



CRS ADVENTURES LTD

CONTACT DETAILS

CLARE & ROGER SELL

CRS ADVENTURES LTD
RDCP
HOLNE PARK
ASHBURTON
DEVON
TQ13 7NP

TEL: 01364 653444

MOB: 07891 635964

EMAIL: enquires@crsadventures.com

WEBSITE: www.crsadventures.com

CRS ADVENTURES

Multi Activity Details

The following table provides information about the options and activities offered by CRS Adventures for a residential multi activity programme. The table is designed to give the group leader the information they need to help them make informed choices, about the nature of the activities that they would like to include in an activity programme. Some of the activities are subject to the ability restrictions.

GENERAL ACTIVITIES			
Activity	Description of Activity	Safety Procedures	Possible Hazards
Any Activity		- All activities supervised by instructors.	- Slipping/knocks causing bruising and small cuts/grazing. - Trips/fall causing twists/fractures. - Rope burns. - Soft tissue aches & pains. - Resisting Peer pressure.
Accommodation	Dormitory Accommodation	- Fire Drill. - 24hr adult supervision.	- Fire - Falling out of bed.
Transport	Mini-buses with 8 forward facing passenger seats with seat-belts.	- Drivers trained and assessed in safe use of mini-buses.	Normal risks associated with driving.

CLIMBING & TREKKING			
Activity	Description of Activity	Safety Procedures	Possible Hazards
Rock Climbing & Abseiling	Climbing and Descending on rock with the safety of a rope anchored from above. Venue: Leigh Tor, Haytor, Dewerstone, or Sheeps Tor.	- Helmet & Harness worn. - Always secured by rope anchored from above	Small stones/equipment being dislodged/dropped from above.
Indoor Climbing & Bouldering	Climbing & Bouldering on indoor wall at Holne Park.	- Helmet worn if bouldering. - Helmet & harness worn if climbing. - Spotters used if bouldering. - Secured by rope anchored from above if climbing. - Climbing wall fitted with matting.	- Landed on by someone falling off.
Low level Walks	Low level walks on roads, tracks & open moorland. Day and evening. Venue: Local area around Holne Park & Dartmoor.	- Careful group control. - Careful route selection and awareness of effects of weather.	- Coldness or over-heating. - Ticks. - Other road users.
Low Level Moorland Expeditions.	Low level walks including over-night camping, roads, tracks and open moorland. Venue: Dartmoor.	- Careful group control. - Careful route selection and awareness of effects	- Coldness or over-heating. - Ticks. - Other road users. - Infection from

		of weather.	ingestion of water or food. - Burns from fires or stoves.
--	--	-------------	--

WATER BASED ACTIVITIES			
Activity	Description of Activity	Safety Procedures	Possible Hazards
Kayaking	Kayaking on small flat-water pond. Venue: Holne Park.	- Helmet and Buoyancy aid worn. - Can stand up in the pond.	- Immersion in cold water. - Infection from ingestion of water or through cuts. E.g. Weils disease may be a risk, but no reported cases known.
Open Canoeing	Open Canoeing on small flat-water pond. Venue: Holne Park.	- Helmet and Buoyancy aid worn. - Can stand up in the pond.	- Immersion in cold water. - Infection from ingestion of water or through cuts. E.g. Weils disease may be a risk, but no reported cases known.
Improvised Raft Building	Build and "sail" a raft on shallow pond constructed from barrels and poles. Venue: Holne Park.	- Helmet worn. - Can stand up in the pond.	- Immersion in cold water. - Infection from ingestion of water or through cuts. E.g. Weils disease may be a risk, but no reported cases known.
Estuary Canoeing	Open Canoeing day trips or over-night expeditions on tidal estuaries. Venue: Local Estuaries.	- Buoyancy aid worn. - Careful route selection and awareness of effects of weather and tide.	- Coldness or overheating. - Immersion in cold water. - Infection from ingestion of water or through cuts. E.g. Weils disease may be a risk, but no reported cases known. - Infection from ingestion of food. - Burns from stoves.

CAVING			
Activity	Description of Activity	Safety Procedures	Possible Hazards
Caving	Introductory Caving experience. Venue: Pridhamsleigh Cave.	- Helmet, headlamp, wellies and overall worn.	- Access to cave is across a farm environment. Infection from ingestion or cuts. E.g. Weils disease &

			e-coli poisoning may be a risk, but no reported cases known. - Fear of enclosed spaces.
--	--	--	--

MOUNTAIN BIKING			
Activity	Description of Activity	Safety Procedures	Possible Hazards
Mountain Biking	Introductory Mountain Biking experience. Venue: On-Site	- Helmet and gloves to be worn.	- Un-stable, risk off falling off.

