

Active
learning group




Cuffley


Are you ready for your...

FIVE DAY ADVENTURE

Welcome to Cuffley

We can't wait to welcome your students for their Day Adventure! Here at Cuffley students become immersed in nature, engaged in new activities, developing their personal skills and making memories.

Each itinerary is designed to encourage the development of resilience, team-work and self-confidence. Our unique and diverse centre is set within a 96-acre woodland in the heart of Cuffley, Hertfordshire, offering the perfect backdrop to develop the imagination, passion, enthusiasm for the outdoors and allow young people to learn skills beyond the normal classroom environment.

OUR APPROACH

With a focus on reviewing and reflecting, our courses enable students to develop their own self-awareness and learn to recognize their own and others' strengths and current limitations, valuing the contributions of others. Our skilled facilitators will help students to recognise and applaud their own and others' achievements, thus fostering friendships and developing supportive networks.

SKILLS BUILDER

Building essential skills is fundamental to a young person's development. So all our courses at Cuffley incorporate the use of the Skills Builder Framework to deliver adventure and personal development experiences that align with the Skills Builder essential skills –Leadership, Teamwork, Listening, Speaking, Staying Positive, Aiming High, Creativity and Problem Solving.



YOUR TRIP

You will work in teams (up to 15 students per team). Each group will work as a team through various activities, supported by a group Leader, who will ensure everyone contributes to the team effort, achieving shared goals and leaving the woods with a great sense of achievement and a passion to learn more.

Please note this is an outline of the activities your students are likely to experience during their time with us, however due to the nature of our woodland location these may be subject to change.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
	Arrive	Breakfast	Breakfast	Breakfast	Breakfast
Session 1	Introduction to the Centre	High All Aboard	Problem Solving	Hiking	Balance Beam
		Snack time	Snack time	Snack time	Snack time
Session 2	Archery	Up & Under Course	Traverse Wall & Slacklining	Wilderness First Aid	Gladiator Challenge
	Lunch	Lunch	Lunch	Lunch	Lunch
Session 3	Low Level Team Challenge	Orienteering	Crate Stack	Scenario SOS	Depart
Session 4	Fire Lighting & Shelter Building	Tomahawk Throwing	Leap of Faith	Night Line	
	Dinner	Dinner	Dinner	Dinner	
Session 5	Evening Games	Evening Games	Evening Games	Evening Games	

TENTED VILLAGE

Students will sleep in large bell tents, each accommodating up to 10, with separate staff tents adjacent. Clustered around a yurt with central campfire they are excellent for building a real sense of adventure out in the woods.



MEALTIMES

The emphasis at Cuffley is on providing well-sourced, healthy and nutritious food that promotes wellbeing and gives the essential fuel to enable the students and staff to perform at their peak.

We will cater for all dietary requirements.



KIT LIST

We do stress that it is not necessary to go out and buy all new and expensive kit to come on our trips. If you have appropriate footwear and some warm clothes you will be fine!

- ☐ **Large rucksack** (or alternative bag/suitcase)
- ☐ **Small rucksack** (for daytime away from camp)
- ☐ **Warm sleeping bag** (season 3)
- ☐ **Roll Mat**
- ☐ **Pillow** (optional)
- ☐ **Sleeping bag liner** (optional)
- ☐ **Tracksuit/hard-wearing trousers**
- ☐ **T-Shirts**
- ☐ **Warm jumper / fleece**
- ☐ **Waterproof jacket and trousers**
- ☐ **Warm socks and underwear**
- ☐ **Footwear** (2 pairs - walking boots/old trainers)
- ☐ **Towel (s)**
- ☐ **Wash Bag** (toothbrush, toothpaste & facewipes)
- ☐ **Water bottle**
- ☐ **Whistle** (optional)
- ☐ **Good torch with fresh batteries**
- ☐ **Insect repellent**
- ☐ **Alcohol Hand Gel**

WEATHER DEPENDANT:

- ☐ **Wellington Boots**
- ☐ **Warm Hat**
- ☐ **Gloves**
- ☐ **Sun Cream**
- ☐ **Sun Hat**

FAQ'S

ARE THE CUFFLEY INSTRUCTORS DBS CHECKED?

Yes, every member of our team has to pass through our Enhanced DBS procedure and will be checked for their suitability for their role at Cuffley.

WHAT QUALIFICATIONS/CERTIFICATIONS DO CUFFLEY INSTRUCTORS HAVE?

All our team have a great deal of experience running camps of this nature. Our instructors receive extensive in-house training prior to working on camps and additional qualifications for specialised activities such as High Ropes and archery.

HOW MANY MEMBERS OF STAFF WILL BE ON THE CAMP WITH THE CHILDREN?

All our camps operate within National Governing Body guidelines to ensure all key supervision ratios are met – school staff will be in addition to this.

WHAT ARE THE TOILETS LIKE?

At Cuffley we have a mix of flushing porta-loo style toilets, similar to those you may find at a festival, as well as more traditional toilet and shower blocks, dependant on your accommodation.

WILL THERE BE FEMALE MEMBERS OF STAFF?

We aim to provide at least one female member of staff. If you do require female staff members, please make us aware in advance.

WHAT HAPPENS IF IT RAINS?

Most of the time, activities continue whatever the weather, as the extensive tree canopy protects from the worst of the weather. In extreme circumstances we can use our indoor spaces.

X We ask you do not bring sweets or snacks onto camp, particularly those containing nuts.

X We also do not advise bringing electronic equipment, such as mobile phones.

COVID-19 PROCEDURES

We have conducted a comprehensive Covid-19 risk assessments to identify what operational changes we should make to minimise risk. The good news is that we are confident that we can operate safely at Cuffley Camp, whilst observing all the Covid-19 government safety guidance.

KEEP IN TOUCH

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