Get active at Outdoor Education Fife

COURSE PROGRAMME

2017

Outdoor Education Fife

Booking Conditions

Lochore Meadows Community Sport Hub

Adapting and Equipment Hire

Launching and Equipment Hire

Adult Courses

Young People’s Courses

Events

Outdoor Leaders Training and CPD

Schools, Groups & Clubs
The Centre

The Outdoor Education Centre is situated on the lochside within Lochore Meadows Country Park. The park has walking and mountain bike trails and orienteering courses. Centre facilities include a mobile climbing wall, public equipment hire, outdoor activity clubs and two minibuses for travelling off-site. There are great facilities including changing rooms, meeting areas and a wide range of up to date equipment.

The staff are well qualified, friendly and passionate about sharing their skills with you in the outdoors. All our activity staff have the relevant NGB qualifications and in house training in order to deliver a professional service.

We aim to provide outdoor activities for all ages and abilities and look forward to welcoming you, your family or group to Lochore Meadows Outdoor Education Centre in 2017.

All Ability Facilities

We have a range of adaptive equipment including various bikes, boats and canoes for anyone who would benefit from specialist equipment. There are a number of hoists to help with access to equipment if required.

There is a fully accessible Changing Places facility on site.
Schools, Groups & Clubs

Curriculum for Excellence & PEPAS

We share the Scottish Government vision for outdoor learning in Scotland where all children and young people are participating in a range of creative outdoor learning experiences which are clearly part of the curriculum. We encourage groups and establishments to develop an ethos for learning outdoors. We can support:

- PE Outdoors through activities like cycle training and climbing
- Physical activity challenges such as the Munro & Summit to Sea Challenge
- Curriculum outcomes through key skills like Finding your Way and outdoor cooking.

Natural Connections and Natural Connections Foundations

Fife Council’s own awards based outdoor learning programme rewards effort, commitment and enthusiasm. It provides a structure for learning outdoors and can help embed regular outdoor experiences in your curriculum and programme planning. Foundations, Level 1, 2 and 3 cover all ages from P1 to secondary.

Contact: Project Officer at natural.connections@fife.gov.uk

Primary School Activities

Central to our programmes is a fun day in a safe environment where children will have the opportunity to learn outdoors with a taste of adventure. Primary Activity Sessions are best planned as part of a Natural Connections programme. You can choose a morning and/or afternoon of watersports, mountain biking, climbing, orienteering or hill walking. Ask us about the Munro or Summit to Sea Challenge.

Secondary School Programmes

Most secondary school programmes are designed specifically to suit the needs of each group. Sessions with Outdoor Education Fife are most effective when part of a planned and progressive programme. Some recent examples are:

- Natural Connections
- Duke of Edinburgh Expeditions
- Flexible Curriculum programmes
- 7 Habits programmes
- Outdoor Learning Electives

We have a number of very successful programmes with DAS groups.

Community Groups and Clubs

Our aim is to provide an experience that will actively engage the group in meaningful activities. This can be a single session but is more beneficial as part of an ongoing programme including:

- Skills courses
- Development programmes
- Project support
- Multi-activity challenge days

Friday Nights from May to September are set aside for activity sessions for youth and community groups.
Outdoor Leaders Training & CPD

The following training courses are FREE for Fife Council staff/volunteers

Taking Learning Outdoors
Endorsed by Education Scotland this course is an ideal introduction to learning outdoors and covers key themes like planning, procedures for going off-site and practical lesson ideas.

Outdoor Learning Cards
The easy to use cards resource helps you to develop exciting and active learning outdoors sessions in your local environment.

Visit Leaders Training
A nationally approved training course for staff leading groups on offsite visits. This is practical and relevant training based on Scottish guidance “Going Out There” and Fife Council procedures.

Evolve Visit Coordinator Training
A nationally approved training course specifically designed for staff and managers providing support and advice for offsite visits in schools and organisations.

DoE Expedition Assessor Course
Expedition Assessors require to have their training, skills and learning accredited by the DoE.

