

Get Altitude



Course Overview:

- **Age range suitability :** Years 7 - 13
- **Ratio :** 1 adult to every 8 young people (+ additional SEN support if required)
- **Additional Information:** Appropriate old outdoor clothing needed. In wet weather a spare set of clothes will be needed plus waterproofs.
- **Arrival Time: 10:30am**
The days activities are explained along with an introduction about the course, equipment and safety precautions.
- **Departure: 2:30 pm**
- **Cost:** £25 per student

Course Details:

Enjoy a day of climbing and swinging on the High Ropes Course at Braeside, including the 75m zip wire! You will need to climb to 25ft wearing a harness, be able to be trusted to support others and you will be expected to operate in a team to solve problems while off the ground. A general policy of 'challenge by choice' will be operated throughout the day so no participants will be forced to go higher than they are comfortable with, but will be encouraged to challenge themselves. Participants will be expected to wear a protective helmet and harness supplied by Braeside.



Lunch time: Students will eat their packed lunches brought with them.

Aims Of The Day:

- To develop key skills when working as a team.
- To contribute to solving problems at height.
- To gain more confidence working in new situations.
- To improve communication skills.

Is This Course For You?

- Can you climb?
- Can you work in a team?
- Are you unlikely to panic if high off the ground?
- Do you enjoy a challenge?