



# Holiday Activity Programme

Dear Parent,

## Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

### Abseiling

This session has been organised in partnership with Young Bristol. Please find below details and requirements for the session:

The session will take place at the Sea Walls, Avon Gorge. Using rockfaces suitable for beginners, qualified instructors will coach participants safely and carefully, allowing everyone to face their fears and meet the challenge. Emphasis will be on teamwork and group members will be taught how to support and help each other. The maximum abseil height will be approximately 25 metres.

Drop off and collection for this activity will be at **Ashton Park Sports Centre**. Once dropped off and registered at the Sports Centre, a Young Bristol instructor will arrive on a minibus to transport the children to the site. The children will then be brought back to the Sports Centre after the activity ready to be signed out and collected.

There is a strong possibility participants will get muddy, damp, and in some cases, wet. They may also damage clothes and footwear. **We recommend that they bring a complete change of clothes including footwear.**

Participants should bring the following to the session:

- Waterproof Jacket
- At least two top layers, t-shirt and a sweatshirt
- Old, loose fitting, tracksuit bottoms/leggings
- Wellington boots
- Walking boots

Please note that these sessions are subject to a required minimum number of participants. Booking must be done before 4pm the day before an activity.

If you have any further questions please contact the Sports Centre on the number below.

Regards,  
Ashton Park Sports Centre