



POSITIVE ACTIVITY REWARD SCHEME brought to you by 'The Young Voice'

This brochure contains the following information:

- ✓ A menu of activities and venue details
- ✓ Booking and contact details

Each school has a budget of £600 and all Positive Activities must take place between Monday 9th April and Friday 20nd July 2018.

The Council is able to offer either full day or half day activity packages for groups as part of a school pupil award programme. Larger groups can be accommodated but special arrangements will need to be made and costs will be increased to reflect the extra instructor/coaching staff that will be required. Activities can either be delivered in the school or at Pleasley Vale.

What does it cost?		
Pleasley Vale Outdoor Activity Centre (16 participants maximum)	Full day package	£300
Extreme Wheels & Action Sports Roadshows - In school (participants vary dependant on activity required) Discuss your requirements with James Reddish	Full day package	£ 300 Per activity

To book an Extreme Wheels or Action Sports Roadshow activity, please contact James Reddish.

Telephone: **James Reddish** 01246 593041

Email: extreme.wheels@bolsover.gov.uk



Below is a list of some of the activities which Extreme Wheels offers, for a full range of activities please refer to the 'GO EXTREME' leaflet which is handed out at youth council meetings.

Mobile skate park

We provide a selection of mobile ramps, BMX bikes, skateboards and safety equipment. We also provide experienced staff throughout the session to ensure a safe but fun environment. Competitions can also be undertaken throughout the activity, providing all participants with new and challenging experiences

KMX

KMX Karting is still relatively new in this country but has proven to be very popular with young people and adults. KMX karts are three wheeled high performance sports trikes that are part go kart, part BMX. The KMX Karts come in two sizes and are fully adjustable to cater for young people.

Whacky Wheels

Whacky Wheels give people of all ages the opportunity to experience weird and wonderful wheeled contraptions. This product brings together a unique selection of equipment that people may never get the chance to use anywhere else.

BMX Racing

BMX Racing roadshows offer young people the opportunity to take part in the latest Olympic discipline. This activity can take place at a BMX track or a mock BMX track can be created on a field using ramps and cones. The BMX racing roadshow provides up to 16 BMX race bikes, full face helmets, elbow and knee pads, gloves, cones and ramps. Our coaches are British Cycling BMX Level 2 qualified, which is currently the highest BMX coaching qualification in the country.

ACTION SPORTS ROADSHOW

Power kiting

Different kite sizes means that we can cater for people of different ages and body weight, when taking into account different wind strengths. Power kites have safety systems, so that there is very little risk involved, which is ideal for people participating in this exciting sport for the first time.

Master blaster Laser Tag

Never mind going to a laser quest experience, let our Master Blaster mobile laser tag arena come to you! Ten participants can experience an exciting range of games either as individuals or as part of a team. This is suitable for both indoor and outdoor locations at a venue of your choice.

This activity requires 15m x 15m area and for outdoor venues requires a flat grass surface.

Body Zorbing

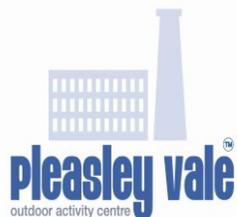
Body Zorbing is physical, exhilarating, and enormous fun for all ages. The user slides into a harness in the middle of a inflatable ball or bodyzorb and can then safely collide with other users, roll, fall, headstand, battle and bounce without risk of injury, great exercise and energetic!

Up to 10 people can participate at any one time. This activity is suitable for indoor venues such as sports halls or flat grass surfaces.

To book a visit to Pleasley Vale centre, please contact Colin Matchett.

