

Adult Adventure Booking Form

Name: Age: (If under 18)

Address:

Home Tel: Day Tel:

Email:

Would you like to receive further information on our courses and activities? YES / NO

EMERGENCY CONTACT DETAILS

Next of Kin: Name: Relationship:

Address:

Telephone:

Please select your activity(s) and enter the Course Code

Sailing	Powerboat	Caving	Rock Climbing	Kayaking	Canoeing	Windsurfing

Relevant information the Centre and its instructors should be aware of.
i.e. diabetes, asthma, epilepsy, allergies, non water confident etc

Signature (Parental Consent if under 18 yrs)

I enclose the fee of £
Cheques made payable to Devon County Council. OR please debit my Credit Card for £

Please complete and return to: **Haven Banks Outdoor Education Centre, 61 Haven Road, Exeter, Devon, EX2 8DP.** Further information can be obtained by calling: **01392 434668** or from our website, **www.haven-banks.co.uk**. Please note, Haven Banks OEC reserves the right to cancel courses in the event of poor uptake, poor weather or any other influencing factor. Where possible alternative dates or course will be offered or a full refund given. Please note National Governing Body logbooks & handbooks may be required on certain courses. These can be purchased from the Centre. If successful, certificates can be purchased from the Centre at the end of your course. Please ask your instructor.

PLEASE NOTE THAT ALL PAYMENT DETAILS WILL BE DESTROYED ONCE PAYMENTS HAVE BEEN PROCESSED BY THE OFFICE

Card Number	Expiry Date					Security Code			

ALSO AVAILABLE

- First Aid Training & Assessment
- Instructor Training Courses
- Modern Apprenticeships
- Coasteering
- Family Day Sails
- Mountain Bike Leadership
- Charity Events i.e. Abseils
- Canoe/Kayak Camps
- Private Group Bookings
- Childrens Holiday Activities
- Birthdays Parties
- Many other activities



Haven Banks



Outdoor Education Centre

61 Haven Road, Exeter, Devon, EX2 8BP
Tel: 01392 434668

Info@haven-banks.co.uk
www.haven-banks.co.uk

Adult Outdoor Programme

Weekend & Evening Courses

January—December 2010



A programme of evening & weekend courses designed especially for adults. Courses designed for the novice, wanting to experience an adventurous outdoor activity for the very first time, through to those looking to gain more advanced National Governing Body Qualifications or coaching qualifications. Should there not be the date or activity available to suit your requirements, please let us know, as we always put on additional dates & activities

A wide & varied programme which includes:

Canoeing, Kayaking, White-Water & Sea Kayaking, Power-boating, Sailing, Windsurfing, Caving & Rock-Climbing.

COURSES & ACTIVITIES

- Sailing** - Introductions, RYA Levels 1, 2, Seamanship Skills & Day Sailing
- Windsurfing** - Introductions, RYA Levels 1 & 2 Coastal & Inland
- Canoeing** - Intros, BCU - Paddlesport 1 & 2 Star Awards
- Kayaking** - Intros, BCU - Paddlesport 1-3 Star WW, Flat Water & Sea
- Rock - Climbing** - Introduction to Rock-Climbing & Rope work
- Caving** - Introduction to the fascinating world of Caves



Power— Boating

National Powerboat Certificate, RYA Powerboat Level 2

An intensive course based at Starcross Yacht Club on the Exe Estuary. The course will involve an introduction to the use of a powerboat, boat handling skills at high and low speeds, launching and recovery and the essential theory needed to become a Level 2 power boater. Inland or Coastal Waters. Course includes Training Pack & Certification for successful candidates

Weekends 10am - 4pm

**Course Code: PB2-1	Course Date: Sat/Sun 27th & 28th March	Price £175
**Course Code: PB2-2	Course Date: Sat/Sun 19th & 20th June	Price £175
**Course Code: PB2-3	Course Date: Sat/Sun 16th & 17th October	Price £175
**Course Code: PB2-4	Course Date: Sat/Sun 11th & 12th December	Price £175

Sailing

An Introduction to Sailing

Price £57

A one day introductory course for families and individuals who fancy trying sailing for the first time. Based in Exeter on the River Exe using Toppers. You will literally be shown the ropes of the boat & all the basic boat handling skills, leaving having gained both knowledge & confidence.

Saturdays 10am - 4pm

SW1 - Saturday 27th Feb	SW2 - Sat 17th April	SW3- Sat 22nd May
SW4 - Saturday 26th June	SW5 - Sat 31st July	SW6 - 4th September

Start Sailing RYA Level 1

This is the perfect course for those wishing to learn how to sail a single handed boat and don't mind getting wet! You will learn how to rig your own boat and the basic skills need to sail your own dinghy in a variety of conditions. No experience required.