Contact the Centre for information and course dates. 01592 583388 or email info.outdoored@fife.gov.uk

Fife Outdoor Leaders Training

We provide leadership and activity training for Fife Council staff and volunteers who would like the opportunity to take part in outdoor activities with the potential to use the activities to benefit others.

These courses may particularly suit:
- teaching and other school staff
- community education & youth workers
- social work and care staff
- volunteers

Fife Outdoors Leaders will benefit from:
- a focused training programme with clear goals
- access to subsidised training courses
- free use of equipment for personal practice
- ongoing support from qualified outdoor education staff

Courses that may be of specific interest to you are:
- Lowland Leader Award and Expedition Module
- Fife Climbing Wall Supervisor, Climbing Wall Award
- Fife Ride Leader, Fife Trail Ride Leader
- Paddlesports Courses

Most of these courses are also open to members of the public.
Here's a taste of some of the events we are hosting this year. Please check the website for more details and up to date information www.fifedirect.org.uk/outdooreducation.

**The Big Free Open Day – Saturday 6th & Sunday 7th May**
This year we are joining forces with all the Lochore Meadows Community Sport Hub Clubs to give you a chance to try out a variety of different activities including walking, running, orienteering, sailing, paddlesports, mountain biking and more. Register on the day to get your activity passport and work your way round as many as you would like. For more information contact the outdoor education centre.

**The Kingdom Crits**
A fun Series of events for aspiring mountain bikers aged between 6 and 18 years to get their first taste of bike racing in a fun, safe environment. Each round will be run by a different club in Fife between March and July. Spectators welcome! Come along to support this unique event. For more details www.kingdomcrits.co.uk

**SXC Sunday 18th June**
Meedies Bike Club with support from the Outdoor Education Fife will host a round of the Scottish Cross Country series, exciting racing for adults and kids. The course is fast with swooping singletrack through the trees, and long climbs to break up the racing.
For more information visit www.sxc.org.uk

Check the website for other events at Lochore Meadows including sailing regattas, open water swim races, cycling, triathlons and more. www.fifedirect.org.uk/outdooreducation

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**Adult Courses**

**CYCLE SPORT**

**All Ability Bike Nights**
This weekly session offers young people and adults with a physical, sensory or learning disability the opportunity to cycle under the guidance of Outdoor Education Staff. Cyclists of all abilities aged 14+ years who wish to attend should complete the Disability Sport Fife Registration form available from - Norma Buchanan 01592 583388 ext. 444989.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Fitness Required</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly</td>
<td>25th Apr to 3rd Oct</td>
<td>5.45pm - 6.45pm</td>
<td>7.00pm - 8.00pm</td>
<td></td>
<td>14+</td>
<td>£3</td>
</tr>
</tbody>
</table>

**COASTEERING**
Action and adventure in the tidal impact zone! Coasteering includes walking, running, scrambling, jumps and swims along stunning sections of coastline. Kitted up in a wetsuit, helmet and buoyancy aid you get the chance to experience the thrills of this new and exhilarating activity. Your activity will be led by our experienced and friendly instructors who really know their stuff. For further information please contact the centre.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Fitness Required</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>13th May 2017</td>
<td>10.00am - 3.00pm</td>
<td>Elie</td>
<td>Confident Swimmer - Moderate Fitness for Scrambling on rocks</td>
<td>11+</td>
<td>Adults £30 U18 £15</td>
</tr>
<tr>
<td>2</td>
<td>19th Aug 2017</td>
<td>10.00am - 3.00pm</td>
<td>Elie</td>
<td>Confident Swimmer - Moderate Fitness for Scrambling on rocks</td>
<td>11+</td>
<td>Adults £30 U18 £15</td>
</tr>
</tbody>
</table>

Contact 01592 583388 or email info.outdoored@fife.gov.uk
Mountain Sports
ClimbNights / Mornings

Indoor bouldering at the Rockface climbing wall, Carnegie Leisure Centre, Dunfermline. These inductions and courses run in partnership with the Fife Sports and Leisure Trust. An instructor will be available to offer advice, climbing and ropework skills and supervise junior climbers if required. We currently run Tuesday evening sessions (during school term) and Saturday mornings.

