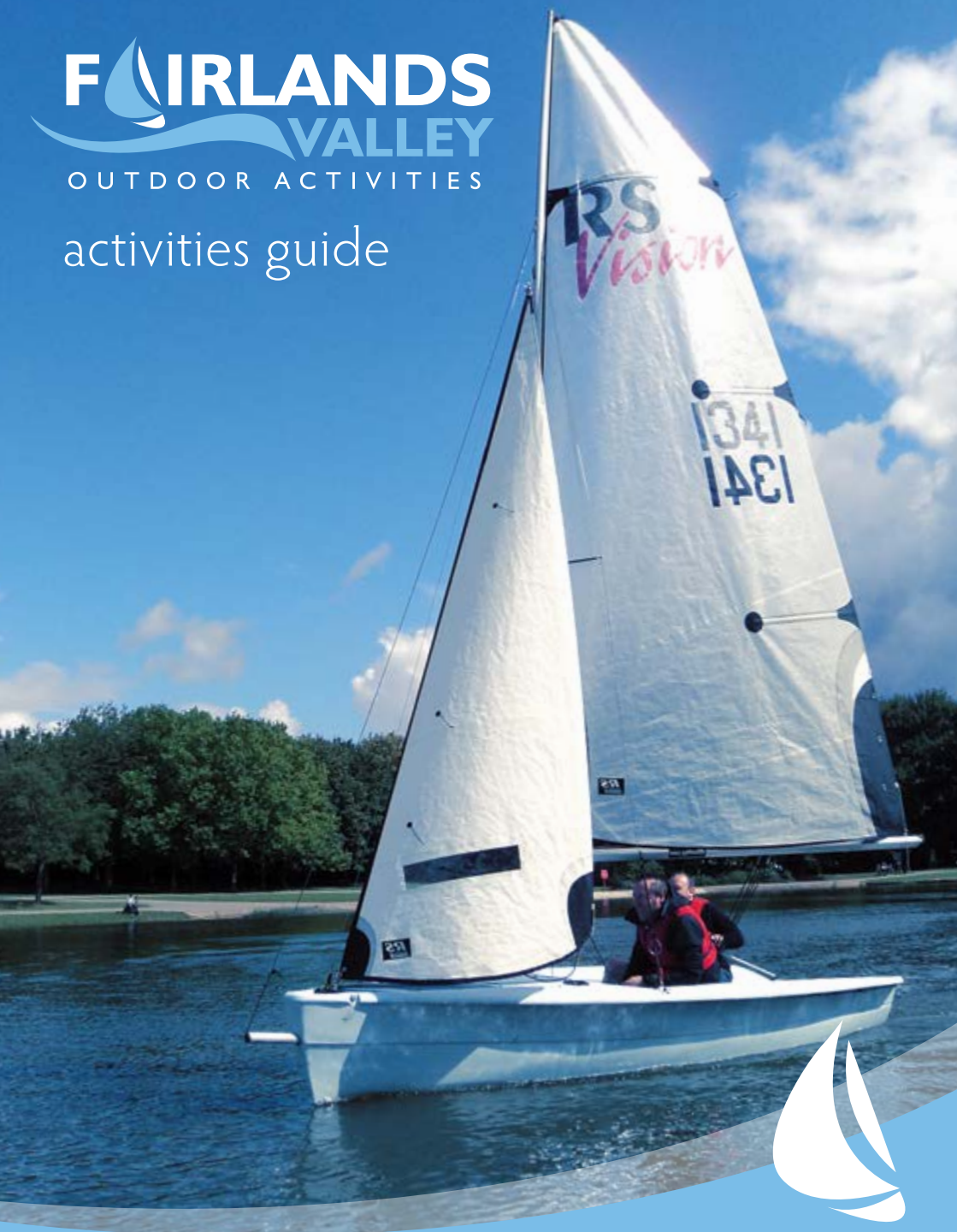




OUTDOOR ACTIVITIES

## activities guide



we are more than just plain sailing



# Welcome

Voted as one of the UK's leading free visitor attractions, Fairlands Valley Park consists of 120 acres of beautiful parkland situated within the heart of Stevenage. The Centre is recognised by the Royal Yachting Association and the British Canoe Union as a training centre. The fleet consists of Wanderers, Wayfarers, Comet Duos, Toppers, Oppies, Laser, Laser Picos, 420, RS Feva, Visions and Teras, windsurfers for training and hire. All our courses are staffed by our friendly, qualified instructors whose aim is to ensure that you enjoy the courses and learn in safety.

