

SCHOOLS

Group Leader Pack

Mount Cook
ADVENTURE CENTRE

GROUP LEADER TO-DO LIST

On confirmation	You will be introduced to your coordinator, who will send you an activity itinerary to approve as soon as possible.
7 months prior to arrival	Issued 20% deposit invoice
6 months prior to arrival	20% deposit will be due
3 months prior to arrival	Issued 70% remaining balance invoice. You will also be sent a link to an online **Group Leader Consent Form*** to complete.
2 months prior to arrival	70% remaining balance will be due. Group Leader Consent Form will be due. You will be sent an Excel sheet with your room allocations to complete (if staying overnight)
1 month prior to arrival	Room allocations will be due ((if staying overnight)
1 week prior to arrival	Coordinator will send pre-arrival email
1 week after	Coordinator will send you a feedback form to complete

***Group Leader Consent Form** is an online form and disclaimer to be completed by the group leader on behalf of all participants on the booking. Please provide as much detail as possible so that we can tailor sessions and meals where necessary. You may be asked to complete an individual form or waiver if we see any medical conditions on the returned group leader form that may impact activity participation. All adults taking part in activities will be asked to sign a waiver on arrival before taking part.

PAYMENT PROCEDURE

Invoices are issued with 1 month to complete payment where possible. All trips must be paid in full prior to arrival.

Please let us know all final numbers **61 days prior to arrival.** If numbers decrease after this time we are unable to offer you a refund. Any additions are subject to availability and must be paid before arrival.

- 10% deposit to confirm your space at Mount Cook
- 20% deposit 6 months prior to arrival
- 70% remaining balance due 2 months prior to arrival

YOUR BOOKINGS TEAM

These are our booking coordinators, who will be helping you arrange your stay. You can call them Monday - Friday or email them anytime to ask questions or make changes.



Mary
Bookings and compliance Manager

mary@mountcook.uk



Hannah
Booking Coordinator

hannah@mountcook.uk

SAFETY ONSITE

Mount Cook will take all reasonable precautions to ensure the safety and security of your group and property. Staff are trained in emergency situations and in first aid. During the day a receptionist is available to handle any requests.

After 11pm a staff member will sleep over in the centre, you will be given the duty number to reach them in case of emergency.

Smoking is prohibited within the building. Designated areas and bins are provided outside. Guests may not bring their own **alcohol** as we are a licensed premises with an onsite bar. Our bar is open until 11pm, last orders are called 15 minutes before.

Our risk assessments for activities and the building can be found here: **RISK ASSESSMENTS**
Our Public Liability Insurance and key policies can be found here: **RESOURCES**

EMERGENCY CONTACTS & DEFIBRTILLATORS

Chesterfield Royal Hospital	01246 277271	Calow Top Road, Chesterfield, S44 65BL	12.4 miles
Royal Derby Hospital	01332 340131	Royal Derby Hospital, Derby, DE22 3NE	13 miles
Whitworth Hospital	01629 580211	330 Bakewell Road, Darley Dale, DE4 2JD	4.1 miles
Hannage Brook Medical Centre	01629 822607	Hannage Way, Wirksworth, DE4 4JG	1.2 miles
B Payne & Son ltd Pharmacy	01629 339080	24 Market Place, Wirksworth, DE4 4ET	1.2 miles
Dale Road Dental Practice	01629 339080	92 Dale Rd, Matlock DE4 3LU	4.1 miles
Steeple Grange Dentist DEFIB	01629 822172	36 Steeple Grange, Wirksworth, DE4 4FS	0.3 miles
The Nelson Arms DEFIB	01629 825154	Main Street, Middleton, DE4 4LU	1 mile

ACCREDITATIONS

AAIAC
Website: www.adventuremark.co.uk/holders/holders/
Our ID: Please find us listed on the above link

AHOEC Gold Standard
Website: www.ahoec.org/gold-standard/
Certificate available here

Learning Outside The Classroom Quality Badge
Website: www.lotc.org.uk
Our ID: 103883

AALA License - Climbing Category
Website: www.aala.hse.gov.uk
Our ID: L139383

We highly recommend that groups either insure the trip themselves or encourage parents to take out trip insurance. Our insurance does NOT cover cancellations for medical emergencies, transport issues or poor weather.