Please call for more information or to book on 01383 602304 or email carnegielc@fifeleisure.org.uk

Mountain Sports - NGB Awards

Lowland Leader Award (Training)

The Lowland Leader Award is for people who have some experience in leadership and outdoor instruction and wish to become qualified to lead walking groups in lowland countryside and woodland in summer conditions.

You will learn such skills as group management, navigation, emergency procedures, access and conservation, and environmental issues.

<table>
<thead>
<tr>
<th>Course</th>
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<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat 25th &amp; Sun 26th Mar</td>
<td>Sat 9am - 8pm Sun 9am - 6pm</td>
<td>Lochore Meadows</td>
<td>Age 17+</td>
<td>£120</td>
</tr>
<tr>
<td>2</td>
<td>Mon 22nd May &amp; Tue 23rd May</td>
<td>Mon 9am - 8pm Tue 9am - 6pm</td>
<td>Lochore Meadows</td>
<td>Age 17+</td>
<td>£120</td>
</tr>
<tr>
<td>3</td>
<td>Sat 25th &amp; Sun 26th Nov</td>
<td>Sat 9am - 8pm Sun 9am - 6pm</td>
<td>Lochore Meadows</td>
<td>Age 17+</td>
<td>£120</td>
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</table>

For pre-requisites for the course please contact the Centre on 01592 583388 or visit www.mountain-training.org/walking/skills-and-awards/lowland-leader

Lowland Leader Award (Assessment)

Successful completion of this 2 day assessment course will qualify you to lead groups within the scope of the Lowland Leader Award.

<table>
<thead>
<tr>
<th>Course</th>
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<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat 22nd &amp; Sun 23rd Apr</td>
<td>Sat 9am - 8pm Sun 9am - 6pm</td>
<td>Lochore Meadows</td>
<td>Age 18+</td>
<td>£120</td>
</tr>
<tr>
<td>2</td>
<td>Sat 30th Sep &amp; Sun 1st Oct</td>
<td>Sat 9am - 8pm Sun 9am - 6pm</td>
<td>Lochore Meadows</td>
<td>Age 18+</td>
<td>£120</td>
</tr>
</tbody>
</table>

Expedition Module

This training and assessment module is for holders of the Lowland Leader and Hill and Moorland Leader awards who wish to lead and supervise groups on camping and overnight trips. It covers leading overnight expeditions, remote supervision and navigation.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat 29th &amp; Sun 30th Apr (Overnight)</td>
<td>Sat 9.30 - Sun 4.00pm</td>
<td>Ochils or Lomonds</td>
<td>Age 18+</td>
<td>£135</td>
</tr>
<tr>
<td>2</td>
<td>Mon 29th &amp; Tue 30th May (Overnight)</td>
<td>Sat 9.30 - Sun 4.00pm</td>
<td>Ochils or Lomonds</td>
<td>Age 18+</td>
<td>£135</td>
</tr>
</tbody>
</table>

Outdoor Education Fife can also arrange the following courses:-
- Hill and Moorland Leader Training and Assessment
- Mountain Leader Training and Assessment
- Climbing Wall Award
- Single Pitch Award
Hill & Moorland Leader Training
The Hill and Moorland Leader Award is designed for people who want to lead groups in the hill and moorland areas of the UK and Ireland. This award is a wonderful opportunity to learn the leadership skills required to feel confident about taking people out walking. As you may have guessed from the descriptive title of this award, it focuses on non-mountainous terrain. [www.mountain-training.org](http://www.mountain-training.org)

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fri 27th - Mon 30th Oct</td>
<td>9.00-6.00pm</td>
<td>Lochore Meadows</td>
<td>Age 18+</td>
<td>£195</td>
</tr>
</tbody>
</table>

Mountain Leader Training
The Mountain Leader scheme is designed for people who want to lead groups in the mountains, hills and moorlands of the UK and Ireland. If you love being out in the mountains and want to share your enthusiasm with others, become a Mountain Leader and you’ll never look back. [www.mountain-training.org](http://www.mountain-training.org)

