



Attention all adventurous people,

You have an exciting opportunity to take part in Active Grindleford's **SPRING INTO ACTION DAY**, offering a variety of **OUTDOOR ADVENTURE PURSUITS** on **Sunday 30<sup>th</sup> March 2008** based at The Bridge Playing Fields, Grindleford in association with, 'The Whitehall Centre – Buxton.'

The day is open to all ages and abilities, however, some activities do have age and height restrictions applied to them, activities will run for 2 hours per session and you have the chance to take part in two sessions, either during the morning or afternoon...**the choice is up to you!**

The activities on offer will include:

- Extreme Orienteering: A race around Grindleford's Orienteering Course...who will be the fastest?  
**(suitable for 11 years and older)**
- Canoeing: Have you ever been in a canoe? Now is your chance to try on the River Derwent, Bamford (Transport provided from Grindleford).  
**(must be aged 8 or older)**
- Mountain Biking: A Mountain Bike ride around Grindleford and the local area!!!  
**(must be more than 1.4m tall)**
- Climbing: Why not try climbing at one of the Hope Valley's famous climbing spots (Transport provided from Grindleford).  
**(must be aged 8 or older)**
- Junior Orienteering: A slower paced Orienteering Course around the grounds of The Bridge Playing Fields, Grindleford.  
**(under 8's must be accompanied by an adult)**
- Team Challenge: Can you work as a team to overcome a variety of Team Obstacles based at The Bridge Playing Fields, Grindleford  
**(under 8's must be accompanied by an adult)**
- Local Walk: A local walk around the stunning surroundings of Grindleford and the local area.

Please fill in the attached consent form and select which activities you would like to take part in, you **MUST** return the consent form as soon as possible before **15.00pm on Monday 24<sup>th</sup> March**. **Consent forms can be filled out on the day, however, first come first served will operate): For more information please call Paul Whitworth, Sports Development Officer for Active Grindleford on 07879 450671.**

**Please return completed Forms to:  
Active Grindleford  
3 Midland Cottages  
Grindleford, Hope Valley, Derbyshire, S32 2JA**

# ACTIVITY SELECTION

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

CONTACT TELEPHONE No: \_\_\_\_\_

## TIME SELECTION:

Please select which session you would like to attend:

- Morning Session 10.30 – 12.30
- Afternoon Session 13.00 – 15.00
- Both Sessions

## GROUP A\*

Please number the activities in GROUP A in order of preference  
(1 = Favourite, 3 = Least Favourite)

- Junior Orienteering
- Canoeing
- Mountain Biking
- Local Walk

## GROUP B\*

Please number the activities in GROUP B in order of preference  
(1 = Favourite, 3 = Least Favourite)

- Extreme Orienteering
- Climbing
- Team Challenge

Please ensure that you are able to carry out your chosen activities due to age and height restrictions, if you are not able to carry out any of the activities please due to age or height please write N/A in the appropriate box.

**Please note that all session will be led and supervised by trained staff, who all have FIRST-AID qualifications and are highly experienced in these types of activity.**

# OUTREACH UNIT

## DAY COURSE APPLICATION FORM

Course No: \_\_\_\_\_ N/A \_\_\_\_\_

Course Title:  
\_\_\_\_\_

Course Date: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

Sex: M / F

Surname: \_\_\_\_\_

First Name(s): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_

Daytime / Emergency Telephone Number(s): \_\_\_\_\_  
\_\_\_\_\_

Please detail any medical condition, special needs or mobility problems, illness or medication we should be aware of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **To be Signed by Applicant or Parent/Guardian (If UNDER 18 years old):**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Forms should then be returned before **Monday 24<sup>th</sup> March** to Active Grindleford, 3 Midland Cottages, Grindleford, Hope Valley, Derbyshire, S32 2JA. Forms can be completed on the day, but first com first served will operate.

### **TERMS AND CONDITIONS OF BOOKING**

1. I have read the notes for course members and understand the nature of the course. I agree that my child shall abide by all safety regulations.
2. I understand that in the event of accident, loss or damage, Derbyshire County Council will only accept liability where the accident, loss or damage is caused by the negligence of the County Council, its employees, agents or sub-contractors.
3. I understand that course members are **NOT** insured by Derbyshire County Council against personal injury, loss or damage that is not caused by negligence on the part of Derbyshire County Council or its employees, agents or sub-contractors.
4. I understand that personal accident, loss or damage and cancellation insurance should be arranged by myself or course organiser on my behalf (check with course organiser).
5. I authorise the Service Director or his/her representative to consent to any medical treatment, which a medical practitioner deems necessary.
6. I understand that it may not be possible with mixed groups for members of staff of each sex to be present at all times during activities.