The Centre is open throughout the year but closed on Sundays and Mondays. Once you've attended a course to master the basics, you can hire craft anytime (subject to availability). It is also possible for you to use your own sailing dinghy, windsurfer or canoe, to a maximum length of 4.267m (14ft).



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# Courses



## JUNIOR & YOUTH WINDSURFING

Our courses run during Easter, Whitsun and Summer school holidays. Minimum age for courses 10 -16 (2 days)

STAGE 1	STAGE 2	STAGE 3	STAGE 4
<b>No previous experience</b> An ideal introduction, teaching you the basics of getting on the water and sailing the board across the wind and back.  All fun no theory. Get on the water and discover windsurfing. We'll get you up and sailing around in no time.	<b>Basic knowledge &amp; steering ability</b> Practical skills to get you sailing around a course practising tacking and gybing, enabling you to make progression towards and away from the wind.  Learn to tack and gybe, helping you make progression towards and away from the wind.	<b>Stage 2 + logged hours</b> Set up your board and rig correctly, enhance your stance on all points of sailing and introduce basic harness techniques in stronger winds. Now's the time to hook in and hang on.  A mixture of theory and practical, introducing beachstarting and harness technique, with time spent improving tacking and gybing in stronger winds.	<b>Stage 3 + logged hours</b> Blasting around and getting in the footstraps, becoming confident to tack and gybe and sail in your harness, with an introduction to basic footstrap technique.  Hook in and hang on! This stage builds on a confident ability to tack, gybe and sail in the harness with an introduction to basic footstrap technique.

## ADULT WINDSURFING

Our courses run throughout the year (2 day course).

START WINDSURFING	INTERMEDIATE NON PLANING
A course for complete beginners.  Teaches you the basics of windsurfing using the right equipment.	Helping you fine tune basic skills and make your windsurfing faster and more fluid.  New techniques such as the beachstart and harness work will get you ready for the excitement of blasting control. Beachstarting and gybing are taught either as a separate clinic or within the course, tailored to an individual's needs and the teaching environment.

## JUNIOR & YOUTH SAILING

Our courses run during Easter, Whitsun and Summer school holidays. Minimum age for junior courses 8 -11 (3 days) and youth 11 -16 (4 days)

### STAGE 1

#### No previous experience

A basic understanding of how a boat sails, with some experience of steering and handling the boat. Launching and recovery, steering, parts of the boat, basic sailing.

### STAGE 2

#### Basic knowledge & steering ability

A range of sailing skills and knowledge to help in becoming a confident sailor.  
Basic sailing skills, ropework, collision avoidance.

### STAGE 3

#### Stage 2 + logged hours

Rigging, launching and sailing in any direction. Equivalent to Level 2 in the National Sailing Scheme.  
Rigging, launching and recovery, sailing techniques, capsized recovery, sailing theory.

### STAGE 4

#### Stage 3 + logged hours

Sail a double handed boat as crew or helm and solve a variety of problems afloat (optional if Stage 3 was taken in a double hander).  
Rigging, launching and recovery, sailing techniques and manoeuvres in crewed boats, recovering a man overboard.

## ADULT SAILING

Our courses run throughout the year (2 day course).

### LEVEL 1

#### No previous experience

Introducing you sailing with all you need to know to get afloat under supervision.  
How to sail in all directions, including an awareness of launching and recovering.