Weekends 10am - 4pm

Course Dates: SBW1 - Sat 6th & Sun 7th March	SBW2 - Sat 15th & Sun 16th May	Price £97
SBW3- Sat 3rd & Sun 4th July	SBW4 - Sat 14th & Sun 15th August	
SBW5 - Sat 18th & Sun 19th Sept		

Evenings 6pm - 8.30pm (4 Weeks)

Course SBE1 - Wednesday 5th—26th May	SBE2 - Mon 5th - 26th July	SBE3 - Mon 9th Aug - 30th Aug
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Improving Sailing Techniques RYA Level 2

This course is designed for those who already hold their RYA level 1 or have equivalent sailing experience. Based at Starcross Yacht Club on the Exe Estuary, where you will sail our Laser Picos. You will polish up old skills and develop new ones, giving you the confidence and knowledge needed to sail more effectively and efficiently.

Weekends 10am - 4pm (2 days)

**Course Code: SIW1 - Sat/Sun 5th & 6th June	SIW2 - Sat/Sun 17th & 18th July	Price £137
SIW3 - Sat/Sun 18th & 19th September		

Evenings 6pm - 8.30pm (4 evenings x 2 Weeks)

**Course Code: SIE1	Course Dates: April - Tues 13th, Thurs 15th, Tues 27th & Thurs 29th April	Price £137
**Course Code: SIE2	Course Dates: June - Tues 29th, Thurs 1st July, Tues 13th & Thurs 15th July	

Evenings 6pm - 8.30pm (Monday & Thursday evenings)

**Course Code: SIE3	Course Date: Mon 6th Sept, Thurs 9th Sept & Mon 20th Sept, Thurs 23rd Sept	Price £137
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Caving & Rock - Climbing

An Introduction to Caving

A one day/evening caving adventure for those who have never experienced the fascinating underground world. You will explore new world of the limestone chambers and passages where speleothems can be found. You will be guided on a variety of routes through Pridhamsleigh cavern or Bakers Pit with a qualified and experienced instructors. Prepare yourself for muddy but fun packed day/evening! No experience. Routes can be chosen according to confidence levels

Weekends 10am - 4pm (1 Day)

Course Dates: *DW1-Saturday 23rd January	*DW2-Sunday 7th February	Price £45
*DW3-Sunday 11th April	*DW4-Saturday 25th September	Price £32

Evenings 6pm - 9.00pm (1 evening)

Course Dates: *DE1-Wed 6th January,	*DE2-Tuesday 3rd February,	*DE3—Wed 24th March
*DE4-Thurs 27th May,	*DE5-Wed 15th September	*DE6-Wed 8th December

An Introduction to Rock Climbing

This course is designed for those with little or no climbing experience. Based on Dartmoor and at Haven Banks own climbing wall your instructor will teach and inspire you in safe belaying methods, different climbing techniques, rope work and the kit needed for this exciting sport. All the helmets, harnesses and ropes will be provided by Haven Banks. All you need is a pair of comfortable shoes to climb in.

Weekends 10am - 4pm (1 Day)

Course Dates: *UW1 Saturday 13th March	*UW2 Sunday 16th May	*UW3 Saturday 17th July
*UW4 Sunday 12th September	*UW5 Saturday 6th November	Price £59

Evenings 6pm - 8.30pm (4 weeks)

Course Date: *UE1-Wednesday 31st March - Wed 21st April	*UE2 Tuesday 1st –22nd June	Price £115
*UE3- Thursday 1st –22nd July		

* Please note Transportation for off-site periods of the course is not always provided. Hopefully members will be able to car share.

** Meet at activity venue for this activity. Please call the Centre for details of meeting places & times

Kayaking & Canoeing

Beginners Kayak BCU 1 Star

Based at Haven Banks Outdoor Centre on the canal and River Exe you will learn the skills required to complete the BCU 1 Star Award, no experience required just lots of enthusiasm.

Weekends 10am - 4pm (1 Day)

Course Date: KBW1-Sat 20th Feb	KBW2-Sun 11th April	KBW3-Sat 8th May	Price £58
KBW4-Sat 5th June	KBW5- Sat 7th August	KBW6-Sat 5th Sept	
KBW7- Sun 3rd October	KBW8 Sun 7th November		

Evenings 6pm - 8.30pm (4 Weeks)

Course Date: KBE1-Tues 30th March - Tues 20th April	KBE2- Weds 5th - Weds 26th May	Price £89
KBE3-Tues 29th June - 20th July	KBE4-Tue 31st Aug -Thurs 9th Sept (Tues & Thur x 4 sessions)	

Improvers Kayak BCU 2 star - Training

This is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact. The award is obtained by taking the assessment in both a kayak and a canoe.

