



Adventure Racing Day

Monday 14th December
From 8.30am to 5.00pm
 at
The Adventure Centre
Kelly College
Tavistock

For children aged 9 to 14

What to bring . . .

- Mountain bike and helmet
- Running and biking wear (at least two sets)
- Wet weather wear
- Wetsuit and/or old clothes & shoes for kayaking
- Running shoes
- Packed lunch, snack and drinks
- Hand or head torch
- Woolly hat and gloves

Children must be dropped off and picked up at The Adventure Centre, Kelly College.

To make a booking . . .

Please complete the booking form and consent form and return with payment to:

**The Administrator
 Kelly Enterprises Ltd
 Parkwood Road
 Tavistock
 Devon PL19 0HY**



Telephone: 01822 616235

Email:

kellyenterprises@kellycollege.com

www.theadventurecentre.co.uk

Consent Form - Adventure Racing Day

I, the Parent/Carer, hereby give permission for the child named overleaf to take part in the Adventure Racing Day activities. I agree that during their visit the staff member in charge may act on my behalf in all matters affecting him/her. I understand that reasonable efforts will be made to contact me before taking any action, but this may not be possible. I confirm there are no medical or other reasons why he/she cannot take part in these activities and I fully understand that every possible effort will be made to ensure the safety of hi/her during activities but there is still an element of risk within these activities.

Has he/she suffered from any medical condition, which could adversely affect his/her performance? If in doubt please give details

Has he/she any known allergies or suffer from Asthma or Hayfever _____

I confirm he/she is able to swim.

I confirm the information given is correct to the best of my knowledge.

Date: _____

Signed Parent/Carer : _____

Adventure Racing Day Details

Adventure Racing is one of the world's fastest growing endurance sports.

It consists of two or more disciplines including off road running, mountain biking, orienteering, paddling and rope/climbing skills.

The day will consist of:

- Off-road bike handling skills
- Off road run technique
- Orienteering and map reading
- Kayaking
- Absailing

The final part of day will be an adventure race team challenge

Staffing

Nick Robinson

- Former Olympic Swimming Coach
- Experienced Multi-sport competitor including Karrimor International Mountain Marathon, 3 Peaks Race, Half Ironman UK, Hi-Tec Adventure Race Series.

Paul Birchell

- Qualified climbing and kayaking coach.
- Competed in and organised many adventure races including Karrimor International Mountain Marathon and Source to Sea.

Course Cost £30



This course is supported by the
**British Triathlon
Association**



The worlds largest Tri Store
www.triuk.com
01935 414142

Booking Form - Adventure Racing Day

Name _____

Address _____

Postcode _____

D.O.B _____

Tel No _____

Emergency Contact No _____

I enclose a cheque for £30 made payable to Kelly Enterprises Ltd

FREE T Shirt included with cost (tick size required) Ages: 9-10 11-12 13-14

FREE Water bottle and energy drinks provided by Tri-UK

Please sign the Consent Form overleaf * Late pick up will incur an additional cost *