

**Get Out
Go Country!**
www.gogc.co.uk

INFORMATION FOR SCHOOLS & YOUTH ORGANISATIONS

info@gogc.co.uk

01633 896 123

07813 143 034



Activity categories covered by AALA include climbing, trekking and watersports

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FAO ALL STRESSED-OUT TRIP ORGANISERS!

As ex-teachers, we know exactly just how much time and responsibility goes into organising a trip for a school or any youth organisation, not to mention one that involves venturing into the Great Outdoors! But don't worry - it's not just masochism and the trip will be well worth it!

Whether you have a small group or are looking for activities for over a hundred, you can trust us to make the whole process as easy as possible. Answers to most of your essential pre-booking queries can be found below, but if you have any further questions, please do not hesitate to call us on **01633 896123 / 07813 143 034**.

Let us do the hard work for you and you might even find the time to have a bit of fun yourself!

LOCATION

Our main location is **Cwm Hedd Lakes** just outside Newport (NP10 8RW) but we do run certain activities for smaller groups in **other locations around South Wales**. Information regarding the exact location of your day out will be sent with your booking information.

ACTIVITIES AVAILABLE

Canoeing, kayaking, improvised rafting, archery, problem solving, mountain biking, orienteering and woodland survival skills are all available at Cwm Hedd Lakes. **Just ask** us if the activity you're looking for is not on this list! Most of our activities are ideal for addressing a range of **key skills** and we can deliver **national governing body awards** in canoeing, kayaking and orienteering – contact us for more details.

LICENSING & ACCREDITATION

Watersports, climbing and trekking are **licensed by AALA** (the Adventure Activity Licensing Authority) and **Get Out Go Country** is a member of the Institute of Outdoor Learning (IOL).

INSTRUCTORS

All activities are led by **qualified, experienced and friendly** instructors, who are CRB checked. As part of their National Governing Body qualifications, our instructors are **certified first-aiders**.

CHECK US OUT

We are more than happy to supply **relevant references** if you need any more persuading!

HEALTH & SAFETY

Health & Safety advice for participants, including advice on appropriate clothing, is **included with your booking information** as well as a copy of our form for parental consent, medical declarations and emergency contact details.

SPECIAL NEEDS

As part of our enquiry and booking process, we aim to address any special needs of group members. Where possible, our instructors will make every effort to adapt activities to make them as **inclusive as possible**.

INSURANCE

Get Out Go Country insurance is held with **Jardine Lloyd Thompson**, specialist insurers, policy number CGLBO61000/910.

ENQUIRY / BOOKING PROCEDURE

Either call us on **01633 896 123 / 07813 143 034**, email us on info@gogc.co.uk or fill out the enquiry form at www.gogc.co.uk. Just let us know the size of your group, approximate dates and we'll be in touch with advice, options and prices.

RISK ASSESSMENT

Risk assessments for all activities are automatically **provided on enquiry**. If you need any other documentation, we are more than happy to provide it for you.

THANKS!



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