

# Plas Pencelli Outdoor Education Centre



*Swindon's Quality Residential  
Outdoor Education Centre*

# Where is the Centre?



## How to find us (Actual Reality)

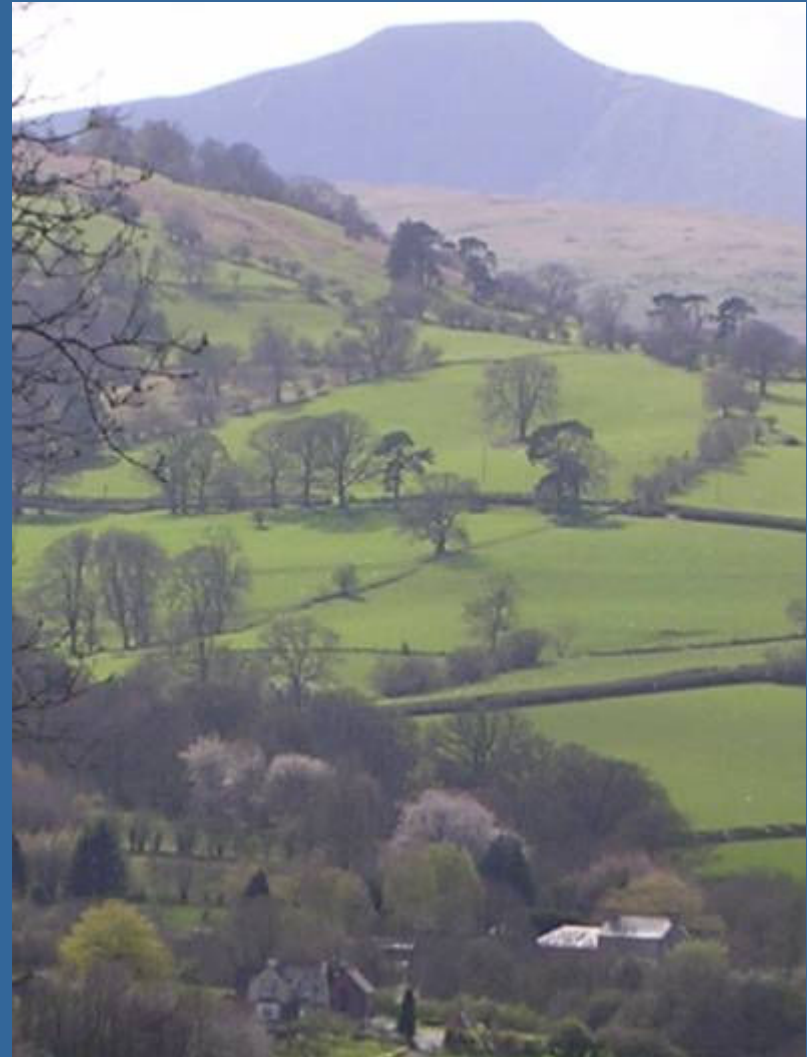


Plas Pencelli: O.E.C.  
Pencelli Village  
BRECON  
Powys LD3 7LX

Tel: 01874 665241  
Fax: 01874 665257  
E-mail: [mail@plaspencelli.co.uk](mailto:mail@plaspencelli.co.uk)

How to find us (Virtual Reality): [www.plaspencelli.co.uk](http://www.plaspencelli.co.uk)

# At the foot of the Brecon Beacons...

































# A Range Real of Activities



# Traditional Outdoor Activities in the Natural Environment





# A Little History



- 200 years old
- Rectory then a Farmhouse
- Established as an Outdoor Centre 50 years ago
- Wiltshire run for 30 years until 1995
- Swindon Borough Council run since
- “No Contribution” basis since 2005





















# The Outdoor Staff Team



Joe (Instructor)



Pete (Head)



Cilla (Deputy)



Martin (Instructor )



Becs (Instructor)



Cat (Assistant)



Henry (Assistant)



# Centre Support Staff



Linda  
(Administrator)



Bridget (Head Cook)



Tracy  
(Administrator)



Anne (Cook)



Suzanne (Domestic Assistant)



Carole  
(Assistant Cook)



Anita  
(Assistant Cook)



Phil (Handyman)