HOW TO FIND EVERYTHING

GETTING TO MOUNT COOK

Address:
Mount Cook Adventure Centre
Porter Lane, Middleton-by-Wirksworth
Derbyshire
DE4 4LS

what3words
Car park// cobbles.redeemed.wired
Main entrance// bedroom.venue.coconuts

We have a large free car park that is suitable for coaches opposite the main gate to Mount Cook. Please park here and walk up, as the driveway is unsuitable for coaches to turn. Please ring the gate buzzer if you require accessible parking.

ARRIVALS

Unless you have specifically booked an early or late departure with your booking coordinator, your arrival time will be **13:00** on your first day and **12:30** on your final day. Please book coaches for these times.

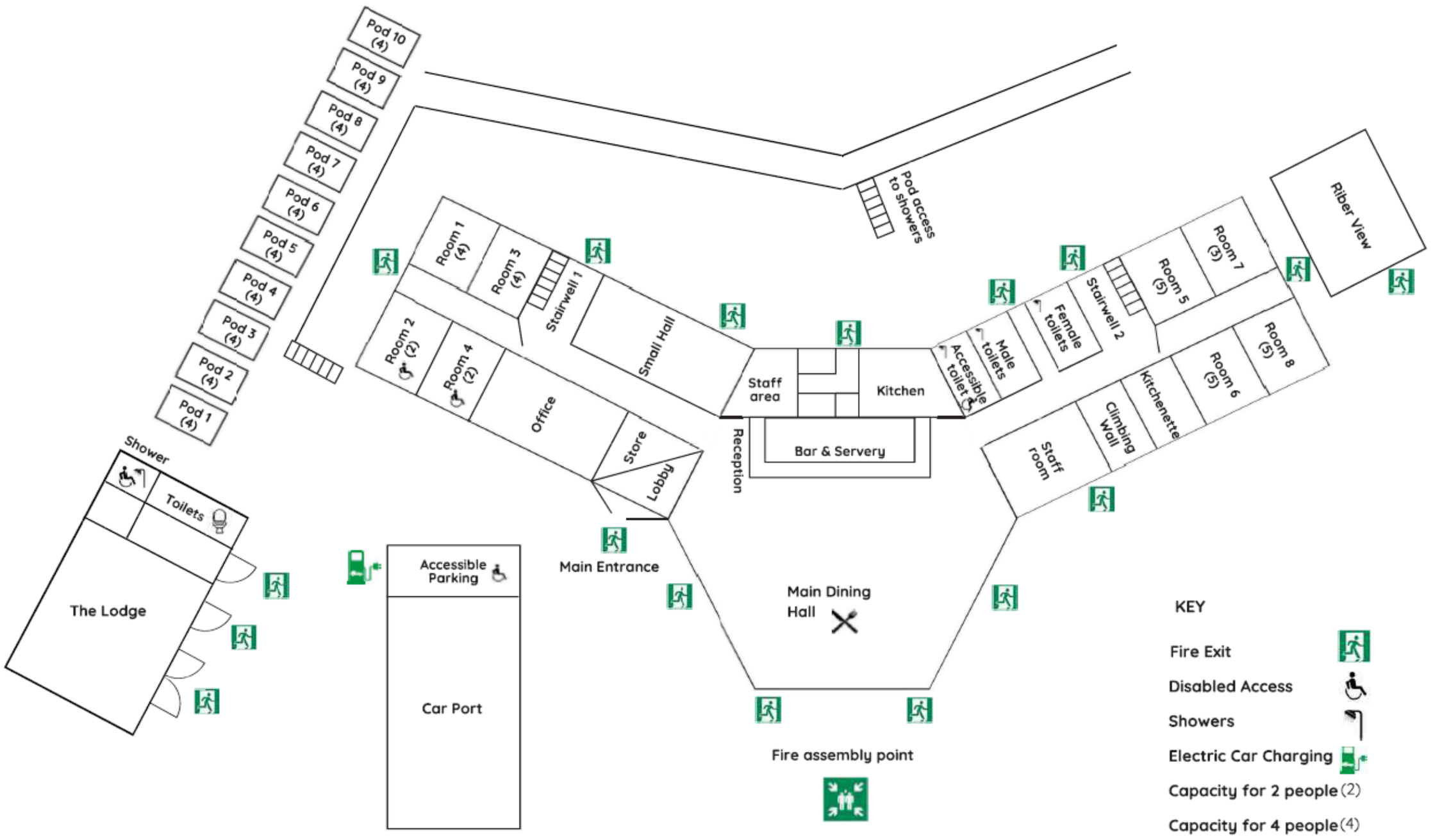
Schools should bring a packed lunch to eat on arrival. There will be space to eat your packed lunch at Mount Cook on your first day, but we will ask you to depart with a packed lunch provided by us on your final day.

