



Duke of Edinburgh Gold Residentials

Information Pack





Cuffley Active Learning Centre

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

Cuffley ALC is our woodland centre, offering an immersive experience in a biodiversity rich environment. Offering a wide range of activities, from up near the treetops on our High Ropes to practicing that perfect shot with our Target Sports, there is something here for everyone.

Day 1:
Arrival Midday
Day 5:
Departure 3pm

Our Location

Cuffley Active Learning Centre is tucked away in the beautiful Hertfordshire woodlands, boasting over 96 acres of SSSI woodland with ancient Hornbeam's at every turn! Here you get to put your teamwork, leadership and communication skills to the test, face new challenges and create amazing memories.



**CUFFLEY
ALC**
Carbone Hill,
Potters Bar, Herts,
EN6 4PR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am		Breakfast	Breakfast	Breakfast	Breakfast
9:30am		Activity	Activity	Activity	Activity
12:00pm	Arrival Settling in Make beds Instructor chat Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	Activity	Activity	Activity	Activity	Pack bags Review of the week
3:15pm	Activity	Activity	Activity	Activity	Departure from 3:00pm
6:00pm	Dinner	Dinner	Dinner	Dinner	
7:00pm	Evening Activity*	Evening Activity*	Evening Activity*	Evening Activity*	
10:00pm	Lights out	Lights out	Lights out	Lights out	

Activities will be dependent on the weather conditions, abilities of the group and needs of the course: The options would be:

Climbing, High Ropes, Low Ropes, Zip Wire, Bushcraft Skills, Wilderness Cookery, Hiking, Target Sports, Orienteering and much more...

*Evening Activity will be aimed at getting to know one another, having fun and a wind down after a day of busy activities.

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



Kit List

Item	Tick
T-Shirts	<input type="checkbox"/>
Jumpers/Fleeces/Hoodies	<input type="checkbox"/>
Trousers/Leggings (preferably for outdoor use, no jeans)	<input type="checkbox"/>
Warm socks & underwear	<input type="checkbox"/>
Pyjamas	<input type="checkbox"/>
Hat, Gloves, Scarf	<input type="checkbox"/>
3 pairs of shoes	
• Old trainers	<input type="checkbox"/>
• Walking boots	<input type="checkbox"/>
• Wellies	<input type="checkbox"/>
Wash Kit & personal hygiene items	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Sunscreen and hat	<input type="checkbox"/>
Reusable drink bottle (at least 1 litre)	<input type="checkbox"/>
Waterproof jacket & trousers	<input type="checkbox"/>
Torch	<input type="checkbox"/>
Small day rucksack	<input type="checkbox"/>
Any medication you take, 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: **cuffley@activelearningcentres.co.uk**

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APPROVED
ACTIVITY
PROVIDER