# Multi-Activity Adventures

- Excitement
- Real Adventure
- Making New Friends
- Visiting New Places





# Each Course is About:

- Challenge
- Responsibility
- Confidence
- Social Skills
- The Outdoor Environment



# Daily Routine

- 8.15am Breakfast
- 9am Make Sandwiches
- 9.15am Activity Briefing/  
Preparation
- 10.30am Depart on Activity
- 4.30pm Return, Clean, Hot Drink
- 5.30pm Records of Achievement
- 6pm Dinner
- 7-9pm Evening Activity
- Bedtime





# The Day's Briefing

- Different Brief each Day & each Activity
- Information about the Venue & Description of Activity
- Addresses Worries or Fears
- Weather/Water Level Considerations
- Clothing Required & Change of Clothes



# A Typical Programme

## Activity Programme

South Broome Primary School

17<sup>th</sup>-19<sup>th</sup> May 2010

	Blue	Green	Red	Evening	Security
Monday	Arrive 11am Induction, Equipment Issue, Preparation			DINGLE DESCENT <i>Nona(Harry)</i>	<i>Harry</i>
	CAVING <i>Nona(Emily)</i>	CAVING <i>Dave</i>	CANOEING <i>Cilla(Katie)</i>		
Tuesday	CLIMBING <i>Nona</i>	CLIMBING <i>Dave(Emily)</i>	CLIMBING <i>Cilla(Katie)</i>	PROBLEM SOLVING <i>Joe(Jacob)</i>	<i>Jacob</i>
	GORGE WALK <i>Nona</i>	GORGE WALK <i>Dave(Emily)</i>	CAVING <i>Cilla</i>		
Wednesday	CANOEING <i>Nona</i>	CANOEING <i>Dave(Emily)</i>	GORGE WALK <i>Cilla</i>	Depart 1.15pm	<i>Harry</i>



# Minibus to and from Venues



# Record of Achievement

- A Record to take Home
- A Chance to Remember the Day
- Some Fun Exercises
- Links to the National Curriculum





# Specialist Equipment?

- All Activity Equipment (Ropes, Canoes etc.)
- On Personal Loan :
  - Waterproofs
  - Boots
  - Wellies
  - Rucksack
  - Fleece



# Previous Experience & Difficulty?

- None Needed
- Tailored to meet the Group's Needs
- All Encouraged to Take Part
- Its All about Trying





# Personal Belongings

- Security
  - safe area
  - security staff
- Personal belongings
  - Music Players X
  - Mobile Phones X
  - Disposable Cameras ✓
  - Pocket Money ✓
- Own Responsibility
- Personal Insurance - Recommended



# Pupil Responsibility

- Listening to Instructions
- Potentially Hazardous Environments
- Always bring Equipment as Advised
- Bring any Medication (Asthma Pump etc.)





# Activity Staff

- Qualified and Experienced Staff
- Caring and Supportive
- Approachable



# Activity Licence

## Adventure Activities Licensing Authority

### Schedule

#### Licence Holder

SWINDON BOROUGH COUNCIL

Plas Pencelli Outdoor Education Centre,  
Pencelli, DREDCOM, Powys, LD21 7LX

#### Specified Activities

Kayaking  
Open Canoeing  
Paddle Surfing  
Improvised Rafting  
Rock Climbing  
Ice Climbing  
Abseiling  
Sea Level Traversing  
Gorge Scrambling  
Counselling  
Climbing  
Hill Walking & Mountaineering  
Off-Road Cycling  
Caving  
Mine Exploration

The Adventure Activities Licensing Authority recognises that other activities may be offered which do not come within scope of the Adventure Activities Licensing Regulations 2004.