### LEVEL 2

**Basic knowledge & steering ability.** Setting out the foundations of sailing for you.  
Rigging, launching, sailing in all directions. Capsized recovery and essential safety knowledge.

### LEVEL 3

**Sailing skills to the standard of Level 2**  
Consolidating skills and trying new ones.  
Coaching of level 1 and 2 skills and taster sessions from the advanced modules.



## POWERBOAT

The RYA 2 day powerboat course is primarily for those using open powered craft such as RIBs and sportsboats. It's also for the professional open boat skipper who is required to prove their competence or provide certification for work. 16+

### LEVEL 1/2 COURSE

#### No previous experience

Boating safety, boat handling and basic theory  
Close quarters boat handling, planing speed manoeuvres, man overboard recovery and collision regulations.

## PERSONAL WATERCRAFT

These courses and direct assessments are run by arrangement. Minimum age 16.

### PROFICIENCY COURSE

#### Own craft required

Launching, handling and recovery skills, passage planning and decision making, high and low speed riding skills, essential safety information, collision avoidance and orientation at sea.



## High ropes, climbing & abseiling

So Challenging is one of the best High Ropes courses in the area, providing lots of high adrenaline action. This will test even the toughest nerves, walking along the beam or wobbly bridge, 11 metres in the air.

Each of our So Challenging team building sessions is led by highly qualified instructors who will take you through a range of skills and challenges that can include: Abseiling, Jacobs Ladder, Crate Stack, The Leap of Faith, Climbing and the 25 metre Zip Wire to finish.

No previous experience or equipment is required as everything you need for your 45 minute session will be provided along with all the necessary training on how to use the kit.

Maximum 130kg. Minimum age 8.



# FAIRLANDS VALLEY

OUTDOOR ACTIVITIES

## BE EXTREME!

Come and try something different!

As part of Extreme Fairlands we have a variety of activities that we can offer as part of our birthday parties, group bookings or purely for fun.

### 1. Mountain Biking

Experience the local area using local cycle paths, grass and wooded areas.  
Minimum age 13.

### 2. Buggies

A stable 'sit-in' piece of equipment, great for speeding down the hills of Fairlands.

### 3. Power Kiting

We have a range of kite sizes from 1m to 10m. This fun and exciting sport offers a massive range of potential to progress onto kite boarding/buggying. We can teach you basic skills and more.

### 4. Grass Sledges

Perfect for the smaller person.

### 5. Mountain & Turf Boards

Test your balance and ability on these all-terrain skate boards. Get your adrenaline rush with these fun but safe boards.

All sessions are led by a qualified instructor.



1



2



3



4



5

A GREAT  
FAMILY DAY  
OUT!



# Outdoor pursuits

## Aqua Play Ground

The Aqua play area contains equipment which sprays, squirts, mists or shoots water into the play area, giving a fun play for the youngsters in a safe and interactive environment.

Kiosk and public toilet facilities are available during opening times only.

## Angling

Angling on the main lake is run by Welwyn Garden City Angling Club. You can set up on one of the designated fishing beaches and the bailiffs will come round to collect fees. The waters used for angling are well stocked.

## Orienteering

The popular sport of orienteering can be experienced here, testing map-reading skills and physical fitness. Maps are available from the centre.

## Jogging and Health Walks

For the jogging enthusiast, keeping fit is a pleasure on the Trim Track, which is situated within the park. We also welcome free health walks to the park on Wednesday mornings.

## Adventure Maze

Located by the farm house car park, see if you can find the middle of our adventure maze!

## Wildlife

The park supports a varied selection of wildlife and an assortment of wildfowl can be seen on the established reserve.



FREE



# Group paddle sports

At Fairlands we have different types of boats that can hold large groups of people to get everyone involved.

Bell Boats – hold up to 10 paddlers with an instructor steering. These are catamarans which make them very stable, yet fast and fun. They also are great for getting disabled people onto the water. Minimum age 8.

