

SITE INFORMATION - ACTIVITIES

INSTRUCTOR LED

Abseiling

Are you brave enough to lean out from the tower and put all your trust in the rope?

Abseiling is a great personal development activity, requiring you to challenge yourself and get to the bottom as gracefully as possible. Don't worry, your instructor will guide you all the way down!

This activity involves the use of helmets so to speed up the process of fitting a helmet and improve user comfort, long hair should be in a low ponytail or other style that allows a helmet to fit over. (Headscarves can be accommodated, provided the hairstyle underneath permits it.)

Archery & Indoor Archery

Requires precision, control, and a steady hand. Learn and develop the techniques required to hit your targets, just like Robin Hood. It is recommended that anyone that has any visual impairments should please inform the instructors beforehand so that they can gain the most out of the session.

Bouldering

Low level climbing – stamina and determination required. How long will you last? It is advised that you wear long trousers, that don't restrict your movement, and you also wear shoes when doing this, so that it makes it easier for you to climb.

This activity involves the use of helmets so to speed up the process of fitting a helmet and improve user comfort, long hair should be in a low ponytail or other style that allows a helmet to fit over. (Headscarves can be accommodated, provided the hairstyle underneath permits it.)

Climbing

Gain new heights with our purpose-built wall! Learn bell belaying when you are on the ground (age appropriate). Develop your confidence at height and trust in your team-mates.

Full covered shoes are required. Wearing old trainers, rather than boots, allows you to get your feet into the cracks you wouldn't if you had boots on. Skirts and dresses are not suitable for this activity.

This activity involves the use of helmets so to speed up the process of fitting a helmet and improve user comfort, long hair should be in a low ponytail or other style that allows a helmet to fit over. (Headscarves can be accommodated, provided the hairstyle underneath permits it.)

Crate Stacking

Standing on top of the stack, how high can you build it before it comes crashing down?

Requiring balance and confidence, this activity will push you to your personal limits whilst encouraging teamwork and communication. With the crates being hard plastic, it is advised that you wear trousers and long-sleeved tops because, if a crate falls and hits you without any protection, then it might graze your skin, and it hurts!

Cube

The cube is a dark maze that anyone can get lost in. You need to have the determination to finish this maze because if not, then you could be lost in there for good. Do you have what it takes to escape the cube?

Obstacle Course

Make your way around this series of obstacles, both individually and as a team. There are a number of challenges, focusing on teamwork and communication, which will be set. How well will your team do?

Rifle Shooting

An excellent opportunity to learn a skill that requires concentration and a good eye for accuracy to hit your targets. As this activity uses .177 air rifles, strict range discipline is always maintained at all times. This activity requires a specific parental consent form, to be completed and handed to the instructor.

Tomahawk Throwing

In this exciting activity, participants are put through their paces, testing skill and accuracy, using our specially made throwing angel axes. Can you hit the bullseye? The axes are sharp and can be dangerous if used in the wrong way.

Zipline

Travel at high speed while suspended and harnessed from an overhead cable. Determination and courage are required. There is also a maximum weight limit of 11 stone (70 kilos) and 5' 10" (178cm) height limit. It is recommended that you take good walking boots with you, that have firm grips on the bottom, because once you have been down the zipline you then need to bring the swing back up, and it can sometimes be very muddy walking back up. So firm walking boots are advised.

SELF-LED

Cavebus

The Cavebus is designed to simulate caving but in a safe and controlled environment. It is a great activity for all ages, even adults, but narrow passages are more suited to the smaller person! Can you finish the Cavebus?

Cresta Run

Fly down the Cresta run course at high speed. You will reach speeds that you have never reached before. On our specially designed sledges, you can learn to control your speed and when to brake. Please remember, when using the Cresta sledges, that you must use the brakes and keep your hands and legs inside the sledge, at all times.

Soft Axe

Channel your inner Viking with our soft axe throwing! Perfect for younger participants to practice in a safe environment.

Sledge Run

No need to wait for the snow with these sledges on wheels. Keep your arms and legs inside as you zoom down our grass course. Please remember, when using the grass sledges, that you must use the brakes and keep your hands and legs inside the sledge, at all times.