"TREE TOP" RIGGING ACTIVITIES			
Activity	Description of Activity	Safety Procedures	Possible Hazards
High Ropes Course.	Obstacle course set high up in trees. Venue: Holne Park	- Helmet & harness worn. - Participant secured to safety wire.	- Fear of Heights. - Ladder access to start of Course.
Zip Wire.	Aerial runway where participant travels along a wire using a pulley block. Venue: Holne Park.	- Helmet & harness worn. - Participant secured to pulley block.	- Fear of Heights. - Ladder access to zip-wire platform.
Pamper Pole.	Climb to top of a pole, jump off and touch a swinging ball. Venue: Holne Park.	- Helmet & harness worn. - Participant secured to safety wire.	- Fear of Heights.
Jacobs Ladder.	Climb a large "ladder" made of wire and telegraph poles. Venue: Holne Park.	- Helmet & harness worn. - Participant secured to safety wire.	- Fear of Heights.
Crates.	Construct a tower of crates while standing on top of the tower. Tower eventually collapses. Venue: Holne Park.	- Helmet & harness worn. - Participant secured to safety wire.	- Fear of Heights.
Balance Beams.	Walk along horizontal telegraph poles set high up in the trees. Venue: Holne Park.	- Helmet & harness worn. - Participant secured to safety wire.	- Fear of Heights.
High V's.	Walk along wire leaning on partner until both fall. Venue: Holne Park.	- Helmet & harness worn. - Participant secured to safety wire.	- Fear of Heights. - Wire friction burns.

As caving is our most expensive activity to run it is not financially viable for us to offer this to every group so we have resolved this by charging £5 per person extra if you wish to have caving as part of your programme. This covers cave entry, kit and minibus wear and tear.

CRS ADVENTURES LTD

Schools Price List

Residential Fees

All rates are per person for Monday lunch until Friday lunch.

PRODUCT	TERMS	Monday lunch-Friday lunch
Full Board Standard Menu	Shared rooms, Up to 12 in a room.	March – October
	24 – 68 Students	£150

Activity Fees

All rates are per Monday until Friday and are based on a maximum of 8 people per instructor group.

PRODUCT	PER PERSON MON-FRI RATE
Multi-Activity Programmes	£125
Caving	£5pp

All prices Exclude VAT.

On confirmation of your booking in writing we will request a deposit based on 50% of the full cost of the course. Prices are fixed from the 1st September 2008 until 31st December 2009.

CRS Adventures & The River Dart Country Park

STANDARD CONDITIONS OF BOOKINGS & PAYMENTS

1) INITIAL ENQUIRY:

Once receiving your booking form we will hold these dates for one month from the date received. If deposit payment is not paid within this time your booking will be cancelled.

2) DEPOSITS:

Once we have received your booking form we will send you an invoice for a 50% Deposit of the total cost of the course plus VAT, based on provisional numbers this is to be paid within 14 days of the date of the invoice.

Persons, who withdraw after a booking reservation has been made, automatically forfeit their deposits.

In the event of the provisional numbers booked not being fulfilled, such deposits will be lost.

3) BALANCE:

It is your responsibility to let us know your final numbers two months before your course date so that we can send out your final invoice. Any changes to numbers after this will result in the loss of the total course fee.

The rest of the balance is due 1 month before the start of the course date.

4) CANCELLATION CHARGES:

Should cancellation of the course occur then the following charges will come into effect:-

NOTICE OF:	Four months or more: DEPOSIT ONLY
	Less than 3 months: 75% OF TOTAL COURSE COST
	Less than 2 month: 100% OF TOTAL COURSE COST

5) CHEQUES:

Activity Fees Cheques are made payable to **CRS ADVENTURES**.

Residential Fees Cheques are made payable to **River Dart Country Park**.

6) PERSONAL EFFECTS:

CRS Adventures and River Dart Adventures accept no responsibility for any damage to, or theft of, personal effects or clothing of house residents.