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBC</td>
<td>Contact Outdoor Centre for info</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

PADDLE SPORTS

PaddleNights Splash
Join us every Monday night 6-8pm for open canoeing or kayaking. Instructors will coach a variety of skills during the first hour, lead some games then you will have some free-time to practise or just get wet. 25 places available each week. Ideal if you have a small amount of previous experience.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly</td>
<td>1st May - 11th Sep</td>
<td>6.00pm - 8.00pm</td>
<td>Lochore Meadows</td>
<td>8+</td>
<td>£8</td>
</tr>
</tbody>
</table>

Please call the centre to book. 8-10 years must be accompanied by a participating adult.

PaddleNights Coach
Every Thursday night 6-8pm. Informal coaching from our qualified instructors. You can follow an informal coaching programme with the aim of trying something new every week. 16 places available each week. Ideal if you’ve already completed a beginner’s course.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly</td>
<td>4th May - 14th Sep</td>
<td>6.00pm - 8.00pm</td>
<td>Lochore Meadows</td>
<td>11+</td>
<td>£10</td>
</tr>
</tbody>
</table>

Please call the centre to book.

Paddlesports Beginner
You will learn the basics of kayaking and open canoeing and complete the 1* award. The course aim is to provide you with a basic understanding of closed cockpit kayaking and open canoeing. It covers launching, paddling forwards and backwards, safe capsizing and a variety of useful paddle strokes.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>16th, 23rd &amp; 30th May</td>
<td>6.00-8.30pm</td>
<td>Lochore Meadows</td>
<td>16+</td>
<td>£60</td>
</tr>
</tbody>
</table>

**Paddlesports Improver**
Progress your skills in kayaking and open canoeing following the 2* syllabus. The course aim is to improve your basic strokes and techniques on flat water and designed for people who have completed a Beginners course, and spent some extra time on the water practicing but want to further their skills and knowledge. This course really helps develop your paddling experience and confidence.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>13th, 20th &amp; 27th Jun</td>
<td>6.00-8.30pm</td>
<td>Lochore Meadows</td>
<td>Age 16+</td>
<td>£60</td>
</tr>
</tbody>
</table>

**Intro to Sea Kayaking**
If you have some kayaking experience or attended some PaddleNight coach sessions this course will introduce you to paddling on the sea at one of Fife’s sheltered coastal locations.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Sat 10th Jun</td>
<td>9.00am - 5.00pm</td>
<td>Aberdour</td>
<td>Age 16+</td>
<td>£40</td>
</tr>
</tbody>
</table>

**Sea Kayaking Trips**
Based at campsite near Arbroath this trip offers opportunities for paddling around the jagged coastline and sea stacks of the east coast depending on the weather.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Coast</td>
<td>Fri 16th - Sat 17th Jun</td>
<td>Depart 5pm - Return 7pm</td>
<td>East Coast</td>
<td>Age 18+</td>
<td>£80</td>
</tr>
<tr>
<td>West Coast Journey - This is a 3 day unsupported journey along the West Coast. The route starts at Ardtroe heading North and finishing at Arisaig.</td>
<td>Fri 25th - Sun 27th Aug</td>
<td>Depart 9am - Return 7pm</td>
<td>Arisaig</td>
<td>Age 18+</td>
<td>£120</td>
</tr>
</tbody>
</table>

**Intro to White Water Kayaking**
This one day course on moving water up to grade 2 is aimed at paddlers wishing to move on to running and playing on rivers. Participants will cover moving water techniques, rescue skills and safety information. Participants should have a reasonable paddling ability in closed cockpit kayaks.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Sat 2nd Sep</td>
<td>9.00-5.00pm</td>
<td>River Tay</td>
<td>16+</td>
<td>£40</td>
</tr>
</tbody>
</table>

