

## What Students Need to Bring

Loose, comfortable clothing (suitable for being outdoors whatever the weather), waterproof jacket, trainers and a hat.

Complete change of clothes and a towel (the centre has changing rooms and showers available).

Drinks, snacks and sunscreen.

Packed lunch (if staying for the whole day).

## Staffing Requirements

We generally operate in activity groups of no more than ten students to one instructor. We require that you bring one responsible adult per group of ten students. If you feel that your group requires extra instructional support please contact us so that we can advise you of the extra cost of arranging this.

## How to Find Kempston Outdoor Centre

The centre is located on Hillgrounds Road, next to Robert Bruce Middle School. Hillgrounds Road leads off Bedford Road, in the centre of Kempston.

## Insurance

Participants on courses at Kempston Outdoor Centre are insured against accidents caused by negligence by centre staff. However, they are not insured against other causes of loss, damage or injury. Accordingly, you are advised to consider taking out your own insurance for this.

## Booking

Please telephone to discuss your requirements and confirm availability.

We will then send you a booking form which should be completed and signed and returned to:

Centre Manager  
Kempston Outdoor Centre  
Hillgrounds Road  
Kempston  
Bedford  
MK42 8QQ

Telephone: 01234 408402

Email: [KempstonOutdoorCentre@bedscc.gov.uk](mailto:KempstonOutdoorCentre@bedscc.gov.uk)



# Group



Bedfordshire  
county council

# Activities



If your group wants to enjoy challenging and exciting activities such as:

Climbing and Abseiling    Archery  
High Ropes Course        Camping Expeditions  
Canoeing and Kayaking    Initiative Challenges

Then bring them along for an action-packed programme of outdoor adventure at:

**Kempston Outdoor Centre**



Bedfordshire  
county council

**Telephone:  
01234 408402**

# Group Activities



Kempston Outdoor Centre is situated on the outskirts of Bedford and is able to offer a full range of outdoor education and adventure activities. These include:

- Climbing and Abseiling
- High Ropes Course
- Canoeing
- Kayaking
- Archery
- Orienteering
- Navigation
- Camping Expeditions
- Initiative Challenges

Courses at the centre are designed to promote the personal development of our students through adventure experience and provide opportunities for lifelong learning skill development.

We believe that self-confidence, an increased awareness of others and a positive approach to the world around us can all be enhanced through carefully constructed learning in a new and challenging environment.

## The Duke of Edinburgh's Award

The centre is an approved Access Organisation for the award and can provide opportunities for participants to complete all the sections of the award: Physical Recreation, Skill, Service, Expedition and Residential Project.



For participants not attached to other Award Units, the centre is also an approved Open Award Centre and runs Open Award Groups and Open Expeditions.



## Safety and Quality

Safety and quality are the top priorities on our courses. Students are provided with all necessary safety equipment. All our instructors are experienced at working with young people and are appropriately qualified in the activities they lead. All staff are first aid qualified and CRB cleared. The centre is inspected and licensed by Bedfordshire County Council and by the Adventure Activities Licensing Authority (AALA) to provide climbing, trekking and watersports.



## Times

Times of sessions can be adapted to suit the needs of our clients. However, our standard session times are as follows:

Morning sessions (2 x 1½-hour activities) run from 9.30 am to 12.30 pm.

Afternoon sessions (2 x 1½-hour activities) run from 1.30 pm to 4.30 pm.

After-school sessions (1½ hours) run from 5.00 pm to 6.30 pm.

Evening sessions (2 hours) run from 7.00 pm to 9.00 pm.

School-day programmes (3 x 1½-hour activities) run from 9.30 am to 3.00 pm and include a mid-morning break and a lunch break.

Full-day programmes (4 x 1½-hour activities) run from 9.30 am to 4.30 pm and include a mid-morning break, a lunch break and a mid-afternoon break.

Lunch is not provided, but there is a canteen area where students can eat packed lunches. Alternatively, we can provide a buffet lunch and refreshments. Cost on application.

## Prices

Prices for programmes are as follows:

1 hour session:	£62.00
1½-hour session:	£73.00
2-hour session:	£83.00
3-hour session:	£104.00
School-day programme:	£156.00
Full-day programme:	£187.00

These figures are prices per activity group of up to ten students.