GENERAL TIME TABLE						
		1	2	3	4	5
MONDAY	MORNING	ARRIVE, WELCOME, TOUR, ROUND ROBIN.				
	AFTERNOON	V`S & BEAMS	BEAMS & V`S	PAMPA POLE & JACOBS	JACOBS & PAMPA POLE	HIGH ROPES
	EVENING	HEMBURY WALK				
TUESDAY	MORNING	RAFT BUILDING	RAFT BUILDING	V`S & BEAMS	BEAMS & V`S	RAFT BUILDING
	AFTERNOON	CRATES & ZIP WIRE	ZIP WIRE & CRATES	RAFT BUILDING	RAFT BUILDING	PAMPA POLE & JACOBS
	EVENING	DART ABOUT				
WEDNESDAY	MORNING	CANOE & KAYAK	KAYAK & CANOE	CRATES & ZIP WIRE	ZIP WIRE & CRATES	DARTMOOR WALK
	AFTERNOON	HIGH ROPES	HIGH ROPES	CANOE & KAYAK	KAYAK & CANOE	CLIMBING
	EVENING	SHELTER BUILD				
THURSDAY	MORNING	DARTMOOR WALK	DARTMOOR WALK	CLIMBING	CLIMBING	V`S & BEAMS
	AFTERNOON	CLIMBING	CLIMBING	DARTMOOR WALK	DARTMOOR WALK	CANOE & KAYAK
	EVENING	SEARCH AND RESCUE				
FRIDAY	MORNING	JACOBS & PAMPA POLE	PAMPA POLE & JACOBS	HIGH ROPES	HIGH ROPES	CRATES & ZIP WIRE
	AFTERNOON	CERTIFICATES & DEPART				

CRS ADVENTURES LTD

Booking Form

NAME OF GROUP:

NAME OF GROUP ORGANISER:

ADDRESS:

.....

.....

TEL NO:

FAX NO:

EMAIL:

DATE OF TRIP FROM: **TO:**

ARRIVAL TIME: **DEPARTURE:**

FIRST MEAL: **LAST MEAL:**

NO. CHILDREN: BOYS **GIRLS**.....

NO. TEACHERS/HELPERS

ACTIVITIES YOU WISH TO BE IN YOUR DRAFT TIME TABLE:

Please circle the activities you would like to do.

Day Activities:

Rock Climbing & Abseiling

Indoor Climbing & Bouldering

Low Level Walks

Kayaking

Open Canoeing

Improvised Raft Building

Caving

High Ropes Course

Zip Wire

Pamper Pole

Jacobs Ladder

Crates

Balance Beams

High V's

Mountain Biking

Evening Activities:

Round Robin

Dart About

Hembury Walk

Mini Olympics

Shelter Building

Orienteering

Search & Rescue

PROVISIONAL DATE FOR PARENTS' EVENING VISIT:

First Choice

Second Choice

SIGNED:

DATE:

CRS ADVENTURES
YOUNG PERSON'S MEDICAL FORM

RESIDENTIAL VISIT TO CRS ADVENTURES, HOLNE PARK, DEVON.

GROUP DETAILS

Group Name: Party Leader:.....

Date of Visit: From:..... To:.....

PARTICIPANT DETAILS

Name of Participant:..... Date of Birth:.....

Name of Emergency Contact: Parent /Guardian

Address:.....

.....

Post Code:

Emergency Contact No. Daytime:..... Evening:.....

NHS Medical Card Number:..... Name of Doctor:.....

Surgery:..... Surgery Tel.No:.....

Has the participant had, or is still experiencing any of the following?

Asthma or bronchitis	YES	NO	Recent bed wetting	YES	NO
Taking any medication	YES	NO	Severe Headaches	YES	NO
Sight or hearing needs	YES	NO	Epilepsy	YES	NO
Sleep-walking	YES	NO	Back Injuries	YES	NO
Heart Condition	YES	NO	Diabetes	YES	NO
Fits, fainting or blackouts	YES	NO	Dental Problems	YES	NO
Travel Sickness	YES	NO			

Allergies to any known drugs YES NO

Are you happy for the participant to sleep on top bunk? YES NO

Allergies to food, pollen, dust, insect stings YES NO

Any other illness / special need / relevant medical condition YES NO

Recent (3 months) surgical or medical treatment YES NO

Contact in last 3 Months with anyone with a contagious infectious disease
YES NO

Would you allow your child to sleep on the top tear bunk bed YES NO

Please provide details if the answer was YES to any of the above questions:

.....

.....

.....

Date of last TETANUS vaccination:.....

Any Special dietary requirements:.....

