



INDOOR RESIDENTIAL

Carrington Hotel



ABOUT LAND & WAVE

LAND & WAVE HISTORY

We love getting people outdoors; working really hard to make adventure accessible for everyone.

We've been delivering world class adventures to schools for over twelve years now and we're really excited that your child will be spending time with us.

Every year, we work with up to 100 different schools from around the UK. We help deliver exciting adventures to up to 6500 children annually.

We promise we'll look after them like they're our own. With us, they'll be making new friends, learning new skills, developing their confidence and resilience each day.

They'll return full of such great stories; you'll wish you could have come too.

We are Land & Wave and this is going to be the very best school trip.



Address: Unit 14, Jaden Centre, Prospect
Business Park, Swanage, Dorset, BH19 1EJ
Contact: 01929 423031 | info@landandwave.co.uk
Visit: www.landandwave.co.uk



DAILY ADVENTURES

RAFT BUILDING

Raft building is a great activity to start the day. Students will be constructing a working raft from barrels, rope and poles, which they'll be paddling out into Swanage Bay.

This is a great way for the kids to develop their teamwork, leadership and most importantly, their communications skills.

PADDLE BOARDING

Using a mixture of individual and jumbo 17ft paddle boards in Swanage Bay or Sandbanks, this great activity helps the students develop their personal and team building skills further.

It's all about balance, power and team work..

BUSHCRAFT SURVIVAL SKILLS

Getting out in the woods near Corfe Castle, the students will be learning all about fire lighting, campfire cooking (toasted marshmallows included), archery and how to build a waterproof den to protect them from the elements.

It's a great day filled with outdoor adventures, learning new skills and building confidence.



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DAILY ADVENTURES

ORIENTEERING

Students will be armed with maps and checkpoints to search out and reach. These navigation exercises promote independence and team building.

Group sizes will depend on abilities and we employ remote supervision with regular face to face check ups.

CLIMBING

Students will be climbing a variety of routes up beautiful limestone cliffs, as they develop confidence, trust and resilience.

COASTEERING

One of the headline activities for the week. Coasteering is all about jumping into and playing in the sea, scrambling on the limestone ledges and exploring the Jurassic Coast.

Coasteering really helps develop resilience, confidence, self reliance, risk awareness and teamwork.

SEA KAYAKING

Students will buddy up in double kayaks and be paddling around tranquil Swanage Bay or Sandbanks Harbour.

Fun and games aplenty, as students develop teamwork and cooperation skills.



DAILY ADVENTURES

PIONEERING

Students will be put into groups where they will be given challenges such as creating a catapult with the idea of hitting targets and also creating platforms and bridges.

CRABBING

Students will spend some time crabbing in the beautiful Swanage Bay, with their friends and instructors.

MINI OLYMPICS

Students will spend an evening competing in a bunch of the classic sports day activities such as the egg and spoon race and 'welly wanging'!

ARCHERY TAG

Students may participate in an action-packed afternoon competing against each other in team based games. This adrenaline-fuelled archery activities can get VERY competitive!



ACCOMMODATION & FOOD

CARRINGTON HOUSE HOTEL

- Spacious single sex rooms with bedding provided
- Teacher's rooms are interspersed between student rooms
- Teachers will allocate children to rooms
- Indoor pool for the group's private use
- Indoor communal areas including pool, table tennis tables and a movie room
- Key card entry to rooms (teachers have access to a master key), 24hr staff cover, schools accommodated on their own floor(s) / wings of the building

FOOD

- All meals supplied
- Hot breakfast and dinners provided
- Packed lunches supplied (sandwich, crisps, fruit, cake and a chocolate bar)
- All dietary requirements catered for. Please provide FULL details to your trip organiser

HOMESICKNESS

- Full days of activities to keep the kids busy
- Instructors are sensitive to children's needs
- Talk to your trip organiser about your school's specific policy



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ACTIVITY SAFETY

SAFETY

- All safety equipment and clothing is provided
- If the weather is unsafe (high winds or swell), contingency activities take place to ensure maximum safety and enjoyment.

All Land & Wave instructors...

- Have passed an enhanced DBS check
- Hold National Governing Body qualifications
- Are Safeguarding trained
- Will be in/on the water during water activities



INSURANCE

- Land & Wave holds £10 million public liability insurance
- We hold an AALS License and the Adventure Mark Certificate
- We are accredited by Learning Outside the Classroom (LOTIC)

FIRST AID

- All our instructors all hold a Level 3 First Aid qualification
- They specialise in delivering appropriate first aid in 'adventure' situations to children and adults
- Land & Wave also provides First Aid training to businesses and schools
- Trip leaders are responsible for the First Aid provision outside of activity sessions



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LAND&WAVE
ADVENTURE | PEOPLE

INDOOR RESIDENTIAL FAQs

CAN STUDENTS BRING A MOBILE PHONE OR A TABLET ETC?

