



Duke of Edinburgh Gold Residentials

Information Pack





Sealyham Active Learning Centre

Active Learning Centres are dedicated to helping young people develop essential skills and character, and to promote wellbeing through outdoor learning.

Sealyham ALC is our dedicated coastal centre, offering a whole range of outdoor activities both off, on and in the water. The centre has recently undergone a complete refurbishment and upgrade to offer warm, comfortable accommodation and dining facilities to provide the perfect setting for a fun-filled, action-packed residential experience.

Our Location

We make the most of the scenic Pembrokeshire coastline to offer water-based activities. We also have our own 100 acres of woodland to explore with the beautiful River Anghof running through the middle. With easy access to local crags for climbing, and the Presilli hills for mountain walking, as well as nearby lakes and rivers, a course at Sealyham offers something for everyone.

Day 1:
Arrival Midday

Day 5:
Departure 3pm



**SEALYHAM
ALC**

Wolfscastle,
Haverfordwest
SA62 5NF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45am		Breakfast	Breakfast	Breakfast	Breakfast
8:45am		Adventure Activity*	Adventure Activity*	Adventure Activity*	Adventure Activity*
12:00pm		Adventure Activity*	Adventure Activity*	Adventure Activity*	Adventure Activity*
12:00pm	Arrival Settling in Make beds Instructor chat Lunch				Lunch Pack Bags Sign back kit
1:00pm	Adventure Activity*				Review of the week
3:00pm					Pick up
4:30pm	Return From Activity / Showers	Return From Activity / Showers	Return From Activity / Showers	Return From Activity / Showers	
5:30pm	Evening Meal	Evening Meal	Evening Meal	Evening Meal	
7:00pm	Planned Activity*	Planned Activity*	Film Night*	Planned Activity*	
8:00pm	Social Time	Social Time	Social Time	Social Time	
9:00pm	Hot Choc	Hot Choc	Hot Choc	Hot Choc	
10:00pm	Lights Out	Lights Out	Lights Out	Lights Out	

*Adventure Activities will be decided on each day, dependent on the weather, conditions, abilities of the group and needs of the course. The options would be:

Coasteering, Surfing, Canoeing & Kayaking, Paddleboarding, Climbing & Abseiling, Archery, Bushcraft, Ropes Courses, And much more...

*Planned activities on the evenings will all be onsite with the aim of getting to know each other, have fun and wind down after a day out adventuring.

What kit does Sealyham provides...

Each student will be provided with a kit containing the necessary items which they are to use and look after for the duration of the trip.

- **Wetsuits**
- **Safety Equipment**



The students will be issued with the appropriate safety equipment for each activity they undertake.



Kit List

Item	Tick
4-6 T-shirts	<input type="checkbox"/>
3 - 5 Jumpers/hoodies/fleeces	<input type="checkbox"/>
Swimwear	<input type="checkbox"/>
3 – 5 Joggers/leggings/Trousers (no jeans for activities)	<input type="checkbox"/>
6 – 8 sets of underwear Socks – at least 6-8 pairs of which 3 should be thick for use in boots/ wellies	<input type="checkbox"/>
Pyjamas	<input type="checkbox"/>
Woolly hat and gloves	<input type="checkbox"/>
4 pairs of footwear	
• 1 pair of indoor shoes/slippers	<input type="checkbox"/>
• 2 pairs of old outdoor trainers which can get wet and dirty.	<input type="checkbox"/>
• 1 pair of walking boots or shoes	<input type="checkbox"/>
Towel	
• 1 for activities	<input type="checkbox"/>
• 1 for showering	<input type="checkbox"/>
Wash bag with personal hygiene items. (No aerosols)	<input type="checkbox"/>
Sunscreen and hat	<input type="checkbox"/>
Reusable drink bottle (at least 1 litre)	<input type="checkbox"/>
Lunch box (preferable rigid plastic, chiller bags get squashed easily)	<input type="checkbox"/>
2 plastic carrier/bin bags for dirty clothes	<input type="checkbox"/>
Any medication such as an Inhaler, EpiPen (Labelled with your name on it)	<input type="checkbox"/>

Code of Conduct

Throughout the course I agree to....

- 1 Treat everyone with respect regardless of gender, ethnicity, disability, sexuality or religious beliefs.
- 2 Listen to instructions given by the staff, instructors, supervisors or assessors and follow them whether I immediately agree with them or not.
- 3 Conduct myself courteously towards all members of staff, instructors, other group members and members of the public.
- 4 Look after my belongings and not expect others to be responsible for them.
- 5 Wear all the appropriate safety equipment/clothing I am given for the residential.
- 6 Not damage equipment through carelessness. I accept that I will have to pay for such loss or damage at replacement cost.
- 7 Not consume any alcohol or drugs during the programme.
- 8 Not bring any weapons on me and will not bring / purchase any items that would be deemed inappropriate.
- 9 Be responsible enough to ensure there is no noise after 10.30 pm, or any earlier time as requested by the staff at Sealyham.
- 10 Attend activities on time with the correct clothing and equipment.
- 11 Only use my mobile phone during the social time and that it must not be present at meal times or during activities.
- 12 Not have any inappropriate physical, verbal, electronic or online contact with others.
- 13 Not enter other participants' private space (e.g. bedrooms,) or have any sexual contact with other people on the course.
- 14 Respect the environment, Use the bins provided and not drop litter in any of the environments we encounter.

In the interest of all participants the code of conduct must be adhered to, Sealyham ALC holds the right to remove any participants found not to be compliant.





Get in touch

Call: **01348 840307**

Email: **sealyham@activelearningcentres.co.uk**

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Haverfordwest SA62 5NF



APPROVED
ACTIVITY
PROVIDER

