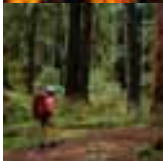




DEPARTMENT OF SOCIAL & COMMUNITY SERVICES

PUBLIC OUTDOOR ACTIVITY & EDUCATION COURSES 2010



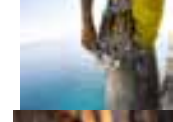


Welcome to the 2010 Outdoor Activity/Education booklet.

In the Hebrides we believe we have the best adventure playground in the world

Our Staff Team aim to use this playground to inspire you by offering a range of safe, yet challenging and enjoyable experiences.

Explore this booklet to discover what adventure you can join us on, during which we hope to inspire you, put a smile of achievement on your face and lead you to a lifelong interest in the outdoors and the wonderful outdoor playground we have on our doorstep.



SAILING PROGRAMME

Around the World: well, maybe one day! Start with us around Stornoway Harbour. Sailing will take you on a journey you've never been on before and here at CnES Sailing School we have courses from beginners to intermediate, for both adults and younger sailors.

YOUTH PROGRAMME

R.Y.A YOUTH STAGE 1

By the end of this introductory course you will have a basic understanding of how a boat sails and some experience of steering and handling the boat.

Date and Venue	Cost	Age	Time	Numbers
Thursday 1st July & Friday 2nd July Cuddy Point	£40	8—16yrs	10am—3pm	12
Thursday 5th August & Friday 6th August Cuddy Point	£40	8—16yrs	10am-3pm	12

R.Y.A YOUTH STAGE 2

At the completion of this course you will have a widening range of skills and knowledge and be well on the way to being a confident small boat sailor.

Date and Venue	Cost	Age	Time	Numbers
Monday 5th July & Tuesday 6th July Cuddy Point	£40	8—16yrs	10am—3pm	12
Wednesday 11th August & Thursday 12th August Cuddy Point	£40	8—16yrs	10am—3pm	12

R.Y.A YOUTH STAGES 1 & 2 COMBINED

Fast Tracking you to being a confident small boat sailor with a range of sailing skills and background knowledge, this new combined course also enables you to progress at your own pace.

Date and Venue	Cost	Age	Time	Numbers
Monday 5th April to Tuesday 8th April (Inclusive) Cuddy Point	£60	8—16yrs	10am-3pm	12
Monday 26th July to Tuesday 29th July (Inclusive) Cuddy Point	£60	8—16yrs	10am-3pm	12

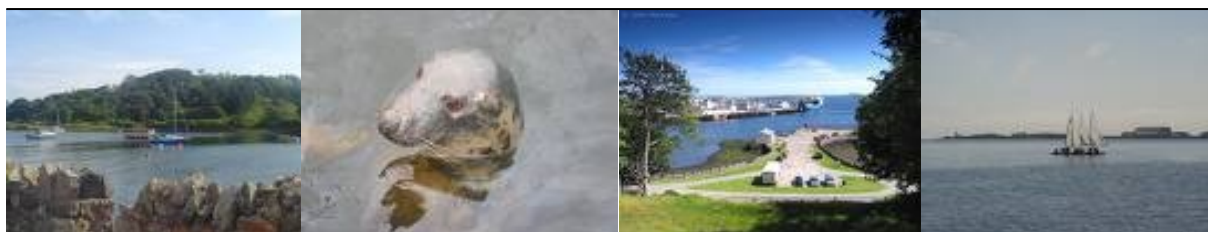
SAILING PROGRAMME

R.Y.A YOUTH STAGE 3

Having completed RYA Youth Stage 3 you will be able to sail in any direction and rig and launch your boat. Your skills and knowledge mean that you can regard yourself as a sailor and not a beginner!

(It is assumed that you will have completed or have knowledge to the level of RYA Youth Stage 2 prior to the start of this course)

Date and Venue	Cost	Age	Time	Numbers
Saturday 8th May Saturday 15th May Saturday 22nd May (Inclusive) Cuddy Point	£55	8-16	10am-4pm	12
Thursday 8th July Friday 9th July Saturday 10th July (Inclusive) Cuddy Point	£55	8-16	10am-4pm	12
Monday 2nd August Tuesday 3rd August Wednesday 4th August (Inclusive) Cuddy Point	£55	8-16	10am-4pm	12
Monday 16th August Tuesday 17th August Wednesday 18th August (Inclusive) Cuddy Point	£55	8-16	10am-4pm	12



ADULT PROGRAMME

RYA LEVEL 1 - START SAILING

This course provides a short introduction to sailing for novices. By the end of the course, participants will have a basic understanding of boat handling techniques & background knowledge. Upon completion of this course, it is recommended that all participants consolidate this short introduction with the RYA Level 2—basic Skills course

Date and Venue	Cost	Age	Time	Numbers
Tuesday 18th May Tuesday 25th May Tuesday 1st June Tuesday 8th June Cuddy Point	£75	Over 16	7pm-9pm	6
Saturday 7th August Saturday 14th August Cuddy Point	£75	Over 16	10am-3pm	6

RYA LEVEL 2—BASIC SKILLS

On completion of this course, the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing in light winds without an instructor on board or in the vicinity.