Pedal Karts

Travel round our purpose-built course on go karts. You'll need a good combination of strength and co-ordination to keep pedalling during a range of fun games and tasks.

Pioneering Poles

A great way to develop teamwork, communication, and logistical skills. Test your creativity and building skills with our poles. **Bring your own ropes!**

Inflatables

Hesley now has a variety of different inflatable items available, including an obstacle course, that allow you to run and bounce around to your heart's content. Please see our pricelist for the full range available.

Orienteering

A great opportunity for young people to experience decision making in a team situation. Learn navigation skills as you find various markers around the course. There are several courses available, depending on the skill and experience of your group.

Hesley Trail & Beaver Trail

Follow the Beaver Trail and see if you can find all the beavers hidden around the Hesley Wood site or test your detective skills on the Hesley Trail.

Nerf Guns / Crossbows

Get your youngsters involved in target sports with our crossbows and nerf guns. Practice aiming at the targets and/or tins and see what they get.

Nature Area

Near camp centre there is the nature area. An activity that can be booked and is self-led. This area is also a quiet area for those that need to get away from the 'hustle and bustle' of camping life.

Nightline (can be both instructor or self-led)

Put your trust and communication skills to the test. Participants will be blindfolded and use a rope to be guided along the course with only verbal instructions from teammates.

The course may include challenges like balancing, crawling or manoeuvring around natural or man-made objects.

Full covered shoes are required. Long sleeves and trousers should be worn for this activity and long hair to be tied back.

Flintstone Cars (can be both instructor or self-led)

Test your knotting skills with our dry land rafting, building your Flintstone Car with barrels and poles, tying them together – just try not to get knotted up!

Team Building (can be both instructor or self-led)

There are a number of problem-solving exercises to get your group really working together. The tasks will vary, depending on the group, but all are designed to be challenging and fun. Each task is reviewed to ensure that your group develop communication and logical thinking skills throughout the activity.

WATER ACTIVITIES (SEASONAL)

Canoeing

These large open boats can carry two to three people. You will explore the beautiful surroundings, out on the water, whilst developing your paddling skills. We recommend that you wear old clothing and shoes that you don't mind getting wet.

Paddleboards

Learn to balance on the water and see how long you can stand! Your instructor will help you develop your skill and precision, moving across the water. We recommend that you wear old clothing and shoes that you don't mind getting wet.

Raft Building

Your team builds a raft to carry them across the water – hopefully without sinking or falling in! Develop communication, teamwork, and logistical skills. Instructors will provide support and ideas, but ultimately, it is planning and co-operation that are vital to success.

SITE RULES – In relation to Activities

Activities

During the activities, all participants must listen to the instructors. Participants who fail to follow the safety instructions may be asked to leave the activity.

Rubbish

Bins are provided in all buildings. The main bins are located outside the top toilet block and on the main drive, next to the car park.

Please recycle where you can; the mixed recycling bin is located on the drive – the big red bin on the left.

Behaviour

Staff and leaders are responsible for the behaviour of their young people, at all times whilst on site. We ask that groups respect other groups on site, as well as members of staff. If other groups are camping on site, **please do not walk through their camping area and please do not enter buildings that aren't your own.**

Security

We recommend that, during your stay, you do not leave any valuables on site in the buildings or in your tents. When leaving the building, make sure you lock it. Staff may challenge anyone walking around the site, so please ensure that your group can be identified.

First Aid

If you have an accident during your visit, please deal with it using your own first aid procedures and then inform the centre or duty person of the accident.

Other

Any problems during your stay, please don't hesitate to contact the duty person on: 0114 3998621

All our activities and operations follow the Scout Association Policy, Organisation and rules (POR). The latest version is available at [Scouts.org.uk](https://www.scouts.org.uk)

It is the responsibility of the person making the booking, to ensure that you are meeting all the requirements of your own organisation such as Adventurous Activity requirements, Nights Away Notifications and any approvals required by your organisation are obtained.

Feedback

Your feedback on your visit is important to the ongoing development of the centre. We regularly review feedback and look for common themes. Please could you spare a moment of your time and fill in our evaluation questionnaire? The questionnaire is available online by scanning the QR code on the back of the welcome card, that you are given on arrival.