**White Water Kayaking Improvers**
This two day course is ideal as a follow up to the Beginners course. The Improvers course concentrates on river trips and river running skills, and is for those who can paddle well on Grade 2 and want to paddle Grade 3 water.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Sat 7th &amp; Sun 8th Oct</td>
<td>9.00-5.00pm</td>
<td>River Tay</td>
<td>16+</td>
<td>£80</td>
</tr>
</tbody>
</table>

**Open Canoe Improvers**
If you have completed the Beginners Course or have some previous canoe experience you will enjoy the opportunity to learn new canoeing skills by embarking on a day trip on a local river or loch.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Sat 22nd Jul</td>
<td>9.00-5.00pm</td>
<td>Suitable loch or river</td>
<td>16+</td>
<td>£80</td>
</tr>
</tbody>
</table>
**Guided Paddles**
The main aim of the guided paddle is to enjoy a day journey at a location suitable for conditions on the day. We will choose venues that will offer the chance to explore some exciting rocky coastline and islands as well as any wildlife that crosses our path.

**Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Water</td>
<td>On Request</td>
<td>9.00-5.00pm</td>
<td>TBC</td>
<td>Age 16+</td>
<td>£40</td>
</tr>
<tr>
<td>Open Canoeing (Wildlife Paddle)</td>
<td>Sat 24th Jun</td>
<td>9.00-5.00pm</td>
<td>Loch Leven</td>
<td>Age 16+</td>
<td>£40</td>
</tr>
<tr>
<td>Open Canoeing</td>
<td>Sat 12th Aug</td>
<td>9.00-5.00pm</td>
<td>Loch Ard area</td>
<td>Age 16+</td>
<td>£40</td>
</tr>
<tr>
<td>Sea Kayaking</td>
<td>Sat 20th May</td>
<td>9.00-5.00pm</td>
<td>Elie</td>
<td>Age 16+</td>
<td>£20</td>
</tr>
<tr>
<td>Sea Kayaking</td>
<td>Sat 15th Jul</td>
<td>9.00-5.00pm</td>
<td>North Berwick</td>
<td>Age 16+</td>
<td>£40</td>
</tr>
<tr>
<td>Touring - Kayak</td>
<td>Sat 12th Aug</td>
<td>9.00-5.00pm</td>
<td>Loch Lomond</td>
<td>Age 16+</td>
<td>£40</td>
</tr>
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</table>

**SAILING**
Lochore is the perfect setting for learning and improving your sailing skills. Great scenery, sheltered bays and clean water provide all the ingredients for a fantastic learning experience.

**Private Sailing Lessons**
Try Sailing Taster £75 maximum 3 people, or 4 people if booking as one group.

New to sailing and would like to have a go before committing to a full course. Book one of our Try Sailing Tasters.

Private lessons can be arranged through the centre. They are available at any time except Wednesday evenings subject to instructor availability.

Cost £75 (based on a maximum of 3 people sharing the lesson)

- 2.5hrs 9.30-12.00, 1.00-3.30 or 6.00-8.30 (Mid-week only)
  - Sailing Refresher
  - Sailing with Spinnakers
  - Sailing Singlehanders
  - Seamanship Skills

Or speak to the sailing instructor about what you would like to learn.
Sail Nights £10
Join us every Monday night 6.00-8.00pm for a fun evening of sailing under the supervision of a qualified instructor. Get some top tips, learn new skills, have a race or just get wet. Ideal if you have completed a Start Sailing course or equivalent.

<table>
<thead>
<tr>
<th>Course</th>
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<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly session</td>
<td>1st May - 11th Sep</td>
<td>6.00pm - 8.00pm</td>
<td>Lochore Meadows</td>
<td>16+</td>
<td>£10</td>
</tr>
</tbody>
</table>

Please call the centre to book.

Sailability £10
We can provide sailing opportunities for people with a disability or who require additional support. Lochore Meadows is an RYA Centre of Excellence for Sailability Sailing.
It is usually useful to arrange a site visit before the sailing session to check the facilities and decide which one of the boats is best suited to the sailor.
At this stage we can also check any hoisting requirements. On the sailing day we will have the right boat and equipment ready for you and the session usually last for about 1 hour on the water or whatever is appropriate.
Please contact the centre to discuss your requirements and check availability. Further sailing opportunities are available with the File Sailability Club (page 31).