We would strongly advise against students bringing any electronic devices. There are NO lockers or charging facilities on site.

WILL WE BE ABLE TO CONTACT OUR CHILDREN?

In the case of an emergency, call 01929 423031 and we can put you in touch with the trip leader. We and the school will have your contact details should we need to contact you.

WHAT KIT DO STUDENTS NEED TO BRING?

We supply all the equipment you'll be using, you just need to bring clothes, medication and toiletries. Have a look at the Kit List for everything you need.

WHAT IS THE INSTRUCTOR TO PUPIL RATIO?

There will be at least 1 instructor to every 10 students. Each activity has different staff ratios.

WHAT ARE YOUR SAFEGUARDING POLICIES?

All our instructors are Safeguarding trained and DBS cleared. Our Safeguarding Lead is Sophie Tanner. Please contact us if you have any concerns.

WHAT TIME DO THEY START / FINISH?

Breakfast begins from 07.00, with the students out on activities for around 09.00. Then it's a full day of adventure, with a break for lunch. The evening sessions normally finish at 21.00.

WHAT'S THE TOILET/ SHOWER SITUATION?

Every bedroom has an ensuite shower and toilet. There are also toilets around the hotel building too.

WHAT HAPPENS IN AN EMERGENCY?

All the Land & Wave instructors are First Aid qualified. Both teachers and Instructors will be on hand to deal with any emergency. We have your contact details.



INDOOR RESIDENTIAL FAQs

CAN PARENTS COME AND VISIT?

Due to the Safeguarding protection and procedures, parents are not allowed to come to site unannounced.

WHAT IF MY CHILD DOESN'T WANT TO DO THE ACTIVITY?

During our activities we challenge the students to participate voluntarily, to push their comfort zone and test themselves. No child will be forced to do anything they don't want to do.

WHAT ABOUT DIETARY / MEDICAL / BEHAVIOURAL NEEDS?

We adapt our activities and catering requirements for students.

WHAT ABOUT POCKET MONEY?

There may be the option to buy a few sweets and souvenirs during the week. £10-15 would be more than enough.

WHAT HAPPENS IF THERE IS BAD WEATHER?

We rotate activities to best suit the weather. Activities such as bushcraft are very sheltered in the woods. If the wind or swell is too strong for water sports, these will be switched for something land-based, such as rock climbing.

IS THE ACCOMMODATION SECURE?

The Carrington Hotel works really well for large school groups. We encourage groups to use a separate entrance and stick to designated parts of the hotel away from the general public. We have private use of the pool, dining area and social space at set times. Rooms have keycard access and teachers have access to a master key. A duty member of staff is onsite 24-7.

ARE YOU INSURED?

Yes we are insured. We have £10 million public liability insurance. We are accredited by: Institute of Outdoor Learning, National Coasteering Charter, Adventure Activities Licensing Authority, DofE Approved Activity Provider and Learning Outside The Classroom.



KIT LIST

<input type="checkbox"/>	LUNCH FOR DAY ONE	Bring this with you
<input type="checkbox"/>	TWO TOWELS	For showering & wet activities
<input type="checkbox"/>	PYJAMAS	One set is fine
<input type="checkbox"/>	UNDERWEAR & SOCKS	Enough to last the week
<input type="checkbox"/>	SWIMWEAR	Trunks or an all in one costume
<input type="checkbox"/>	WARM JUMPER/FLEECE	Just one is plenty
<input type="checkbox"/>	T-SHIRTS	Enough to last the week
<input type="checkbox"/>	LIGHT LOOSE FITTING TROUSERS	Tracksuit trousers are perfect
<input type="checkbox"/>	TRAINERS FOR THE WATER	Old lace-up trainers are best
<input type="checkbox"/>	TRAINERS FOR DRY ACTIVITIES	They're going to get muddy
<input type="checkbox"/>	WATERPROOF TROUSERS & JACKET	Likely to get dirty
<input type="checkbox"/>	WARM JACKET	Make sure its easily identified
<input type="checkbox"/>	HATS	Sunhat & woolly hat
<input type="checkbox"/>	TOILETRIES & SUNSCREEN	Shampoo, soap, toothpaste etc.
<input type="checkbox"/>	A TORCH OR HEADTORCH	Not essential
<input type="checkbox"/>	PERSONAL MEDICATION	Inhaler etc.
<input type="checkbox"/>	REFILLABLE DRINKS BOTTLE	Make sure its easily identified
<input type="checkbox"/>	RUCKSACK FOR DAILY USE	Double shoulder strap
<input type="checkbox"/>	ONE SPARE SET OF CLOTHES	Additional shirt, trousers etc.