#### Activity Provider

PLAS PENCELLI OUTDOOR  
EDUCATION CENTRE

Pencelli, DREDCOM, Powys, LD21 7LX

### LICENCE

*The undermentioned is a licensed provider of specified adventure activities to young people under the age of 18 years pursuant to the Activity Centres (Young Persons' Safety) Act 1995 and the Adventure Activities Licensing Regulations 2004*

Registration number: **L7758/ R0471**

*This licence is issued by the Adventure Activities Licensing Service on behalf of the*  
**Adventure Activities Licensing Authority, and licensee**  
**SWINDON BOROUGH COUNCIL.**

*to provide facilities for adventure activities at,*  
*from, or by, the activity centre or provider known as*

**PLAS PENCELLI OUTDOOR EDUCATION CENTRE**

*to undertake the provision for the adventure activities specified in the*  
*Schedule to this licence, subject to the adjacent conditions.*

*This licence is effective from*

**3 March, 2009**

*to*

**3 March, 2010**

*unless revoked or varied in writing by an authorised person.*

SIGNED: *[Signature]*  
ON BEHALF OF THE ADVENTURE ACTIVITIES LICENSING SERVICE

DATE: 17 February, 2009

### Standard Conditions\*

(1) The licence holder shall ensure such arrangements as are appropriate for the issue of the passport referred to in Regulation 4(1) and for the effective implementation, control, monitoring and review of the control measures referred to in Regulation 4(2)(b).

(2) The licence holder shall ensure suitable and sufficient arrangements:-

- (i) for the appointment of a sufficient number of competent and adequately qualified instructors;
- (ii) for the giving of safety information to instructors and participants;
- (iii) for the provision of such equipment as is needed to ensure that the activities are carried out safely;
- (iv) for the maintenance of that equipment in an efficient state and in good repair; and
- (v) for the provision of first aid, for the summoning of medical and medical services in the event of an emergency, and for otherwise dealing with an emergency.

(3) The licence holder shall ensure that he is advised by competent persons in safety matters unless he has competence in such matters himself.

(4) The licence holder shall ensure that the authority is permitted to inspect at any reasonable time any place or equipment used in, or in connection with, the provision of the adventure activities to which the licence relates and any documents held by or on behalf of the licence holder relating to such provision.

(5) The licence holder shall accede to any reasonable request for information from the authority relating to the provision of such facilities.

(6) Where such facilities are provided at a centre or activity centre on two or more consecutive days, the licence holder shall display at that centre a copy of this licence, and that where such facilities are not provided the licence holder shall have available for inspection, at any reasonable time, such a copy; and

(7) The licence holder shall not allow the holding of a licence, in any advertisement or otherwise, to be used in a way which, without the licence holder's consent, would be likely to cause the licence holder to be identified as the provider of such facilities.

\* These standard conditions are prescribed by Regulation 4 of the Adventure Activities Licensing Regulations 2004.

References in (1) to (7) to the authority include the Adventure Activities Licensing Service.

#### Explanatory note to the standard licence conditions

(1) This note is not part of the licence and is not intended to be comprehensive.

The standard conditions apply to all licences and additional conditions may be imposed at the discretion of the licensing authority.

Notwithstanding anything to the contrary, these regulations require a licence holder to:-

- (i) carry out a safety risk assessment of the activities covered by the licence; and
- (ii) identify the control measures necessary to ensure or to so far as reasonably practicable the safety of persons taking part in those activities.

Standard Condition (1) requires the licence holder to make appropriate arrangements to keep the safety risk assessment up to date and to implement the control measures identified.

The accompanying standard conditions (which contain practical provisions) that the licence holder must take to ensure adequate levels of safety.

The Health and Safety Executive was designated the Adventure Activities Licensing Authority by Designation Order (SI 2007/447).

Please address any complaints or enquiries to:  
The Adventure Activities Licensing Service, 44 Lambourne Crescent, Llanidloes, Cardiff, CF14 5GG



Tel: 029 2075 5725 Email: info@aala.org.uk

The Adventure Activities Licensing Service is contracted to perform certain functions prescribed by the Adventure Activities Licensing Regulations 2004, on behalf of the Adventure Activities Licensing Authority. These functions include, but are not limited to, inspections, the consideration of licence applications, and the granting or refusal of a licence.

The Adventure Activities Licensing Service is a trading name of Tourism Quality Services Ltd (registration number 2459487).



