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 "Shannon River Adventure"

Sample Outline of Multi-activity Day Trip

10.00am – 4.00pm (€37.00pp)

Activities will include some, or all, of the following and up to 8

Water (am/pm) Kayaking & Games on the Water, Canoeing, Pier Jumping, Mud Slide.

Land (am/pm) Climbing Wall, Archery, Fun Assault Course, Dynamic land games

On arrival you will be greeted by your instructors, brought to your base for the day, be briefed on the day ahead.

10.00am: Start activities (Please try to arrive by 9.50am)

12.45pm – 1.30pm Lunch time

1.30pm – 4.00pm Activities

4.00pm Finish time

Price per pupil: €37.00 All activities onsite

WHAT TO BRING

Water Activities

Swimwear (for under wetsuits), towel, extra pair old runners/shoes for wearing in the water (no flip flops or crocs). **Shoes must be worn at all times *including* during all water activities.**

Land Activities

Waterproof jacket and fleece for variable weather. We recommend long pants, rather than shorts, as they provide extra protection against scuffs and ticks. Change of clothes is recommended in damp weather, particularly extra pair of socks.

General

- Snacks, healthy lunch and drink. **There is a café and tuck shop on site.**
- Any medication you may need i.e. inhaler. Sun cream, hat etc (where appropriate).
- Plastic bag for bringing wet clothing home. ***Please remember to check that you have all your belongings going home. We can only hold on to lost property for 1 week due to the volume during school tours.***

WHAT NOT TO BRING

- We recommend that phones and electronic items are not brought to their school trip. **NB: We have a strict policy about the use of phones and will confiscate phones found to be in use during activities. Phones are totally prohibited in or around the changing areas.**
- **We do not accept responsibility for lost or damaged items and *strongly advise students not to bring/wear expensive clothing, jerseys etc*.**

Wetsuits, buoyancy aids and helmets are provided by us. BUOYANCY AIDS MUST BE WORN WHEN ON OR NEAR THE WATER.

NB: Prior to participating in activities, please notify us of any disabilities, injuries, illness, or allergies that any member of the participating group may have.

Shannon River Adventure Centre recognises the need to ensure the welfare and safety of all young people. We take the safety and privacy of all our participants here very seriously and our policies are driven by trying to protect young people as much as possible.

We do not require a waiver or consent but we do request that a copy of the sample outline, and the information overleaf is made available to the parent or guardian of the young person participating in activities.

Activity Trips

TERMS, CONDITIONS and IMPORTANT INFORMATION

- **BOOKING & PAYMENT** A non-refundable deposit is required to secure bookings. In the case where you are unable to attend on the date booked, bookings can be deferred to another date that suits both parties. Bookings are confirmed only when deposits are received within the timeframe indicated in booking correspondence.
- Final expected numbers should be submitted 1 week before arrival date. However, in the case where there will be a 20%, or more, drop in the numbers booked and the number attending the tour, please give as much advance notice as possible otherwise we may have to charge for a number of those not in attendance.
- The balance is due on or before the tour date and we accept cheque, cash, card or EFT. If paying by EFT, payment must be made at least one day before arrival.
- **INCLUSION:** We promote an inclusive environment here and, to that end, we welcome children of all abilities and needs. However, it must be noted that we are an outdoor activity centre, with areas of rough terrain, and do not specialise in facilitating participants with spinal disabilities. We do have wheelchair-friendly areas and an accessible toilet. We will facilitate participation for children with additional needs and/or disabilities in as far as possible and with the support of a teacher or SNA.
- Shannon River Adventure Ltd. reserves the right to alter programmes at short notice due to inclement weather conditions, non-satisfactory numbers participating etc. In this case we will offer alternative arrangements.
- **RESPONSIBILITY:** Programs are facilitated by Shannon River Adventure Ltd with the understanding that participating in physical and outdoor activities, by their nature, have an element of risk. To that end, minor cuts, bumps and injuries are normal and acceptable consequences of participating in our activities and the management and staff at Shannon River Adventure Centre cannot be held liable for any accident which may occur and is not due to their negligence.
- All participants must agree to be bound by the safety regulations of the centre and hereby agree:
 - To wear safety clothing, headgear and footwear when required and instructed to do so.
 - To follow all instructions meticulously
- Bookings are accepted on the basis that no responsibility is accepted by Shannon River Adventure Ltd., its proprietors or instructors for any injury, damage or loss to a client's property or person however caused.
- We do not accept responsibility for lost or damaged items and **strongly encourage children not to bring valuable items, clothing, jerseys etc.**
- We can only hold on to lost property for 1 week due to the volume left behind during school tours and trips.