



Caythorpe Court

Information for parents and pupils

Adventure and Adventure-Study Courses

Pupil Guide



Why come on a PGL Trip?

An adventure or adventure-study trip gives you much more than most school trips can offer! You will stay at the PGL centre described here and take part in a wide range of exciting activities. Whether you are taking part in a pure adventure course, or combining adventure with a study element, we can assure you it will be a fantastic, positive, confidence-building experience which will leave you with memories you will keep forever!

There is a huge range of facilities at our centres to occupy you during the day and in the evenings to ensure you are never bored. Our friendly, approachable and experienced staff will ensure that you enjoy the highest quality residential experience.

Setting the standard in Health and Safety

PGL operates to the absolute highest standards with safety always our first priority. Our excellent reputation for health and safety is based on over 50 years of successful operation, and we comply fully with recommendations of the DfES and the Scottish Executive advice on taking school trips. In addition to maintaining high standards at our centres we also arrange high standards of transportation, insurance and other services for more than 4500 groups every year. All courses at all centres are run by appropriately qualified and fully-trained staff.





Caythorpe Court



Caythorpe Court, PGL's newest centre, includes a beautiful Grade II listed Mansion House and is set in 50 acres of superb grounds near Grantham in Lincolnshire. All accommodation has been fully refurbished to a very high standard. Rooms sleep 4 to 6 and are mostly en suite.

Facilities:

- Basketball court
- Classrooms
- Dining room
- Disco/Communal area
- Evening entertainment venue
- 2 x Football pitches
- Floodlit Multi-Activity tower
- Lake
- Meeting rooms
- Shop
- Sports hall



Activity Options:

Below is the full range of activities available at this centre. Groups will take part in a selection of these.

- Abseiling
- Aeroball
- All Aboard
- Archery
- Challenge Course
- Climbing
- Fencing
- Giant Swing
- High Level Ropes Course
- Initiative Exercises/Problem Solving
- Jacob's Ladder
- Kayaking
- Low Level Ropes
- Orienteering
- Problem Solving
- Quad Biking
- Raft Building
- Rifle Shooting
- Sensory Trail
- Sports & Team Games
- Survivor
- Trapeze
- Vertical Challenge
- Zip Wire

Courses



Adventure

Multi-Activity

A PGL Multi-Activity course is educational - but not like anything you've ever done in school! This is an exciting, challenging programme which is fully structured, instructed and supervised. You will have the opportunity to develop new and transferable skills by participating in a wide selection of adventure activities (most of which you can't do in school), from the range available at this centre. PGL's adventure activities encourage the development of key skills such as communication, teamwork and problem-solving.

Explorer

PGL's Explorer courses incorporate a carefully designed combination of adventure activities from our Multi-Activity programme (see above) with off-site visits of special educational interest such as museums and historic houses. The Explorer course is intended mainly for primary and middle schools.

Adventure Study

Field Studies

Our hands-on Field Studies courses cover geography and environmental science themes, selected by the course organiser. Traditional field studies, using the latest ICT equipment are combined with a selection of adventure activities from the Multi-Activity programme (see opposite). The programme is energetic, tailored to suit you and your group and encourages you to achieve the highest standards possible. For younger guests the PGL course explores the issues of sustainability and citizenship, and develops an awareness of caring for the environment.



Parent Guide



What's included in the cost?

■ daily activity programme ■ activity instruction and supervision ■ the use of all equipment necessary for activities ■ full board accommodation at the PGL Centre ■ services of resident PGL staff ■ use of centre facilities ■ evening entertainment programme ■ extensive insurance cover (UK groups only) ■ ABTA bonded.

Your money

PGL is backed by ABTA membership. All payments made to us are therefore fully protected.

Lost property

All personal items should be clearly named. We strongly recommend that all valuables are left at home. For lost items please write to the centre within 2 weeks with a description and a cheque for £5 to cover postage and packing. The cheque will be returned if the item is not found.

Catering

PGL provides 3 nutritious and well-balanced meals a day. Drinks are also provided during activities. Our caterers are able to deal with most dietary requirements, but please ensure that the party leader organising the trip is aware of any particular dietary requirements well in advance of the trip.

Address of the centre

If you write to the centre, please ensure that you include the name of your son/daughter as well as the name of the school or group.

Caythorpe Court
Caythorpe
Near Grantham
Lincs
NG32 3EP

Parent Guide continued...

Kit List

Clothing

Take plenty of clothing in case of wet weather. Clothing should be old.

- Nightwear
- Underwear
- Socks, including over ankle length
- 2 or more fleeces / Sweatshirts
- 3 T-shirts
- 1 Long sleeved T-shirt
- 3 pairs of old trousers (not jeans) 2 for activities, one for evening
- 2 pairs of shorts
- 2 pairs of trainers (1 for wet activities)
- 1 pair of shoes or trainers for indoors
- Waterproof jacket

- Baseball cap / Hat
- Swimwear
- 1 set of Disco Clothes
- Wellington boots (Field Studies groups)

Other essentials

- Sleeping bag & pillow (unless otherwise advised)
- Wash bag (soap & toothbrush etc.)
- 2 Large towels
- Torch & batteries
- Plastic bottle for drinks
- Sunscreen (summer)
- Pen & paper
- Small Bag/Rucksack
- Labelled plastic bags / bin liners (for wet items)



PGL Insurance cover

PGL prices include extensive insurance cover organised through travel insurance specialists, Fogg Travel Insurance Services Ltd, and underwritten by URV. (UK groups only - a supplement is payable for overseas groups)

Organiser Liability	£5 million
Medical Expenses	Up to £10,000 per person
Personal Accident	Up to £25,000
Cancellation	Up to cost of final invoice. Maximum £1000
Curtailment of Activity	Due to short illness while at the centre. £20 per full period of 24 hours of disablement.
Baggage	Up to a limit of £1500. Total valuables limit £250
Personal Money	Children under 16 - £100. Adults £200. Party Leader £1000
Personal Liability	£1,000,000 for local liability for death, injury or damage to property.
Excess	Please note there is an excess of £10 for some sections of cover (£35 for liability clauses).