



Walesby Activity Centre Joining Instructions

The Walesby Forest Activity Centre is about 15 miles north of Nottingham.

For those of you who making your own way to the venue, take the A614 for about 12 miles out of Nottingham, go over the Ollerton Roundabout for about another 2 miles and Walesby is signposted on the right. Take the Walesby turn and after about 2 miles you will go over a small railway bridge. Follow the road for about another mile and the activity centre is on your left. From the North, pick up the A614 of the A1 and pick up the instructions from the Walesby turn. The telephone number of the centre in case of difficulty is 01623 860 202. A map is also available for download.

The activity centre is located in 250 acres of parkland and forest and caters for a wide range of activities and interests. The day that has been planned for you is a great deal of fun and is suitable for all types of people, fit and unfit! So don't worry! Teamwork involves just as much planning as it does physical activity, so everyone will find a suitable role in each exercise.

Please ensure that you have completed the health information form for us and returned it to the training department well before the event. It is essential that we have this information so that we are aware of any medical issues. It is also a condition of the insurance cover that we obtain this data so please be aware ***that you will not be allowed to take part in any activity if we do not have your form.*** Information supplied is treated confidentially and in compliance with the data protection act and all forms are destroyed after the event.

Please dress in suitable clothing and footwear, bearing in mind that the site may be wet and that rain is a possibility in our English climate. Designer trainers are probably not a good idea. For the more adventurous of you, a change of clothing would be a sensible option as there is the possibility of getting dirty or wet or both on a couple of the exercises. There are shower facilities available so towel and shower gel etc may also be useful.