# Parental Consent Form

 **PLAS PENCELLI OUTDOOR EDUCATION CENTRE** 

## Individual Information Form

*Plas Pencelli provides programmes of Outdoor Education that can make a unique and powerful contribution to an individual's education and development. Using a variety of teaching methods, adapted to a range of individual learning styles, within a challenging environment, each course focuses on specific learning objectives within the National Curriculum. Citizenship, Physical Education and Personal, Social and Health Education feature strongly. Achievement centres on 4 main areas: Personal development; Relationships; Social Skills and Appreciation of the Natural Environment. Throughout the course a high priority is placed on health and safety.*



Full Name			
Date of Birth		Male/Female	
School/Group		Course Dates	
Address			
Emergency Contact	Daytime tel no.	Evening tel no.	Mobile tel no.
Doctor			Tel. no.
Medical conditions, allergies or significant disabilities (e.g. asthma, heart trouble, diabetes, epilepsy, previous injuries etc.) Give details of any medication.			
Water confidence (e.g. 50 metres in a swimming pool)			
Special dietary needs (e.g. vegetarian)			
Overnight concerns (e.g. sleep walking)			
Please outline previous experience of outdoor activities			

*Courses at Plas Pencelli may include any of the following activities: Canyoning, Mine Exploration, Rock Climbing, Abseiling, Canoeing, Kayaking, Hill walking & Mountaineering, Mountain Biking, Paddle Surfing, Improvised Rafting, Gorge Scrambling, Sea Level Traversing, Surfing, Ice climbing, Orienteering and other Outdoor Activities.*

*I confirm that I understand what a course at Plas Pencelli entails and I am sufficiently fit and healthy to participate safely. I agree to emergency medical treatment if necessary. The course fee is none refundable.*

Signed: \_\_\_\_\_ (Parent/Guardian to sign if under 18)

# What Kit to Bring?

 **PLAS PENCELLI OUTDOOR EDUCATION CENTRE** 

## PERSONAL KIT LIST

During your stay all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost everyday! You therefore need 3 to 4 complete sets of outdoor clothing at the very least! You'll also need everyday clothes for wear around the centre.

### Check your labels!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore, **jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided** for use on activities, particularly in the winter months. Fleece or woollen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable.

### Personal Clothing

Plenty of underwear	1 pair of gloves
4 light tops (T, football or other casual)	1 woolly hat
4 heavier tops (jumpers, fleeces, sweatshirts etc)	1 pair of old trainers
4 pairs track suit bottoms, trousers, leggings etc.	1 set of swimwear
4 thick pairs of socks (for boots and wellies)	1 baseball hat*

### Miscellaneous items

2 Towels (1 bath-size and 1 small)	2 Heavy-duty bin liners
Wash-kit	Torch with spare batteries
Set of pyjamas	Pen for Records of Achievement
Sunglasses*	Rubber gloves for Canoeing or Caving (optional)
Sun cream (at least factor 20)*	Camera (optional)
Lipscreen*	Packet money for snacks & souvenirs

**Sunburn:** Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with \*

### PLEASE DO NOT BRING!

- MOBILE PHONES** create difficulties at the Centre. They are easily lost and broken, are a distraction from the social aims of the course and at worst can tend to exacerbate situations when used irresponsibly. Students are therefore asked not to bring them along. If they are then most visiting staff will ask for them to be handed over for safe keeping for the duration of the course. There are payphones available for student use at the Centre and Emergency Systems are in place both at Plas Pencil and via each School.
- AEROSOLS** can aggravate those with conditions such as asthma. They also trigger fire detectors when used in bedrooms. We ask that you use alternatives during your week.
- ELECTRICAL EQUIPMENT** such as personal music players, electrical games etc. are out of synch with creating the right kind of an atmosphere for your course.
- GET THE MOST OUT OF YOUR COURSE!** The emphasis at Plas Pencil is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people.



# Costs

- Swindon £280/Wiltshire £295 a week
- Fully Inclusive except the coach
- Staff are free
- Some Booking conditions
- Assisted Places

# Bookings

- Up to 2 years in advance
- Deposit(10%) requested 12months before visit
- Balance invoiced after the visit
- Some availability during 15/16 and 16/17 academic year



# Come and Enjoy Yourself!







Staff Team in Action!



# The Activities & What to Expect.....

# Caving





































# Mountain Day























# Canoeing































# Climbing





















# Adventure Day/ Gorge Walk





































# Evening Activities









































# Gower Day (example of “other” activities)















# Any Questions?