Dragon Boats – can hold up to 10 paddlers plus a drummer with an instructor steering. They are single hulled boats which are great for exciting team racing and events. Minimum age 8.



## Multi activity courses

This is an exciting and thrilling way to spend a day at our centre. This course offers the opportunity of combining on and off the water activities, which could include Abseiling, Bell Boating, Canoeing, Climbing, Dragon Boating, Grass Sledging, High Ropes, Kayaking, Mountain Bikes, Mountain Boards & Buggies, Orienteering, Power kiting, Raft Building, Rowing, Sailing and Turf Boards.

Activities will be decided on the day and suited to the weather conditions and ages of participants. There's so much to do, you'll have to come back and try again!

For ages 8-16 years.

## Fun sessions For all ages

Not just  
for kids!

Whatever you want we can do!

We arrange childrens birthday parties (8 years and up) along with group sessions for schools, scouts and other user groups.

Pick your activity or activities. You can choose from any of the activities that we run at the centre.

We run sessions from an hour or longer, so why not try a couple of activities? (minimum of 45 minutes per session for multiple activities).

Catering or picnics can be arranged by Costello's Cafe.





ADULT CODE AK  
YOUTH CODE K

## Weekend Activities

### Saturday

#### **RYA Onboard Youth Saturday morning 10am –12pm**

Are you aged 8-16 years old? Do you enjoy your sailing/ wind surfing? Come and have fun with like-minded people. This is a supervised session with a dedicated instructor to give helpful hints and advice. Ideal follow on from our Junior and Youth courses.

#### **Rowing 9.00am – 10.00am**

Supervised rowing every Sunday for 12 years to adults.

#### **Dinghy Racing 11am –12pm**

For all adults and kids. Come and join in with the fun of racing. This session runs throughout the year with three different series, all of which have prizes at the end of them.

#### **High ropes and climbing Pay & Play 1.00pm onwards**

Booking essential. Call for more information.

Dates and times are seasonal and may vary.

## Paddle Sport

Welcome to the world of Paddle sport! On these paddle sport courses you will learn a wide range of different paddling skills.

For beginners - the One Star course is designed to give you a fun and entertaining introduction to the sport, teaching you the basics.

The Two Star course is for those that have already attained their One Star or have equivalent experience. This course will teach you to refine your skills, building on what you have already learnt, with the introduction of some basic white water paddle strokes. Minimum age 10. These courses are separated into Youth (10-16) and Adult courses (16 years and upwards).

There are scheduled one day courses which are all run following the BCU syllabus. If you're not sure whether it's the sport for you, why not have a one hour taster session at the private tuition rate before you book your course? We can also run courses for two or more people by arrangement.

## Rowing

Taster sessions have been organised to allow centres to get people of all ages on the water quickly and safely, giving participants their first taste of rowing. These sessions will quickly build confidence and hopefully get them moving the boat from an early stage of learning.

British Rowing Stage 1 and 2 have been designed to allow participants to develop their skills over the course of time. Splitting basic skills in this way, provides participants with a next step to aim at after completing the initial award.





## Corporate Events and staff fun days

We can provide the ideal opportunity to design a fun-filled experience tailored to your requirements, whether the objective is team building or just a day to remember. Our skilled, professional staff are trained to deliver dry and wet side activities within a superb centre set in beautiful parkland with the additional benefit of plentiful FREE parking. We also have a great training room for hire.

All catering is by arrangement with our on-site caterer Costello's Catering. Various buffets or meals are available to suit your requirements, whether it be meetings, training days, team building or corporate events. Various menus are available to suit your requirements.

Our training room comes complete with modern IT facilities such as interactive white board and WiFi hotspot. Available for club, corporate and training events, it is ideal for recreational and educational purposes.







## Fireworks display

Our annual firework display is held on November 5th at 7.30pm every year. It is run by our British Pyrotechnists Association (BPA) qualified staff. Professional guidance can be given on a selection of fireworks appropriate to your location, duration and budget.



