



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



2 Day El Chorro Adventure Camp

Check out this outdoor pursuits and social development program at Ardales lake led by the Adventurebug team . The program involves 1 night / 2 full days of activities with a special emphasis on bringing the group together at the beginning of the year or celebrating a year well spent in June. We Focus on getting to know one another better or celebrating the friendships made, as well as promoting positive attitudes towards the outdoors, team dynamics and natural spaces.

Day 1 ARDALES LAKE

Travel from school to Ardales Parque (Embalse Guadalhorce) Full day lakeside activities including *Kayaking, a Bonding Hike in nature and Team Building games*. This is done in rotations of 2 large groups. Following this we transfer to Camping Sierrecilla (45 min), group distribution in cabins and safety orientation. Dinner and evening team Orienteering activity at camping area. Briefing and bed.

- 0900 Departure by coach from school / stop on route for toilet and refreshments
Please bring pack lunch for day 1
- 1130 Arrival to Ardales Park for briefing with Adventurebug guide. Pack lunch brought from school.
- 1200 Division of groups and start rotations of challenges and activities / lunch during rotations. Today we split into a Kayak/Orienteering group and a Trekking/Team Building group (2 large groups)
- 1700 Transfer 45 minutes to Camping SierraCilla.
- 1800 Organize cabins / rooming and free social/bonding time before dinner
- 2000 Dinner in Camping Cantina followed by evening Gymkana race activity led by Adventurebug's team
- 2230 End of program for the day.

Day 2 MULTI ADVENTURE CAMPING SIERRA CILLA – This morning we pack in a large number of fun activities for the group. This is a full day of special challenges that will have the teams work in a close knit way and includes a guided morning hike into the pine forest with our leader before we get everyone on task!

- 0745 Wake up, packing and pre-breakfast nature walk in pine forest / guided visualization workshop
- 0830 Breakfast in camping Cantina
- 0900 Begin adventure activities in camping / small group rotations of each activity. These will include a high altitude bridge challenge course, air rifle shooting, artistic workshops and pool side games.
- 1330 Completion of Adventure program / cantina lunch (provided) and departure on bus. Return journey with services break on route if required.
- 1730 Approximate arrival time to school.

TEACHER RESOURCES / PRE-TRIP RESEARCH INFORMATION

Camping Sierra Silla

<http://www.lasierrecilla.com/>

Coach company is fully licensed (with school placard) and all seats have seatbelts

Please note, itinerary and provision of activities subject to alternation pending weather and other factors



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SAFETY EMERGENCY PROCEDURES

The information below is to assist teacher leaders and monitors with managing risk and potential hazards on our trips. It also offers practical advice in the event of emergencies and provides a resource base of contact numbers to rescue personnel. In the event of any emergency it's important to stay calm, get all the facts and be sure that you and the other children are safe and accounted for.

Recommendations for Safe Practice on School Adventure Trips:

1. Ensure a **FIRST AID** kit is carried on all days (Adventurebug will always have one)
2. Teachers and Activity Monitors set safety boundaries for children and give warning to any possible hazards including weather patterns, terrain, wildlife, road hazards, public areas and any items of nature that could be a danger.
3. Communication system in place between groups and their supervising leaders and teachers – exchange mobile phone numbers and have a central meeting point each day that everybody is familiar with.
4. Always watch out for one's personal safety in areas of outdoor pursuits and double check on fellow peers when doing activities.
5. Keep within boundaries and respect monitor's judgement and authority.
6. Ensure that an escape route / plan is in place and / or provisions for repatriating an injured or sick from an activity site.
7. Respect all safety equipment and installations.

In the event of any accident or serious illness scenario:

If working with the Adventurebug monitors on activities – tell them what has happened and they will launch their own emergency procedures. If not: Provide any necessary First Aid to casualty & call in further Emergency Services if necessary. Our first line of assistance is:

Medical services – call Euro emergency number 112

Rescue services – call Guardia Civil 062

Criminal scenario – call Guardia Civil 062

Adventurebug (Matt Butler) 635 817 819 (Julie Butler 692 451 362) (Office) 952 894 308

Ensure the rest of group is together and not in any danger. If hospital services required, 1 staff member and then appropriate a parent or guardian, accompany patient to hospital. **INSURANCE AND REGISTRATION FOR A PATIENT.** Adventurebug has an internal medical emergency policy to speedily register with the Spanish National Health Service. Our insurance policy (and because they are minor in age), ensures they get prompt treatment from emergency services care. **PLEASE HAVE A DOCUMENT WITH THE STUDENTS NAME, ADDRESS AND FAMILY DETAILS** available! Ensure a Spanish speaker is present (*teacher or designated adult preferred*). Based on severity of incident, decide how to best carry on activity session with group.

In the event of a lost person:

1. Ensure all other members of group are accounted for first.
2. Get as much information regarding location person last was seen.
3. Contact supervising monitor to advise.
4. Follow instructions of supervisor.
5. Keep rest of group in one place under adult supervision.
6. Should person not be found within 20 min / and depending on environment / call emergency services (Guardia Civil) for support.

Note – this information is a guideline only and Adventurebug cannot be held responsible for the handlings and procedures – including outcomes of emergency responses as every scenario is unique and requires specialized attention – we will however do our absolute best to provide the highest "Duty of Care" to any person involved in our programs.