



Holiday Activity Programme

Dear Parent,

Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

Tree 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 one of Young Bristol's designated activity centres/venues. This 60ft Tree Abseil at the High Ropes course is an exhilarating activity really testing your nerve! Qualified instructors will coach participants safely and carefully allowing everyone to meet the challenge. Are you scared of heights?! Then this is the perfect opportunity to conquer your fear! Suitable for all ages and skill levels.

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