## Events

### Events hire

The park plays host to a number of events including Circuses, Fairs, Shows and events.

Fairlands Valley grounds are available to hire. We will be happy to advise you on your event. Please contact us for more information.

### Bandstand

The bandstand is available for hire. Perfect for music bands, exercise events and family functions.

### Hot air balloon flights

Hot air balloon flights flying from Fairlands Valley Park and Broadhall Way site can be arranged through contacting Adventure Balloons who will advise on dates, fees and any other details. [www.adventureballoons.co.uk](http://www.adventureballoons.co.uk)



## Disabled facilities

At Fairlands Valley Outdoor Activities we support the RYA Sailability Scheme and believe we are well placed to help people with disabilities take up the sport.

Stevenage Sailability won a Pride of Stevenage Award in 2011. This recognised the volunteers for working hard to promote the physical, social and psychological benefits of sport and making sailing an enjoyable experience for people of different ages with physical disabilities.

The Sailing Centre and Café offers easy access for the disabled and less able-bodied.



## Leisure 50 session

Those over 50 can enjoy a two hour sailing session between 10am and 12pm on Thursday mornings. Come along and sail or windsurf. All you need is a little experience.

## Getting here

Six Hills Way  
Stevenage  
Hertfordshire  
SG2 0BL



## Party Booking Form

Name of participant:  D.O.B:

Address:

Post Code:

Telephone:

Email:

### Activities required

Number of children:  Age of children:  Age range:

Date:  Time:

PLEASE NOTE: We require a 50% deposit to secure booking. Balance payable on event date.

Minimum age: 8 Years (for adults please ring or email us).

Notes: minimum age 10 for Kayaking or Windsurfing. Minimum weight for Gr8 Wall 30 kilograms

Total cost quoted:  Deposit Receipt No.  Amount:

Balance Receipt No.  Amount:

Payment by cash or cheque. Cheques payable to Stevenage Leisure Limited.

Alternatively please ring to pay by card.

We also have a room that can be hired out at an hourly rate (please ask for costing and booking form).

To hire this room please complete the line below.

Room Hire Times:

Costello's Café can arrange catering if required and can be contacted on: 01438 748458.

NOTE: Group size activity and duration can not be changed without prior agreement. Any changes may incur a revised cost.

I confirm the above. Signed by:

Please note that your booking is not considered to be confirmed until we receive this completed form.

OFFICE USE ONLY Receipt No:

Date:





# Course Booking Form

Telephone bookings will be held for 14 days subject to the receipt of a completed booking form and payment in full. All participants must complete a booking form before an activity commences. If your booking form and payment in full are not received within 14 days your place may be lost. Cheques should be made payable to Stevenage Leisure Limited. Cancellation within 14 days of the course date by, or on behalf of the attendee, without the production of a valid medical certificate will result in the loss of course fees. Unless arrangements are made at the time of booking all participants are expected to be water confident and able to swim in light clothing.

Name of participant:  D.O.B:

Address:

Post Code:

Telephone:

E-mail:

Course Code (as indicated in brochure):  Dates:

Please detail any certificates held or previous experience of the activity:

Please bring your Logbook on the first day of the course.

**Medical History/Dietary Requirements** – Please indicate below and advise the instructor on the day if you are currently receiving any treatment for, or suffer from, any medical condition(s) relevant to the activity to be undertaken:

In case of emergency during the course, we will need an emergency contact name and telephone number.

Name:  No:

I confirm that I/my son/my daughter is confident in water and can swim in light clothing.

I undertake to advise the centre staff, before participating in the course or activity, of any medical condition or medication taken that may affect myself/my son/my daughter.

Please note that for applicants for PWC or Powered Courses must complete all fields and provide passport photographs.

I enclose a cheque/cash\* for the full fee: £

Payable to Stevenage Leisure Limited (\* delete as appropriate)

Signed:  Date:

Please send the completed form with stamped addressed envelope to: Course Bookings, The Sailing Centre, Fairlands Valley Park, Six Hills Way, Stevenage, Herts SG2 0BL.