EXTERNAL SITE MAP

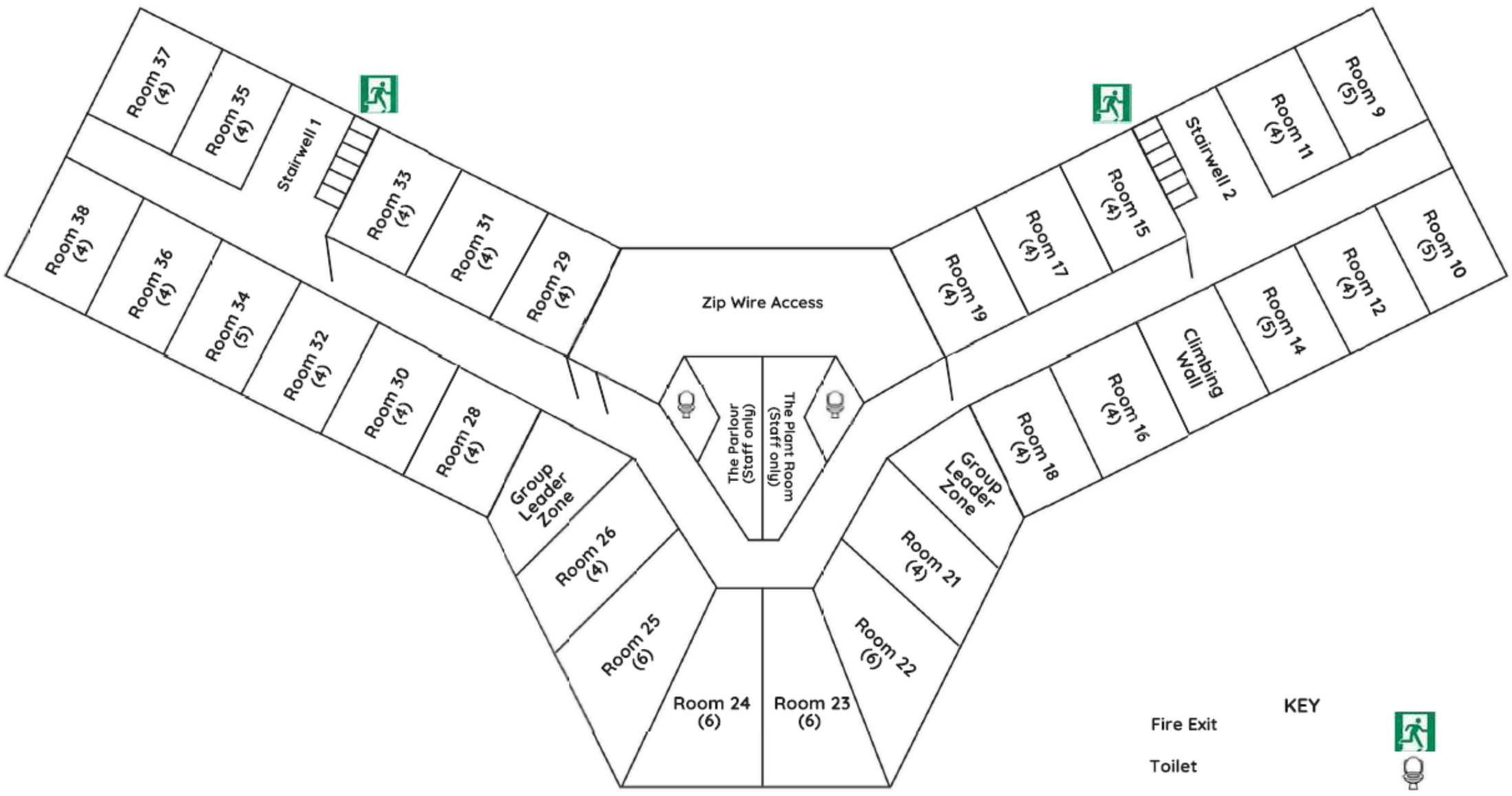


FLOOR PLANS

Ground Floor & Glamping Pods



First Floor



Fire Assembly Point

ACCOMMODATION

We have 2 types of accommodation, **en-suite bedrooms,** and **glamping pods.** Our total capacity across the centre bedrooms and glamping pods is 180, with 140 beds across standard bedrooms and 40 beds across the glamping pods.



STANDARD BEDROOM

Our standard rooms have two comfy bunks, sleeping 4 – 6 people, complete with bedding and an en-suite bathroom. There is lockable storage in each room if you choose to bring a padlock.

Each standard bedroom has a shower, toilet, and sink.



ACCESSIBLE BEDROOM

We have two wheelchair accessible bedrooms, which offer a double bed, with an additional single for a carer with plenty of unobstructed floor space and a private en-suite wet room.



GLAMPING POD

Glamping pods sleep up to 4 people in bunkbeds. There is a toilet and sink with cold running water in each pod, and hot showers in the main building you can use, just a 30 second walk away. Pods have USB charging points - there are standard plug sockets in the main building if you require them.

- All bedrooms lock via an **electronic keycard**, all of our Glamping Pods have a physical key. Generally, guests have 1 key per room and group leaders will have a master key that can unlock all their bedrooms.

- Leaders are expected to share bedrooms with other leaders from their group of the same gender. Single occupancy staff rooms can be booked for an additional charge from September – March, subject to availability.

- All bedding and bedlinen is provided. All guests need to bring their own towels.

CATERING

We can provide for most dietary requirements, including gluten free, vegetarian, halal and vegan, as long as we are informed before arrival. Your coordinator will collect this information for you.

SAMPLE DAY

Breakfast: Sausages, hash browns, eggs, baked beans, croissants, fresh fruit, yogurt, toast