Weekends 10am - 4pm (2 weekends)

Course Code: KIW1	Course Date: Sat & Sun 13th & 14th & Sat & Sun 20th & 21st March	Price £125
Course Code: KIW2	Course Date: Sat & Sun 12th & 13th & Sat & Sun 19th & 20th June	
Course Code: KIW3	Course Date: Sat & Sun 23rd & 24th & Sat & Sun 3th & 31st October	

Evenings 6pm - 8.30pm (6 Weeks)

Course Code: KIE1-Tues 20th April - Tues 25th May	KIE2 Thurs 22nd July - Thurs 26th August	Price £115
KIE3-Mon 30th Aug - Wed 15th Sept (Mon & Wed x 6 sessions)		

White water Kayaking Days—Introduction & Intermediate Tours

Weekends 10am - 4pm (1 day)

One day courses designed for those who wish to get on the river & paddle! This could be for those wishing to gain new skills and confidence on moving water or those looking to venture onto higher grade water under the supervision of qualified and experienced instructors. Some kayaking experience recommended. River section indicates below.

*Course Code: KWW1	Course Date: Saturday 9th January
*Course Code: KWW2	Course Date: Sunday 14th February
*Course Code: KWW3	Course Date: Saturday 20th November
*Course Code: KWW4	Course Date: Sunday 5th December

Advanced Kayak BCU 3 Star White - Water - Training

Successful performance at this level indicates the paddler can consider themselves an intermediate kayaker, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a grade 2 river. Based on Upper Exe or River Dart

Weekend 10am - 4pm (2 days)

*Course Code: KAW1	Course Date: Saturday & Sunday 9th & 10th January
KAW2	Course Date: Saturday & Sunday 6th & 7th February
KAW3	Course Date: Saturday & Sunday 20th & 21st November
KAW4	Course Date: Saturday & Sunday 4th & 5th December

Sea Kayak Tours - Coastal Kayak Ventures, Weekends, Day Trips and 2 day Expeditions

This year we are getting serious about our Sea Paddling. We have spent the past year exploring some of the best coastline of Devon and we want to share our experiences with you. With so much natural beauty around us, this ever growing paddle-sport discipline can be made as challenging or relaxing as you like. Hugging the South Devon Coastline qualified and experienced instructors will take you exploring craggy coastlines, caves and after a bite to eat on a sheltered beach rock hopping your way through rocky gullies . Venues may include the Jurassic Coastline, Torbay & Teignmouth. Choose from Evening, 1 day tours or 2 Day relaxing expeditions. Some experience of kayaking is recommended for this activity.

Weekends 10am—4pm

**Course Code: SKW1	Saturday 22nd May	SKW2	Sunday 27th June	Price £74
**Course Code: SKW3	Saturday 24th July	SKW4	Sunday 5th September	

2 Day Expedition

**Course Code: SKEXP1	Sat/Sun 21st & 22nd August. 2 days coastal paddle with overnight camp.	Price £155
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Evenings 6pm—9pm

**Course Code: SKE1	Wednesday 16th June	SKE2	Tuesday 13th July	Price £49
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Discover Open Canoeing - Families Welcomed

An introduction to the world of canoeing. Over the course you will learn the basic skills of how to paddle a canoe in tandem, & solo and how to perform rescues in a safe group environment. This will give you confidence and time to develop these skills whilst on a journey around the beautiful River Exe and Exeter Canal . No previous experience required. Special Family rates available by request.

Weekends 10am - 4pm

Course Code: OCW1-Sun 23rd May	OCW2- Sat 10th July	OCW3- Sun 8th August	Price £48
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Windsurfing

Beginners Windsurfing

Mystified about how to master this dynamic sport? Fancy speeding along like those graceful athletes so admired in resorts the world over? Look no further, this course is designed to give you the first steps in this dynamic sport. Based on the River Exe, with the possibility of the final 2 weeks at Starcross Yacht Club on the Exe Estuary. (Ability, weather & tides allowing)

Evenings 6pm - 8.30pm (4 Weeks)

*Course Code: WBE1-Monday 31st May - Monday 21st June	WBE2-Weds 7th July - Weds 28th July	Price £98
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INTERMEDIATE WINDSURFING—IMPROVE STANCE, USE OF HARNESS & FOOTSTRAPS—AVAILABLE ON REQUEST

