

Mountain Boarding



Bude Information Evening 2019

Surfing



Key Times

- Leaving for Bude –
12.00pm Sunday 23rd
June from Main Building.
- Returning to Oldfield –
6.00pm Friday 28th June
to Main Building. (Traffic
permitting)



Daily Routine	CENTRE RESPONSIBILITY	VISITING STAFF RESPONSIBILITY	CENTRE RESPONSIBILITY WITH SUPPORT	VISITING STAFF RESPONSIBILITY WITH SUPPORT
Morning Run / Swim	✓			
Breakfast & Free time				✓
Morning Activity	✓			
Lunch & Free time				✓
Afternoon Activity	✓			
Tutor Meet			✓	
Evening Activity	✓			
Evening Meal & Free time				✓
Evening Entertainments			✓	
Bedtime & Through the Night		✓		

Week 10	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Oldfield M	Mountain Bike		Body Board		Canoe		High Ropes		Surf	
		Caving		Team Trail		Mountain Board		Climb & Abseil		Kayak
Oldfield N	Mountain Bike		Body Board		Canoe		High Ropes		Surf	
		Caving		Team Trail		Mountain Board		Climb & Abseil		Kayak
Oldfield O	Caving		Team Trail		Mountain Board		Climb & Abseil		Kayak	
	Mountain Bike		Body Board		Canoe		High Ropes		Surf	
Oldfield P	Caving		Team Trail		Mountain Board		Climb & Abseil		Kayak	
	Mountain Bike		Body Board		Canoe		High Ropes		Surf	

Day	Time	Evening Entertainment	
		Indoor	Outdoor
Sunday	9:00 p.m. - 10:00 p.m.	Meet & Mix Disco	Astroturf Area
Monday	8:00 p.m. - 10:00 p.m.	Karaoke	Parachute Games
Tuesday	8:00 p.m. - 10:00 p.m.	Fancy Dress	Basketball Competition
Wednesday	8:00 p.m. - 10:00 p.m.	Talent Night	Five a Side Tournament
Thursday	8:00 p.m. - 10:00 p.m.	Presentation Night	

What to bring



- This is an activity week which does mean that clothes will get wet and muddy.
- T-shirts and shorts.
- Old trainers are essential. Wetsuit shoes.
- Tracksuit bottoms are preferable to jeans as they dry quickly.
- Bag for wet / muddy clothes.
- Sunscreen
- Pocket money. There is snack bar and gift shop on site that sells T-shirts and souvenirs.

ABSOLUTELY NO JEWELLERY ON SESSIONS OR EVENING ACTIVITIES. ASTHMATICS MUST TAKE INHALERS TO EVERY SESSION AND EVENING ACTIVITIES. NO SHORT SHORTS, STRAPPY TOPS OR FLIP FLOPS ON ACTIVITIES.

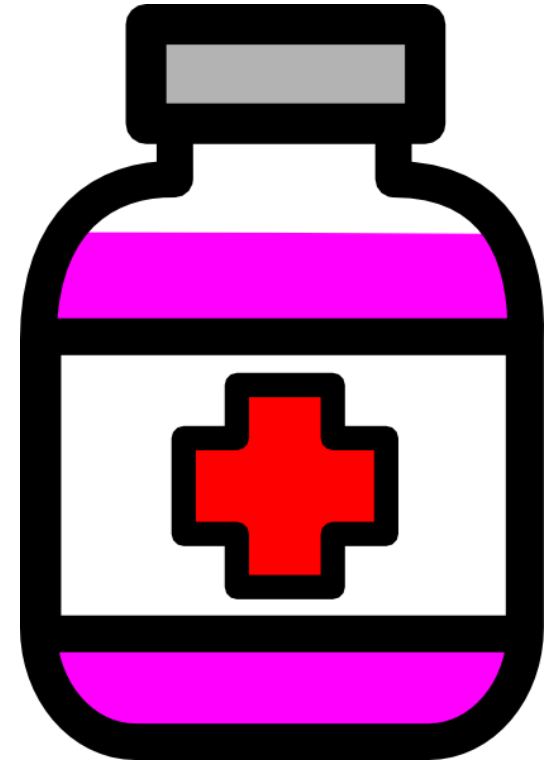
Please do not allow your child to bring any of the following items to the centre :

Mobile Phone, Cigarettes, Drugs, Alcohol, Matches, Lighters, Pets, Electric Iron, Curling Tongs, Hair Straighteners, Ipods, MP3 players, Games Consoles, Jewelry, Chewing Gum, Sweets or Fizzy Drinks.

Medication

Medication

- Please hand in all medication on Sunday clearly labelled in a plastic bag.
- Please leave clear instructions on how often your son / daughter needs their medication. (specific instructions)
- Students with asthma must bring inhalers to every session.



Safety

- The students will be supervised 24 hours a day.
- When on activity they will have 2 instructors and possibly one visiting teacher with them.
- At the centre there are 2 designated senior instructors and Oldfield Staff.



Behaviour



- No smoking or bringing cigarettes/lighters into the centre.
- No boys in girls rooms or vice/versa.
- No drinking alcohol or bringing alcohol or illegal substances onto the premises.
- No anti-social behaviour (bullying, vandalism, stealing etc.).
- No leaving the centre grounds unsupervised.
- No bringing mobile phones onto the premises
- No students allowed in other schools allocated bedroom areas.

Mobile Phones

- Some students get homesick and they have found that phoning home only exacerbates the problem. Be assured that we have skilled tutors who will support them through this period.
- Should you have an urgent message the number is 0870 777 5111.



The Menu

- The Menu consists of three healthy meals a day; Breakfast is cereals, toast and/or cooked meal, lunch is either packed or 2 courses, evening meal is a 2 course meal and in addition to this, snacks are available from the tuck shop throughout the day.



Free Time

- 3 activities per day so only have a small amount of spare time.
- There are many free games, table tennis, basketball, volleyball, football etc....
- A fancy dress disco, so bring a costume!
- Also talent show and presentation evening.



To find out more.....

<http://www.adventure.uk.com>