First Aid
A 2 day Outdoor First Aid Course is the qualification of choice for outdoor workers and a requirement for many National Governing Body (NGB) Instructor Awards. Courses are provided by our training partner First Aid Training Co-operative.
To check dates and to make a booking visit: www.firstaidtrainingcooperative.co.uk
If these dates are not suitable other courses are available through: www.basp.org.uk

Kids Courses
Outdoor Adventures at Lochore Meadows
We have a programme packed full of exciting activities for 8-15 years.
Easter and October Adventure Days
Summer: 2, 3 and 5 day multi-adventure Fun in the Park programme
Sailing, Mountain Biking, Paddlesport and Climbing courses
Clubs at Lochore Meadows: Meedies Bike Club, On Board Sailing, PaddleNights, SailNights and Natural Connections.

Multi-Adventure
Easter and October Holidays
Book one, two or three days. There will be different activities each day that will be decided according to the group and weather on the day. Activities may include Mountain Biking, Paddlesports, Island Adventure, Climbing and Archery.

Easter Holidays
Course | Date             | Time        | Venue            | Age | Cost |
-------|------------------|-------------|------------------|-----|------|
Multi Adventure Week 1 | Wed 11th, Thu 12th & Fri 13th Oct | 9.30am - 3.30pm | Lochore Meadows 8-15 | £20 per day or £55 for 3 days |
Multi Adventure Week 2 | Wed 18th, Thu 19th & Fri 20th Oct | 9.30am - 3.30pm | Lochore Meadows 8-15 | £20 per day or £55 for 3 days |

October Holidays
Course | Date             | Time        | Venue            | Age | Cost |
-------|------------------|-------------|------------------|-----|------|
Multi Adventure Week 1 | Wed 11th, Thu 12th & Fri 13th Oct | 9.30am - 3.30pm | Lochore Meadows 8-15 | £20 per day or £55 for 3 days |
Multi Adventure Week 2 | Wed 18th, Thu 19th & Fri 20th Oct | 9.30am - 3.30pm | Lochore Meadows 8-15 | £20 per day or £55 for 3 days |
FUN IN THE PARK / ADVENTURE IN THE PARK

Come and join us for action packed days of fun and adventure. Choose from 2, 3 or 5 day course. You will have the chance to try out land and water activities at Lochore Meadows and for the 3 day and 5 day course you will spend at least one or two days away at a local hill, beach or bike trail. Activities include kayaking, canoeing, mountain biking, climbing, archery and jetty jumping.

**Fun in the Park Course Dates**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Thu 6th &amp; Fri 7th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£40</td>
</tr>
<tr>
<td>2</td>
<td>Thu 13th &amp; Fri 14th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£40</td>
</tr>
<tr>
<td>3</td>
<td>Thu 20th &amp; Fri 21st Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£40</td>
</tr>
<tr>
<td>4</td>
<td>Thu 27th &amp; Fri 28th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£40</td>
</tr>
</tbody>
</table>

**Outdoor Adventure Course Dates**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon 3rd, Tue 4th &amp; Wed 5th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£70</td>
</tr>
<tr>
<td>2</td>
<td>Mon 10th, Tue 11th &amp; Wed 12th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£70</td>
</tr>
<tr>
<td>3</td>
<td>Mon 17th, Tue 18th &amp; Wed 19th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£70</td>
</tr>
<tr>
<td>4</td>
<td>Mon 24th, Tue 25th &amp; Wed 26th Jul</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-12</td>
<td>£70</td>
</tr>
</tbody>
</table>

**Ultimate Adventure Course Dates**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon 31st Jul – Fri 4th Aug</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>11-15</td>
<td>£110</td>
</tr>
<tr>
<td>2</td>
<td>Mon 7th – Fri 11th Aug</td>
<td>9.30am-3.30pm</td>
<td>Lochore Meadows</td>
<td>11-15</td>
<td>£110</td>
</tr>
</tbody>
</table>