Lunch: Choose your own filling sandwiches - ham, chicken, tuna mayo, egg mayo, cheese, vegan cheese, jam with a salad bar and flapjack

Dinner: Beef or lentil bolognaise with spaghetti and garlic bread with chocolate fudge cake

DRINKS

We have a “hydration station” where guests can access fresh drinking water all day. Juice is available at meal times, and hot drinks will be available all day at reception.

THE BAR

We have an onsite bar with a selection of popular and local brands of soft and alcoholic drinks. The bar is available until 11pm on request and accepts cash and card payments. We do **not allow groups to bring their own alcohol as we are a licenced premises**, and we will confiscate alcohol that guests bring onsite.

KIT LIST

CLOTHING

- Waterproof jacket
- Fleeces or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers or leggings (no jeans)
- 2 x pairs of trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas

***Bring layers - We recommend a non-cotton base layer, a mid-layer, and a waterproof. Most activities have potential to get wet and muddy, so please bring spare clothing.**

TOILETRIES

- Shampoo
- Soap/body wash
- Hairbrush
- Toothbrush & toothpaste
- Towel

OTHER

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Small backpack
- Padlock (optional - for cupboard in rooms)

WE PROVIDE

- All specialist equipment for participation in our activities
- Bedding and bedlinen
- All your meals, but feel free to bring snacks – we can provide fridge space for anything that needs to be kept cold

If you are participating in the following activities, please also bring...

CANOEING OR RAFT BUILDING

- A pair of old trainers or water shoes (not flip flops or sliders)
- Spare towel
- Change of clothes for after the activity
- Plastic bag/bin liner for wet clothes
- Swimwear

CAVING

- Wellies or hiking boots (not trainers)
- Thick socks

DO I NEED ANY CASH?