Notes: All courses are subject to our terms and conditions and minimum participation requirements. Copies are available on request. Those who receive this publication by post or who book on a course automatically go on our mailing list. If you do not wish to be included, please tick box. I give permission for photographs to be taken of the above attendees by representatives of Stevenage Leisure Ltd for promotional purposes during activities.

Signed: Parent/Guardian:

## Additional Information

### Gift Vouchers

We offer gift vouchers for the full value of any activity, course or for private tuition.

### Costello's café

The café adjoins the centre and is open 7 days a week serving a range of hot and cold food and drinks. Tel. 01438 748458.

### Dinghy parking

Avoid the hassle of trailing your boat around, why not store it at Fairlands Valley.

### Adventure Activities Licensing Authority

At Fairlands Valley we comply with legislation laid down by AALA and undergo regular inspections from the licensing authority. Our certificate is R0703. Minimum age for most activities is age 8 years +.

### Don't forget a change of clothes!

Please bring suitable comfortable clothing, towels, plimsols or trainers and a complete change of clothing and footwear. Buoyancy aids are provided, wet-suits are available when necessary and appropriate.



## Conditions for Courses

In the interest of safety, those taking part in all courses MUST be able to swim at least 50 metres wearing light clothing. Buoyancy aids are provided and must be worn on, or near the water. A rescue boat is on standby at all times when there are activities on the lake.

Outdoor activities are "risk" sports, and the courses can be strenuous, therefore a satisfactory state of health is essential. The student must ensure that he/she is fit enough to complete the course before booking.

Please bring any water sports logbooks to show previous experience. Issue of a certificate is not dependent on course attendance alone.

Wear clothing which is warm and comfortable. We recommend that a number of thin layers is the warmest option. If you have waterproof clothing bring it with you. Always bring at least one spare set of clothing and a towel. Footwear should be flat soled shoes or trainers. Contact us for recommendations on clothing for high ropes.

Bookings made by telephone will be held for fourteen days only. Failure to receive the booking form and payment in full within fourteen days will result in the place being lost.

Full course fees (Payment by cash, cheque or card) and a stamped addressed envelope must accompany each application.

Failure to inform Stevenage Leisure Ltd of cancellation up to fourteen days before the course starts without a valid medical certificate will result in the loss of course fees.

Stevenage Leisure Limited reserves the right to cancel a course up to seven days before it is due to start if the numbers enrolled have not reached the minimum requirement; in which case a complete refund of the fee will be given, or where possible, an alternative course offered. All courses are subject to suitable weather conditions.

Stevenage Borough Council, Stevenage Leisure Limited, or their agents are not under any liability whatsoever in respect of personal injury, loss or damage incurred, however caused, while attending the course.

N.B. Those who receive this publication by post or book a course will automatically be placed on a mailing list. If you do not wish to be included, please tick a box on the booking form and return.

**Concessionary Rates** - Eligibility depends on:

- A. People who are aged 65 and over.
- B. People who are 60 and over who are not in work.
- C. People who are registered disabled.
- D. School pupils and students in full-time education.

N.B. Proof of qualification for concessionary rate may be required. Concessionary fees do not apply to Courses.

Data Protection and Investigation Fraud

We must protect our public funds and so we may use the information you have given on the booking form to prevent and detect fraud. We may also share this information with other public bodies for the same purpose.







The 11 acre sailing lake is used for the centre's dinghy, canoeing, kayak, windsurfing, powerboat courses, and angling. The Centre also runs many land-based courses and activities such as Boards & Buggies, Grass Sledging, Orienteering, Mountain Biking and Power Kiting.

For more information contact 01438 353 241  
fax 01438 743 483 email [fairlands@sll.co.uk](mailto:fairlands@sll.co.uk)

Course schedules and pricing can be found at  
[www.sll.co.uk](http://www.sll.co.uk)

working in partnership



**Stevenage**  
BOROUGH COUNCIL