**Mountian Sport**

**Rock Climbing (11-15 years)**
This course is an ideal way to learn new skills, meet people and enjoy climbing. It's all about the enjoyment of climbing and reaching new heights.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Thu 13th &amp; Fri 14th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>11-15</td>
<td>£50</td>
</tr>
<tr>
<td>2</td>
<td>Thu 3rd &amp; Fri 4th Aug</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>11-15</td>
<td>£50</td>
</tr>
</tbody>
</table>

**ClimbNights / Mornings**
Climbing Wall (8-15 years, 3-7 years can attend if accompanied 1:1 by a registered adult) These sessions run in partnership with the File Sports and Leisure Trust at the Carnegie Leisure Centre, Dunfermline. We currently run Tuesday evening sessions (during school term) and Saturday mornings. These sessions are only for climbers that have completed an induction or have climbed before.
Please call for more information or to book on 01383 602304 or email carnegielc@fifeleisure.org.uk

**Sailing**

**Sailing Stage 1 (8-15 years)**
By the end of this 3 day introductory course you will have a basic understanding of how a boat sails and some experience of steering and handling the boat.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon 3rd, Tue 4th &amp; Wed 5th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>2</td>
<td>Mon 10th, Tue 11th &amp; Wed 12th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>3</td>
<td>Mon 17th, Tue 18th &amp; Wed 19th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>4</td>
<td>Mon 24th, Tue 25th &amp; Wed 26th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>5</td>
<td>Mon 31st Jul, Tue 1st &amp; Wed 2nd Aug</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>6</td>
<td>Mon 7th, Tue 8th &amp; Wed 9th Aug</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
</tbody>
</table>
Young People Courses

Sailing Stage 2 (8-15 years)
At the end of Stage 2 you will have a widening range of skills and knowledge and be well on the way to being a confident small boat sailor.
Pre-requisites: Completed a Stage 1 Sailing Course.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon 3rd, Tue 4th &amp; Wed 5th Jul</td>
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<td>8-15</td>
<td>£80</td>
</tr>
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<td>2</td>
<td>Mon 17th, Tue 18th &amp; Wed 19th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>3</td>
<td>Mon 24th, Tue 25th &amp; Wed 26th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>4</td>
<td>Mon 7th, Tue 8th &amp; Wed 9th Aug</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
</tbody>
</table>

Sailing Stage 3/4 (8-15 years)
Having completed Stage 3 you will be able to sail in any direction and rig and launch your boat. You can regard yourself as a sailor, not a beginner. This course will also cover elements of stage 4 if you are ready for it.
Pre-requisites: Completed a Stage 2 Sailing Course with additional practice.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon 10th, Tue 11th &amp; Wed 12th Jul</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
<tr>
<td>2</td>
<td>Mon 31st Jul, Tue 1st &amp; Wed 2nd Aug</td>
<td>9.30-3.30pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£80</td>
</tr>
</tbody>
</table>

On Board Sailing Club (8-15 years)
The On Board Club exists to provide regular, quality sailing opportunities for young people.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>Every Sunday from 23rd Apr – 29th Oct</td>
<td>9.30-12.00pm</td>
<td>Lochore Meadows</td>
<td>Age 8-15</td>
<td>Club Registration £10 / Weekly Cost £8</td>
</tr>
<tr>
<td>3-4</td>
<td>Every Sunday from 23rd Apr – 29th Oct</td>
<td>1.00-3.30pm</td>
<td>Lochore Meadows</td>
<td>Age 8-15</td>
<td>Club Registration £10 / Weekly Cost £8</td>
</tr>
</tbody>
</table>