Mount Cook has a cash only vending machine, and a small gift shop that sells souvenirs which accepts cash and card.. We recommend bringing no more than **£10 cash.**

ACCESSIBILITY

Our centre has been designed to be as accessible as possible. We have the following accommodations:

- Hearing loop
- Deaf friendly fire alarms (strobe light)
- Level access parking near the main entrance
- Accessible toilet & wet room with mobility rails
- High contrast markings on steps
- Markings on full length windows and glass doors
- Level access to dining area & all downstairs bedrooms
- Non-allergic bedding
- Off-road wheelchair for activity sessions

We currently do not have:

- Adult or child changing tables
- Hoists

THEORY OF CHANGE

Mount Cook are committed to developing young minds through access to the outdoors. To prove the benefits outdoor education can have on building character, we have developed our own model.

We produce a bespoke report based on your students filled with data on how they progressed during the trip and any areas they may be struggling in.

This is a free service for anyone staying on a minimum 2 night residential, should the school opt in.

This data can be used to...

- Understand your students better
- Help with funding applications
- Campaign for more government support for outdoor education

Using data collected before and after a residential school trip, we create a bespoke report for your students to show areas they improved on or struggled with during the experience. Having these reports can help evidence what all educators already know to be true; outdoor experiences help young people grow and thrive.

Speak to your booking coordinator about producing a Theory of Change report for your students.

Download our full Theory of Change outline here.

ACTIVITY INFORMATION

We offer three types of activity:

Mount Cook Activities: These take place around the Mount Cook site and are facilitated by our in-house instructors.

Acclimbatize Activities: These take place away from the centre and usually require transport. You can arrange your own transport, or we can book this on your behalf for an additional cost. Offsite activities are facilitated by **Acclimbatize ltd.**

Evening: These take place after dinner and often take part in larger groups.

Mount Cook and Acclimbatize activity sessions last 3hr15 each.
Evening activities will take place after dinner and last approx. 1hr30 each.

Group sizes: Activity sessions are done in groups of 8 - 12 people. We will try and ensure all groups do the same activities, but this will depend on the number of groups and length of stay.

Activity capacities: All day time activities are maximum 2 groups (except offsite orienteering which can be up to 4 groups). Evening session capacity is dependant on the activity.

Weight Restrictions:
Zip wire has weight restrictions: Min 20kg/Max 116kg
High ropes course has a weight restriction of Max 120kg (100kg for leap of faith).

ONSITE ACTIVITIES

Archery & Onsite Orienteering Ages 6 +

Resilience & Self Confidence

Learn to shoot an arrow in the style of an Olympic archer using a modern recurve bow. Practise and play some games to hone your skills.
Learn and refine map reading skills including using keys, finding checkpoints and orientating the map.

Archery Tag & Puzzle Pursuit Ages 9 +

Teamwork & Cohesion

Archery tag is a competitive “dodgeball” like game, using teamwork and quick thinking to win the game.

Puzzle pursuit includes a selection of teamwork activities, designed to test your groups wit, collaboration and creative problem solving while under pressure. Whether you’re navigating the Maze Cube, constructing a jigsaw bridge or unlocking secrets of an ancient puzzle, you'll need to think fast, smart and together!

Bushcraft Ages 6 +

Resilience & Self Confidence

Discover how people survived in the past. Learn to light a fire without matches and have hands on experience with the materials our ancestors used to create life-saving heat and light.

Build a shelter and create a cord bracelet to take home using natural fibres.

Game of Tribes Ages 6 +

Teamwork & Cohesion

Gather your tribe together for a map based challenge around the Mount Cook site with problem solving, code cracking, and engineering.

Teamwork will be essential alongside learning some of the history of Celtic and Roman Britain.

Fossil Hunting & Gem Panning Ages 6 +

Resilience & Self Confidence

Find fossils and discover some of the ancient sea creature remains from 330 million years ago.

Pan for treasure in our troughs and identify gems and learn about the history of panning along the way!

High Ropes Ages 9 +

High ropes course has a weight restriction of Max 120kg (100kg for leap of faith). Please be aware participants will be weighed on sessions.

Resilience & Self Confidence

Our High Ropes course includes 4 different elements: The Leap of Faith, Crate Stack, Jacob's Ladder and Gladiator Challenge.

The high ropes course will challenge your group to keep each other safe, set their own goals, and work together to reach new heights.

Indoor Climbing Wall & Landkarts Ages 6 +

Teamwork & Cohesion

There are lots of routes to explore in our purpose-built climbing wall. Participants will harness the skills learnt to help them move up the wall to find ‘their top’.