CRS ADVENTURES

YOUNG PERSON'S CONSENT FORM

At CRS Adventures we are committed to a process of learning through experiencing outdoor activities. We recognise that hazards and risks are real, and that they are an inescapable part of the path to challenge, adventure and fun. The safety of your children is our primary concern, therefore to re-assure you, we would like to make you aware of the following policy, which is designed to minimise potential hazards about a visit to CRS Adventures, Holne Park, Devon.

Our commitment to you is that risk is managed and minimised using the following best practice:

- CRS Adventures is licensed under the Activity Centres (Young Persons Safety) Act 1995 as licensed to provide specified activities under the headings: Climbing, Caving, Trekking and Water Sports. As an organisation we are also subject to assessment and inspections by National Bodies and independent organisations: Mountain Leader Training board (MLTB), British Canoe Union (BCU), Adventure Activity Licensing Authority (AALA), Technical Advisors for each Activity Sector and the Fire Service.
- A rigorous assessment of the risks and safe working practice procedure is applied to all parts of the programme.
- CRS Adventures staff are trained and monitored to ensure that they operate according to our safe working practices.
- Our safety equipment will be in good working condition.
- Hazards and risks will be identified and communicated to participants before each activity.
- The programme will be monitored and if need be altered to reflect any emerging safety issues (e.g. adverse changes in the weather.)

Your commitment to us to help us manage and minimise the risks:

- Participants will actively take responsibility for their own behaviour.
- All activities are to be entered into willingly.
- Participants must disclose any medical conditions.
- Participants should understand the nature of the activities in which they are participating.
- Participants agree to abide by the expertise and decisions of the CRS Adventures Staff.
- Participants should be suitably attired, in accordance with the "activity clothing list".

DECLARATION

As parent / Guardian of I have understood the nature of the adventurous outdoor activity visit to CRS Adventures at Holne Park, Devon and agree to his / her taking part.

I also agree that:

- He / She are fit to participate in the visit.
- He / She will comply with the "commitment" stated above.
- If I cannot be contacted, I give permission for any emergency dental or medical treatment to be authorised by the party leader whilst the group is away from home.
- Under the Data Protection Act, I authorise CRS Adventures to "file" the information on this form for the sole use of this visit.

Signature of Parent / GuardianDate.....

Name of Parent / Guardian.....

Occasionally, CRS Adventures take photos for marketing materials if you agree for us to use these images please sign and date below.

Signature of parent / Guardian..... Date.....

CRS ADVENTURES

ADULT MEDICAL FORM

RESIDENTIAL VISIT TO CRS ADVENTURES HOLNE PARK, DEVON.

VISIT DETAILS

Date of Visit:.....

Activities participating in:.....

.....

PARTICIPANT DETAILS

Name of Participant:..... Date of Birth:.....

Address:.....

.....

Post Code:

Name of Emergency Contact:

Emergency Contact No. Daytime:..... Evening:.....

NHS Medical Card Number:..... Name of Doctor:.....

Surgery:..... Surgery Tel.No:.....

Do you suffer from the following?

Asthma or bronchitis	YES	NO	Severe Headaches	YES	NO
Taking any medication	YES	NO	Epilepsy	YES	NO
Sight or hearing needs	YES	NO	Back Injuries	YES	NO
Sleep-walking	YES	NO	Diabetes	YES	NO
Heart Condition	YES	NO	Dental Problems	YES	NO
Fits, fainting or blackouts	YES	NO			
Travel Sickness	YES	NO			
Allergies to any known drugs	YES	NO			
Allergies to food, pollen, dust, insect stings			YES	NO	
Any other illness / special need / relevant medical condition			YES	NO	
Recent (3 months) surgical or medical treatment			YES	NO	
Contact in last 3 Months with anyone with a contagious infectious disease				YES	NO

Please provide details if the answer was YES to any of the above questions:

.....

.....

.....

Date of last TETANUS vaccination:.....

Any Special dietary requirements:.....

CRS ADVENTURES

ADULT CONSENT FORM

At CRS Adventures we are committed to a process of learning through experiencing outdoor activities. We recognise that hazards and risks are real, and that they are an inescapable part of the path to challenge, adventure and fun. The safety of participant is our primary concern, therefore to re-assure you, we would like to make you aware of the following policy, which is designed to minimise potential hazards about a visit to CRS Adventures, Holne Park, Devon.

