

**St Osmund's Middle School**

**Monday 27<sup>th</sup> – Wednesday 29<sup>th</sup> June 2022**

**Wednesday 29<sup>th</sup> – Friday 1<sup>st</sup> July 2022**



# **Buddens Activity Centre**







# Who are Rockley?

- Rockley were established 1976
- We have 3 UK activity centres
- 3 activity centres in South-West France

Rockley also offer:

- RYA training and instructor courses
- Rockley College - L2 and L3 Diplomas in Sport and Outdoors
- Family holidays



# Rockley and the Environment

Rockley are making steps to conserve and preserve our environment.

- Using reusable coffee cups, water bottles and shopping bags
- Sending and storing information digitally- 'Going paperless' across our centres
- Replacing products with eco friendly alternatives
- Planning to save around 10,000 litres of fuel by utilising engine efficiency
- Organising beach cleans and cutting our waste



# Location

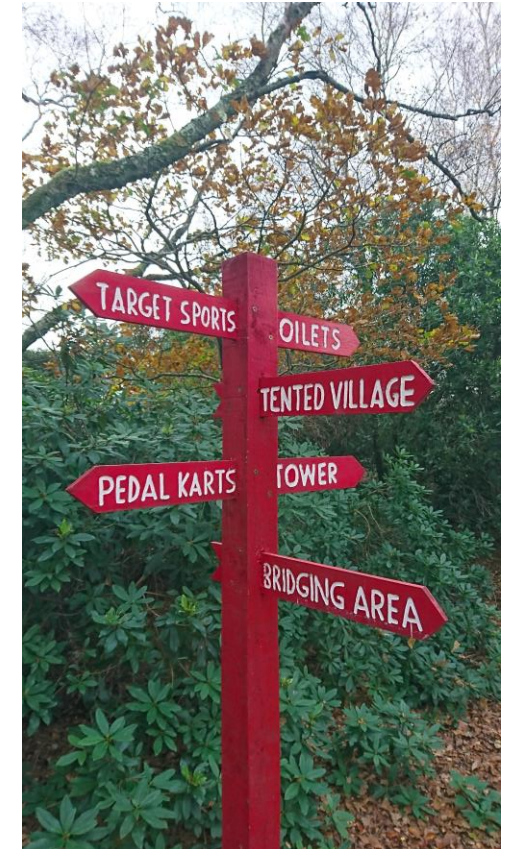
Buddens Activity Centre lies in the heart of the historic and beautiful Isle of Purbeck and Jurassic Coast, boasting 96 acres of natural countryside, heathland, woodland and plantations. Buddens Activity Centre offers school groups the opportunity to explore the natural environment and take part in a once in a lifetime activity programme in a stunning setting.





# What's Included

- 3 meals day
- Trip insurance via Endsleigh Insurance
- Full programme of activities
- Evening entertainments
- Accommodation
- All safety kit



# Arrival at Centre

- Arrival at Buddens Activity Centre
- Welcome talk
  - Introduce Staff
  - Run through Centre Safety
- Orientation tour
- Lunch
- First activity





# Accommodation

- Bell tent accommodation
- Real beds with mattress
- Toilet and shower block situated near to camp
- Each school has their own camp
- Each camp has their own marquee
- 96 acres to enjoy
- On-site catering









# Sample Programme

## Buddens Activity Centre Centre - Activity Programme

**Organisation Name:** St Catherine's School | **Number Of Groups:** 10 | **Nights:** 2 | **Arrival Date:** 11:00, 06 Jun 2022 | **Departure Date:** 14:00, 08 Jun 2022

Session	Time	St Catherines Schoo 1	St Catherines Schoo 2	St Catherines Schoo 3	St Catherines Schoo 4	St Catherines Schoo 5
Monday 06 Jun						
Mon	11:00 - 12:00	Arrival Talk/ Site Orientation	Arrival Talk/ Site Orientation	Arrival Talk/ Site Orientation	Arrival Talk/ Site Orientation	Arrival Talk/ Site Orientation
Mon	14:00 - 15:30	Buddens Challenge - Team 2	Bellboat 2	Codebreaker - Team 2	HR - Crate Stacking	Stand Up Paddle boarding
Mon	15:45 - 17:15	Orienteering 2 - Instructed	Buddens Challenge - Team 2	Bellboat 2	Codebreaker - Team 2	HR - Crate Stacking
Mon	19:00 - 20:00	Wide Games 2	Wide Games 2	Wide Games 2	Wide Games 2	Wide Games 2
Session	Time	St Catherines Schoo 1	St Catherines Schoo 2	St Catherines Schoo 3	St Catherines Schoo 4	St Catherines Schoo 5
Tuesday 07 Jun						
Tue	09:15 - 10:45	Tomahawk Throwing 2	Orienteering 2 - Instructed	Buddens Challenge - Team 2	Bellboat 2	Codebreaker - Team 2
Tue	11:00 - 12:30	Fire Lighting 2 - Instructed	Tomahawk Throwing 2	Orienteering 2 - Instructed	Buddens Challenge - Team 2	Bellboat 2
Tue	14:00 - 15:30	Raft Build 2	Fire Lighting 2 - Instructed	Tomahawk Throwing 2	Orienteering 2 - Instructed	Buddens Challenge - Team 2
Tue	15:45 - 17:15	Tower - Climbing (1)	Raft Build 2	Fire Lighting 2 - Instructed	Tomahawk Throwing 2	Orienteering 2 - Instructed
Session	Time	St Catherines Schoo 1	St Catherines Schoo 2	St Catherines Schoo 3	St Catherines Schoo 4	St Catherines Schoo 5
Wednesday 08 Jun						
Wed	09:15 - 10:45	Codebreaker - Team 1	Tower - Climbing (1)	Raft Build 2	Fire Lighting 2 - Instructed	Tomahawk Throwing 2
Wed	11:00 - 12:30	Archery 2	Codebreaker - Team 1	Tower - Climbing (1)	Raft Build 2	Fire Lighting 2 - Instructed



# Activity Safety

- AALS recognised Centre
- Water activities – everyone wears a Buoyancy Aid
- All activity staff First Aid qualified
- All activities are led by qualified instructors
- Equipment checked regularly by qualified staff
- Equipment records kept on Paper Trail
- Instructor : student ratios
- Activity safety equipment under guidance per activity
- Staff on duty 24 hours



# Kit List

**This a guide – bear in mind time of year and personal requirements**

- Waterproof sunblock (essential) factor 50
- Named sports drink bottle (essential)
- Land footwear - trainers/plimsolls suitable for dry/land activities
- Water footwear - old trainers/wetsuit shoes/plimsolls (ones you dont mind getting wet)
- Sunglasses (with glasses strap, also essential for spectacles)
- Lightweight, rainproof jacket (for the occasional shower and evenings)
- Long-sleeved top/t-shirt & tracksuit trousers/jogging bottoms (1 pair)
- Sweatshirt/jumper
- Shorts
- Jeans/long trousers (1 pair)
- Large, sturdy plastic bag for damp/dirty clothing
- Sleeping bag (essential)
- Pillow & pillow case (essential)
- Rash vest (optional)
- Insect repellent
- Sun hat
- Small torch and batteries
- Towels
- Pyjamas/nightwear
- Wash kit
- Underwear
- Plate, bowl and cutlery
- Wetsuit (optional)
- T-shirts





# Have an AMAZING trip!



Rockley  
Watersports



@rockley1976



@rockley1



rockleywatersports

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