Using just rope, wood, and wheels teams will design and build their own working landkart.

Low Ropes & Mini-Zip Ages 6 +

Teamwork & Cohesion

This activity features a series of physically challenging obstacles that can be adapted to suit the age and ability of the group. Designed to encourage problem solving, trust and communication within the team, participants will benefit from increased confidence, stronger peer connections, improved teamwork skills and a shared sense of achievement.

ONSITE ACTIVITIES

Onsite Rock Climbing & Abseiling Ages 9 +

Resilience & Self Confidence

Our rock face and abseil point offers the group an exciting experience and individual challenge on natural limestone.

During the climb, the group will take part in belaying and tying knots. Group support will be vital, and teamwork will be the key to success.

Onsite Rock Climbing & Offsite Scrambling Ages 9 +

Resilience & Self Confidence

Scrambling is an on the rocks adventure at Black Rocks, about a 10 minute walk away from the centre along the High Peak Trail.
Then, climbing on real limestone, the group will take part in belaying and tying knots.

Zip Wire & Across the Divide Ages 9 +

(min weight 20kg, max weight 116kg. Please be aware participants will be weighed on sessions.

Teamwork & Cohesion

Our Rooftop Rider Zip Wire starts 15 metres off the ground on the roof of the centre and finishes on the far side of Steeple Grange quarry. Guests can expect to reach speeds of up to 35 mph. Please be aware this activity is not recommended in Winter due to cold and windy weather.

Paired with team challenges that each bring a new twist; one moment you're navigating through our 'Minefield' puzzle, the next you could be lifting your team through a giant 'Spiders web'. The only constant? Co-operation, creativity and team morale!

Via Ferrata Ages 9 +

Resilience & Self Confidence

The Via Ferrata is an exciting new addition to our site. Traverse across a quarry and a variety of obstacles using handholds, footholds and limestone rock.

Develop problem solving skills under pressure whilst supporting your group in their own attempts.

Orienteering at Black Rocks Ages 9 +

Teamwork & Cohesion

Learn how to read and follow a map in teams as well as exploring the local area. Instructors will stop to talk about history, nature and respecting the area we are exploring.

Students will be encouraged to use check points, tick points, and orientate the map independently.

OFFSITE ACTIVITIES - by Acclimbatize ltd

Raft Building Ages 6 +

Requires Transport

Raft building is a superb team building activity! Groups are required to work as a team to input design ideas, form a plan and create a buoyant raft using a selection of materials which include: rope, wooden planks and polythene barrels.

Caving Ages 6 +

Requires Transport

Derbyshire and the Peak District offers a wide range of caving opportunities for people of all ages and abilities. Your group will be taken on an underground experience unique to our local area due to our rich history of metal and stone mining.

Canoeing Ages 6 +

Requires Transport

Canoeing is a perfect way to enhance confidence on the water in a safe and controlled environment. We use open top canoes that can seat up to four pupils, encouraging group based learning as well as improving individual skills.

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EVENING ACTIVITIES (for all ages)

Field Games

A selection of fun team games for anyone and everyone to let off some steam and energy at the end of the day. The games are about team spirit, good vibes and unforgettable memories. So, bring your best attitude, your loudest cheer and maybe an extra pair of socks (just trust us on that one).

Rocket Building

Science and teamwork are required as participants design, build and present a group rocket.
Each group will use the materials available and attempt to create a rocket which will fly high.

Campfire & Bushcraft

Get cosy in the evening by surrounding the campfire in the dell or the woodland round house. The group will learn and practise traditional and modern fire-lighting methods.

The Mount Cook Challenge

Team challenges will be placed around site for small teams to locate on a map. Collect as many points as possible on each challenge to get onto the leader board!
The group are given the freedom to choose which challenges to attempt.

Guided offsite walk

Enjoy a sunset stroll and take in the gorgeous sites around Mount Cook Adventure Centre. This is a great time to wind down after a busy day and talk about the skills built so far!

CAN’T FIND SOMETHING?

We have all these resources and more on our **Leader Resources Page**. We’re always happy to discuss your booking and help with any questions on 01629 823 702.

We hope you’re looking forward to your trip to Mount Cook Adventure Centre, and we’ll see you soon!