safely and you'll have an introduction to the basic skills and techniques of climbing.</p>
<input type="checkbox"/>	<p>Abseiling </p>	<p>Got a head for heights? This exhilarating activity allows you to scale down the side of our purpose built towers leaving you with a great sense of achievement!</p>
<input type="checkbox"/>	<p>Challenge Course </p>	<p>A mind boggling range of obstacles to climb over, crawl under and balance on! Sometimes muddy, sometimes wet, always challenging:</p>
<input type="checkbox"/>	<p> Trapeze</p>	<p>Trapeze: First there's the climb to the top of the 6 metre pole, then you have to get into kneeling position on the small platform, then finally make that leap...</p>

<input type="checkbox"/>	<p>Zip-wire</p> 	<p>Zipwire Travelling at high speed, suspended and harnessed from an overhead cable isn't something forgotten easily!</p>
<input type="checkbox"/>	<p>Jacob's Ladder</p> 	<p>Jacob's Ladder: it looks insurmountable, however with a little help from your friends you'll be amazed at how high you'll get. It's a great way to really get to know the rest of the group and use communication, teamwork and leadership skills together to have fun and scramble to the top of the ladder</p>
<input type="checkbox"/>	<p>Canoeing</p> 	<p>Canoes are open topped and many take more than one person. Whether it's your first time in a boat on one of our lakes or you are a more experienced paddler facing the white water in the Ardèche Gorge, canoeing is always exciting, challenging, fun – and occasionally very wet!</p>
<input type="checkbox"/>	<p>Kayaking</p> 	<p>Our kayaks are generally built for one person so it's completely up to you how far you test it's stability in the water but the variety of team games and individual challenges presented by your instructor will help you push your skills to the limit. Will you stay dry or will your kayak get the upper hand?</p>
<input type="checkbox"/>	<p>Raft Building</p> 	<p>Build a raft that will float (and hopefully steer) using the barrels, ropes and wood provided. Once built you will need to test it out on the water – will you end up in the water or will you stay dry? It all depends on how well you and your team work together.</p>
<input type="checkbox"/>	<p>Archery</p> 	<p>Do you see yourself as a bit of a Robin Hood or Maid Marion? Archery is about technique rather than strength so everyone has the chance to excel. A bow and arrows can be tricky to manage but your instructor will teach you how to use them safely and help you hit the bullseye!</p>
<input type="checkbox"/>	<p>Fencing</p> 	<p>This Olympic sport is both physically and mentally demanding. It will help you develop good hand to eye co-ordination and lightening quick reflexes and has been described as being a bit like playing chess at 150miles per hour! Fencing is great fun for any beginner playing at a basic level but also offers plenty of opportunity for development. So, let our qualified instructors teach you the basic principles and safety procedures - and get stuck in!</p>

<input type="checkbox"/>	<p>Sensory trail</p> 	<p>Follow the rope and see what surprises await you. You'll be blindfolded so you will need to rely on all your other senses to tell you what's happening.</p>
<input type="checkbox"/>	<p>Aeroball</p> 	<p>A cross between trampolining and volleyball! Use the bounce from the trampoline to stop your opponents scoring goals whilst trying to score some yourself. Not as easy as it sounds!</p>
<input type="checkbox"/>	<p>Problem solving</p> 	<p>An initiative exercise to test you!</p>
<input type="checkbox"/>	<p>Ball Games</p>	
<input type="checkbox"/>	<p>Nature Trail</p>	
<input type="checkbox"/>	<p>First Aid</p>	