

# ULSPORT

## ADVENTURE CENTRE

### KILLALOE, CO. CLARE

**The University of Limerick School Tour Provider**

**PRIMARY TIMES STAR AWARDS  
2012 & 2013 WINNER  
“Best School Tour” in the West**



**A school tour day at UL Sport Adventure Centre is a fun filled, educational day in a safe, accredited, purpose built activity centre. We aim to ensure each child leaves our centre having had the most enjoyable day and wanting to come back!**

#### **Full Day Sample Programme**

10.00 am	Arrive at UL Sport AC...
10.00 – 10.20	Welcome & briefing. Divide into group, gear up & commence session
10.20 – 12.20	Morning activities
12.20 – 12.40	Shower & change
12.40 – 1.20	Lunch break
1.20 – 1.30	Gear up for afternoon session
1.30 – 3.40	Afternoon activities
3.40 – 4.00	Shower, change & de-brief
4.00 pm	Depart UL Sport AC
<b>Land Activities</b>	Archery, Orienteering, High Ropes, Low Ropes, Team Challenges, Adventure Trail & The Climbing Tower
<b>Water Activities:</b>	Kayaking, Windsurfing, Sailing, Canoeing & Stand Up Paddling (SUP)

**Participants on a full day will partake in 2 land and 2 water activities**



## Items the participants will need to bring with them:

- Swimming togs, towel, shower gear.
- A full change of clothes, a packed lunch with drink.
- Rain gear/sun protection is advisable depending on weather conditions.
- An old pair of shoes/runners to be worn in the water.

## Group leaders/ teachers are needed in a supervisory capacity at lunchtime.

All programmes are weather dependent.

A full day of activities begins at 10am and finishes at 4pm.

A full day of activities consists of **TWO** land and **TWO** water activities.

A full day of activities costs €38 per person. Lunch is not included.

A half day of activities options are from 10am to 12.30pm **OR** from 1.30 pm to 4pm, unless you have agreed an alternative session time.

A half-day of activities consists of **EITHER** land **OR** water

A half day of activities costs € 28 per person. Lunch is not included

The number of participants on the booking form is a confirmed number and you will be charged in full for this number. We can adjust this number upwards given sufficient notice of two weeks, but we unfortunately cannot adjust this number downwards.

Dates booked are not secure until ULAC have received a completed booking form with the requested **deposit within 14 days of telephone booking.**

Balance of payment must be received **TWO WEEKS** prior to your arrival date.

**All cheques are to be made payable to UL Sport please.**

We at UL Sport Adventure Centre take every precaution for your safety, however the activities on your programme are potentially hazardous and do carry an inherent risk. Persons participating in activities or courses do so voluntarily and at their own risk, please note the occurrence of particular weather conditions may lead to the cessation of certain activities. No claims shall be made against UL Sport Adventure Centre in respect of injury or loss arising there from.



### Teacher/Leader Guidelines

- **ULAC** requires a teacher to be present to supervise students at lunchtime as this allows the instructors to have their lunch. As safety is of the highest importance to us, we do request that students are directed away from the water and the climbing equipment during lunchtime.
  - Valuables of any description should not to be brought onto the premises, as UL Sport Adventure Centre will not be held responsible for anything lost or stolen.
  - Teachers are not required to partake in sessions but the option is available to those who wish. In order to maintain our safety ratios we do request that only **one teacher** per group booked would partake in the group activities.
  - Items left behind by visitors will be held for claim for **one week only**, thereafter they will be donated to charity.
  - It is advisable that any students who require an inhaler should keep it on them. Each student should have their name clearly marked on any inhalers. When on water activities, a designated safe keeping place is agreed by the student and the instructor for inhalers. Any inhalers are to remain in this location for the duration of the session.
  - We would advise that any visitor who may need to take medication during their visit should make arrangement with the class teacher or group leader. Please be advised that ULAC Staff are not permitted to administer any medication. Trained first aid personnel are on site at all times in case of an emergency.
  - **Late arrival on the day will affect the session and it will run for the original time booked. Programmes will be affected.**
  - ULAC must have the contact details of the teacher/ leader who will be on site on the day of the visit if the person making the booking will not be attending.
  - For teachers/leaders convenience we have a fully equipped kitchenette with microwave, toasted sandwich maker, tea & coffee making facilities. Please feel free to bring what ever you may require during your visit to ULAC as there are no vending machines on site at ULAC.
  - Disruptive students will be removed from sessions and must then remain under teacher/ leader supervision until then end of the day
- \*Please note the kitchen facility is for the use of visiting teachers & leaders only.

**We look forward to welcoming you to The Irish Primary Times**

**“Best in The West” School Tour Destination**

**2012 & 2013 UL Sport Adventure Centre. KILLALOE, Co. Clare.**