Our commitment to you is that risk is managed and minimised using the following best practice:

- CRS Adventures is licensed under the Activity Centres (Young Persons Safety) Act 1995 as licensed to provide specified activities under the headings: Climbing, Caving, Trekking and Water Sports. As an organisation we are also subject to assessment and inspections by National Bodies and independent organisations: Mountain Leader Training board (MLTB), British Canoe Union (BCU), Adventure Activity Licensing Authority (AALA), Technical Advisors for each Activity Sector and the Fire Service.
- A rigorous assessment of the risks and safe working practice procedure is applied to all parts of the programme.
- CRS Adventures staff are trained and monitored to ensure that they operate according to our safe working practices.
- Our safety equipment will be in good working condition.
- Hazards and risks will be identified and communicated to participants before each activity.
- The programme will be monitored and if need be altered to reflect any emerging safety issues (e.g. adverse changes in the weather.)

Your commitment to us to help us manage and minimise the risks:

- Participants will actively take responsibility for their own behaviour.
- All activities are to be entered into willingly.
- Participants must disclose any medical conditions.
- Participants should understand the nature of the activities in which they are participating.
- Participants agree to abide by the expertise and decisions of the CRS Adventures Staff.
- Participants should be suitably attired, in accordance with the "activity clothing list".

DECLARATION

As Participant I have understood the nature of the adventurous outdoor activity visit to CRS Adventures at Holne Park, Devon and agree to taking part.

I also agree that:

- I am fit to participate in the visit.
- I will comply with the "commitment" stated above.
- If my next of kin cannot be contacted, I give permission for any emergency dental or medical treatment to be authorised by the party leader whilst the group is away from home.
- Under the Data Protection Act, I authorise CRS Adventures to "file" the information on this form for the sole use of this visit.

Signature of ParticipantDate.....

Occasionally, CRS Adventures take photos for marketing materials if you agree for us to use these images please sign and date below.

Signature of Participant..... Date.....

CRS ADVENTURES CLOTHING LIST

All items of clothing should be marked with your NAME

- Slippers (for indoor use only)
- 2 pairs of Trainers (1 pair for wet use)
- Wellington Boots
- 2 pairs swimming trunks/costumes
- Underwear
- Pyjamas/Night Clothes
- 2 Large Towels
- Wash Kit
- Torch plus spare batteries
- Unbreakable Water Bottle (very important)
- Small Rucksack
- Black Bin Bags
- Socks (lots)
- Waterproofs – Jacket and Trousers
- Baseball hat, Sun-cream, Insect repellent (summer)
- Woolly hat, gloves, scarf, thermal underwear (winter)
- At least 3 sets of clothing for activities (*see info below)

*Activity Clothing:

This clothing needs to be hard wearing and, depending on the time of year, should include a fleece/warm jacket. This list is the minimum recommended requirements, the weather can be very unpredictable and should we have a very wet week, then it may be necessary to have more changes of clothing. Some, if not all, of this clothing will get very dirty – old clothing is by far the best option.

- 3 Pairs Tracksuit Trousers / Leggings
- 3 Sweatshirts / Pullovers
- 3 T-shirts
- 3 Long Sleeved T-shirts / Shirts.

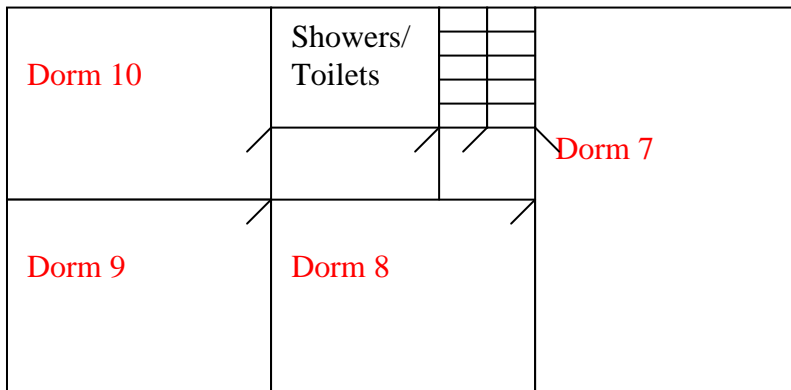
NO JEANS

It is advisable to have an extra set of clothing that is not used for activities in order to have something clean to put on in the evenings and to travel home in.