(It is assumed that participants starting this course have already mastered the practical skills and have the background knowledge required for RYA Level 1—Start Sailing)

Date and Venue	Cost	Age	Time	Numbers
Saturday 10th April Saturday 17th April (Inclusive) Cuddy Point	£75	Over 16	10am-4pm	6
Saturday 12th June Saturday 19th June (Inclusive) Cuddy Point	£75	Over 16	10am-4pm	6
Saturday 4th September Saturday 11th September (Inclusive) Cuddy Point	£75	Over 16	10am-4pm	6



KAYAKING

The Hebrides has one of the most spectacular coastlines in the world, with long isolated sea lochs and enchanting offshore islands, large seabird colonies and an abundance of wildlife. Possibly the best way to see and appreciate all these various aspects of the islands is by sea kayak.

SEA KAYAKING

Sea kayaking offers the chance to explore our amazing coastline

Date and Venue	Cost	Age	Time	Numbers
Wednesday 5th May Cuddy Point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 19th May Cuddy Point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 9th June Cuddy Point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 23rd June Cuddy Point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 7th July Cuddy point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 21st July Cuddy Point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 4th August Cuddy Point	£20	Over 16	6.30pm-8.30pm	8
Wednesday 18th August Cuddy Point	£20	Over 16	6.30pm-8.30pm	8

CLIMBING & HILLWALKING PROGRAMME

Looking to Explore: The Western Isles have some of the best hillwalking and climbing areas in Britain. Our courses will introduce you to some of those areas and the skills require to enjoy them safely

Adult Rock Climbing

This course will develop the skills necessary to begin climbing safely in an indoor and outdoor environment.

Date and Venue (dates are inclusive)	Cost	Age	Time	Numbers
Monday 10th May—ISL	£55	Over 16	7pm—8.30pm	6
Monday 24th May—ISL			7pm—8.30pm	
Saturday 29th May—Uig			10am—4pm	

Junior Rock Climbing

This course is an ideal way to learn new skills and enjoy climbing. It's all about enjoyment of climbing and reaching new heights

Date and Venue (dates are inclusive)	Cost	Age	Time	Numbers
Monday 31st May—ISL	£35	8—16	7pm—8.30pm	6
Monday 14th June—ISL			7pm—8.30pm	
Saturday 3rd July—Uig			10am—4pm	

Practical Navigation

The ability to plan a good route and find your way in bad visibility will give you added confidence to go exploring. This course will refresh navigational skills in a hands-on, practical way

Date and Venue	Cost	Age	Time	Numbers
Saturday 12th June ISL	£20	Over 16	9am-5pm	8
Saturday 11th September ISL	£20	Over 16	9am-5pm	8

Hillwalking

Take the hassle out of walking and join our transported and guided hillwalking days. Our experienced instructors will guide you on some of Lewis and Harris' classic hills and walks

Date and Venue	Cost	Age	Time	Numbers
Saturday 15th May ISL	£20	Over 16	9am-5pm	8
Saturday 19th June ISL	£20	Over 16	9am-5pm	8
Saturday 17th July ISL	£20	Over 16	9am-5pm	8
Saturday 14th August ISL	£20	Over 16	9am-5pm	8
Saturday 18th September ISL	£20	Over 16	9am-5pm	8

CNES OUTDOOR ACTIVITIES PROGRAMME

BOOKING FORM (ONE PER COURSE)

Name:

Address:

Address: Age:

Telephone: Mobile:

Please tick if you would NOT like your name added to our database. If added, we will send you information on CnES Outdoor Programme.

We regularly take photo's for publicity. If you do NOT want to use a photo of you or your child please tick this box

Course Description:

Course Dates:

Course Price: (Cheques payable to 'CnES')

Name & telephone number of a person we can contact in an emergency:

Name:

Telephone:

Please give clear details of any medical conditions which may affect you during the activity.

Past Experience in chosen activity:

Can you swim 25 metres? YES NO

I have read and understand the booking conditions, including those on safety, cancellation and insurance. I am physically fit to undertake the chosen course

Signature:

Date:

N.B. Parent or guardian must sign if the applicant is under 16 years of age

PLEASE RETURN TO: Lewis Sports Centre
Springfield Road
Stornoway
Isle of Lewis
Tel: 01851 709191



BOOKING CONDITIONS

Who can take part?

Apart from age restrictions, courses are open to all members of the public, subject to management approval. Every effort will be made to accommodate individuals who may have special needs/abilities. For further information please contact Don Maclean on 01851 707803

Safety

All adventure activities carry an element of risk and by choosing to do an activity you (or your guardian) accepts this risk. If you're taking part in a watersport you may get wet and cold. You will also be out in the changeable Hebrides weather.

All courses are run by competent staff to standards approved by the Adventure Activities Licensing Authority. Courses are designed to provide safe, enjoyable learning. All technical equipment will be provided.

You should be fit enough to do the course. Please let us know of any medical details which might affect you on the course. If in doubt speak to your doctor.

You will be encouraged to participate fully in the course but the degree of challenge is yours to choose. You will be expected, however, to comply stringently with our safety guidelines and procedures.

How to Book

All bookings must be made by completing a booking form and returning it with the appropriate course fee (cheques should be made payable to 'CnES') If you are unsure of the suitability of the course for you, please contact Don Maclean (Outdoor Education Officer) on 01851 707803 for advice.

Cancellations

If for any reason, you are unable to attend a course after booking, it may be possible to book an alternative course. Refunds will only be given if we can fill the vacancy, so applicants are advised to arrange cancellation insurance. Outdoor Education staff reserve the right to cancel/alter any course in any circumstances which render it necessary to do so. Staff will give as much warning as possible and will also try to arrange alternative dates and times. Fees will be refunded if alternative arrangements cannot be made.

Insurance

Comhairle nan Eilean Siar does not provide personal accident or belongings insurance. Participants should arrange their own insurance as necessary.