Telephone: **Colin Matchett** 01623 812530 or 0787 9252442

Email: colin.matchett@bolsover.gov.uk



Pleasley Vale Outdoor Activity Centre

Pleasley Vale Mills
Outgang Lane
Pleasley Vale
Notts
NG19 8RL
(just off Pleasley roundabout A617)

Contact the centre manager to discuss activity programmes to suit either half day or full day programmes. As a guide, up to 16 students can be accommodated, these could be split in to two groups of 8. Pleasley Vale runs a strict group ratio of maximum 1:8

Canoeing/Kayaking/Raft Building	The centre uses Pleasley Vale mill pond to provide a sheltered site for people to try canoeing, kayaking and raft building. Our newly enhanced water sports facilities offer full disabled access and changing.
Orienteering	A fun way to learn map reading and navigation skills, Pleasley Vale offers both on site and off site orienteering.
Archery	The Centre gives an opportunity for all to experience the skills and techniques required to master this ancient art. We have an indoor range which allows us to operate whatever the weather.
Climbing/Abseiling	For those who are up for a challenge we can climb on some of Pleasley Vale's limestone outcrops.
Mobile Climbing Wall	Our mobile climbing wall offers a fun way for us to bring climbing to your venue. Whether a total novice or someone with previous experience, our all ability wall provides experience for all. Along with the wall we can provide the "Baby Bouldering" wall which offers an energetic activity for the less confident with heights.
Mountain Biking/trail riding	Pleasley Vale can provide rides to suit most ages and abilities. We provide all necessary equipment and have a fleet of mountain bikes in a range of sizes. Rides can be from as little as a couple of hours through to all day rides.

Team Building &
Problem Solving

The centre can provide a range of challenging physical or cerebral exercises which can be used to address or raise specific needs or issues relating to teamwork. It can help individuals and teams work more effectively.

Off Site Activities

Pleasley Vale can also offer activities away from our centre. Activities such as caving, weaseling, mountain walking, climbing and abseiling. Travel arrangements for these activities would have to be discussed with the centre manager.

PLEASE NOTE SOME ACTIVITIES ARE WEATHER DEPENDENT. We reserve the right to alter activity programmes to suit weather conditions where necessary.

Other relevant information...

Our sessions are supervised by suitably qualified instructors who are all Criminal Records Bureau checked and first aid trained.

All our venues and activities have been risk assessed. As some activities are delivered outdoors we reserve the right to cancel or change the programme although poor weather does not usually stop us!

All equipment is provided by the Council; pupils should wear clothing and associated kit that is suitable for the activity being undertaken and appropriate to the time of year. Water based activities at Pleasley Vale Outdoor Activity Centre will require a change of clothes, a towel and a pair of old trainers.

Schools should arrange for pupils to bring a packed lunch and a drink with them when opting for the full day package.

We operate disability friendly sessions, however, please advise us of any students with severe disabilities prior to the booking so we can make the necessary arrangements.

POSITIVE ACTIVITY REWARD SCHEME CRITERIA (decided by Youth Councillors on 25 September 2007 and re-approved on 11 March 2014)

The Reward Scheme was started to help Youth Councillors reward the positive work and efforts of young people in their school. To help spread the word about the Young Voice, please could your school make sure everyone who participates in the scheme knows that it has been provided by Young Voice. To help achieve this the school should mention on the consent letter to parents that the trip is funded by the Bolsover Young Voice, certificates (provided by Bolsover DC) should be given to all students attending the rewards day and if possible Youth Cllrs should provide an introduction about the role of Young Voice on the day. To help evaluate the scheme please keep a track of how many young people benefit and why they were chosen, and encourage the people that attend to fill in an evaluation questionnaire. Youth Councillors are asked to write an article for their school newsletter about the positive activity rewards.

Schools must ensure that people receiving the reward meet some of the following criteria:

1. Good and improved behaviour
2. Good attendance
3. People that help the community
4. Consistent good behaviour and performance
5. People who give 100% effort all the time/ try hard
6. People that take part in extra curricular school activities e.g. after school clubs and Young Voice Youth Council activities
7. People at key stage 4 whose course work is all up to date
8. Outstanding achievement- inside and outside school
9. Young people with caring responsibilities
10. Contribution to school council
11. Achieving Learners Mark

The following points were also made:

- The same people shouldn't go on a trip more than once in a row for the same award criteria but may go if they achieve something different.
- People down to attend a trip should be given a warning that if they behave badly, they will be taken off the trip.
- Choose a certain number of people in each tutor group to take part.
- Don't just choose the top achievers.

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