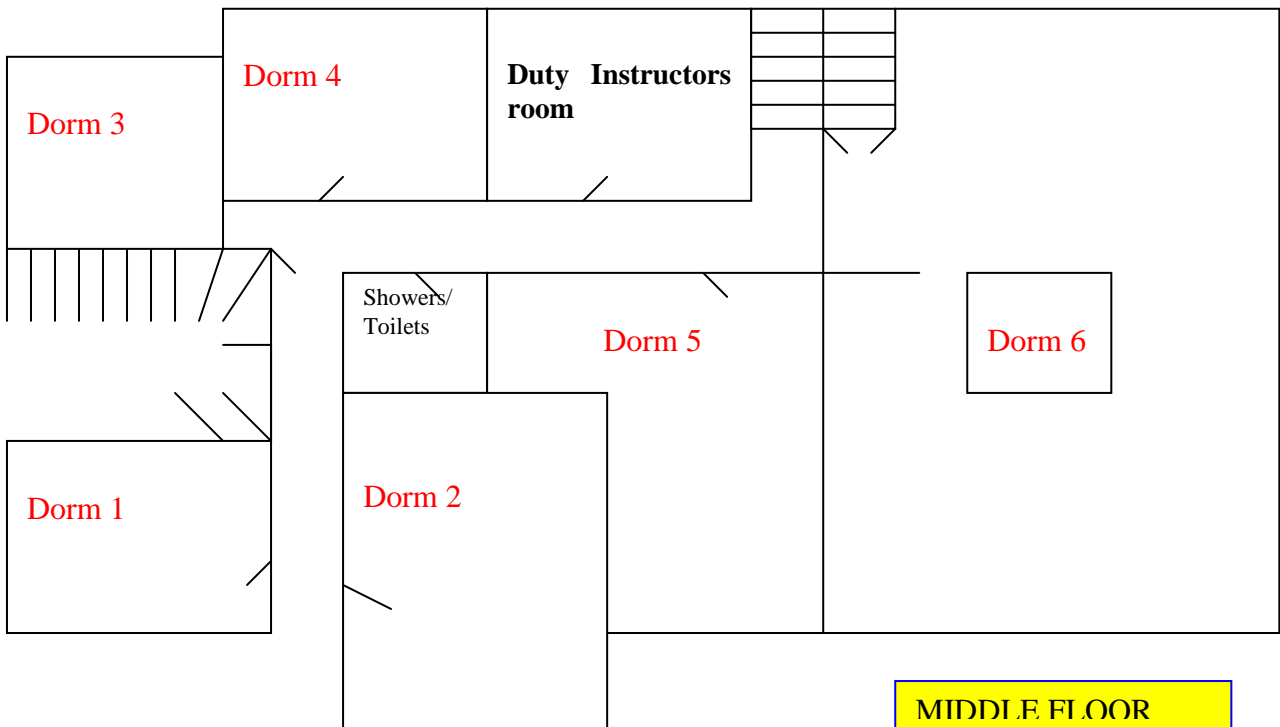
All specialist equipment, e.g. sleeping bags, climbing harnesses etc. is provided by the centre.

We are trying to be more environmentally friendly so if you could send your child with a **plastic re-useable cup/mug with their name on the bottom** so we do not have to use disposable cup/mugs.

DORMITORY PLAN



TOP FLOOR



MIDDLE FLOOR

- Dorm 1 = 12 en-suite
- Dorm 2 = 12 en-suite
- Dorm 3 = 8
- Dorm 4 = 12 en-suite
- Dorm 5 = 12 en-suite
- Dorm 6 = 12 en-suite
- Dorm 7 = 12 en-suite
- Dorm 8 = 6
- Dorm 9 = 6
- Dorm 10 = 6

DORM LIST

	DORM 1		DORM 2
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	
12		12	

	DORM 3		DORM 4
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
		9	
		10	
		11	
		12	

	Dorm 5		Dorm 6
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	
12		12	

	DORM 7		DORM 8
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7			
8			
9			
10			
11			
12			

	DORM 9		DORM 10
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	

	TEACHER'S WEST WING
Room 1 (Two single beds)	
Room 2 (One single bed)	
Room 3 (Two single beds)	
Room 4 (Two Single beds)	

GROUP LIST

	GROUP 1		GROUP 2
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
T		T	

	GROUP 3		GROUP 4
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
T		T	

	GROUP 5		GROUP 6
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
T		T	

	GROUP 7		GROUP 8
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
T		T	

	GROUP 9		GROUP 10
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
T		T	

	GROUP 11		GROUP 12
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
T		T	