Sail Nights
Join us every Monday night 6.00-8.00pm for a fun evening of sailing under the supervision of a qualified instructor. You should have completed a Stage 1 Course or equivalent. You will have the opportunity to practice before moving on to the next stage or just get out and enjoy a sail with friends.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Thu 6th &amp; Fri 7th Jul</td>
<td>9.30 – 3.30pm</td>
<td>Lochore Meadows</td>
<td>11-15</td>
<td>£50</td>
</tr>
<tr>
<td>2</td>
<td>Thu 20th &amp; Fri 21st Jul</td>
<td>9.30 – 3.30pm</td>
<td>Lochore Meadows</td>
<td>11-15</td>
<td>£50</td>
</tr>
</tbody>
</table>

Junior Kayaking (11-15 years)
This two day beginners course is for those aged 11-15 years who have little or no previous experience in canoeing or kayaking. It is colourful, fun and packed with loads of new skills to learn.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Every Mon from 1st May - 11th Sep</td>
<td>6.00-8.00pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£4.00</td>
</tr>
</tbody>
</table>

PADDLESORT

Paddle Night Splash
Back by popular demand. Join us every Monday night 6-8pm for open canoeing or kayaking. Get some top tips, learn new skills or just get wet. Fun, Fun, Fun!!
25 places available each week. Please call the centre to book.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Every Mon from 1st May - 11th Sep</td>
<td>6.00-8.00pm</td>
<td>Lochore Meadows</td>
<td>8-15</td>
<td>£4.00</td>
</tr>
</tbody>
</table>

*8-10 years must be accompanied by a participating adult.
PUBLIC EQUIPMENT HIRE
Beginner or experienced you are welcome to hire equipment from our wide range of watersport equipment. Our Water Safety team will advise you on suitable equipment and keep an eye on you while you enjoy your activity.

Public Hire & Water Safety Times
Sat & Sun: 29th Apr - 1st Oct
Sailing Boats, Kayaks & Canoes
1pm – 5.30pm
Mon – Fri: 3rd Jul – Tue 15th Aug
Sit-on Kayaks & Katakanu only
1pm – 4.30pm
Bank Holidays: 1st May & 5th Jun
Sailing Boats, Kayaks & Canoes
1pm – 4.30pm

PUBLIC LAUNCHING
You are welcome to launch your own craft free of charge but please note that you must abide by the rules of the water (available from Reception).
There is no dedicated water safety cover available if you have launched your own craft.
During centre opening hours please sign in at reception.
A facilities charge is payable if you are using the changing room/showers. Adult – £2 and Concession £1.00.
Please be aware that no motorised craft are allowed on the loch.

PUBLIC HIRE & LAUNCHING
We have a variety of craft for hire for those with some experience including: sailing boats - Wayfarer, Toppers, Pics, kayaks and canoes. Funboats and sit-on kayaks are available for people with no experience. A user card is available for regular under 18 users - please contact the Outdoor Education Reception for more details on 01592 583388.

<table>
<thead>
<tr>
<th>Equipment Hire</th>
<th>Details</th>
<th>1 hr Session</th>
<th>2 hr Session</th>
<th>Details</th>
<th>1 hr Session</th>
<th>2 hr Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kayaking</td>
<td>Adult</td>
<td>£10.00</td>
<td>£15.00</td>
<td>Adult</td>
<td>£20.00</td>
<td>£30.00</td>
</tr>
<tr>
<td></td>
<td>Conc</td>
<td>£5.00</td>
<td>£7.50</td>
<td>Conc</td>
<td>£10.00</td>
<td>£15.00</td>
</tr>
<tr>
<td>Sailing</td>
<td>Adult</td>
<td>£15.00</td>
<td>£20.00</td>
<td>Adult</td>
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<tr>
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<td>Conc</td>
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<td>£11.25</td>
<td>Conc</td>
<td>£15.00</td>
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</tr>
<tr>
<td>Sit-on Kayak (S)</td>
<td>£8.00</td>
<td>£12.00</td>
<td>£18.00</td>
<td>£15.00</td>
<td>£20.00</td>
<td></td>
</tr>
<tr>
<td>Sit-on Kayak (D)</td>
<td>£6.00</td>
<td>£9.00</td>
<td>£13.50</td>
<td>£9.00</td>
<td>£12.00</td>
<td></td>
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<tr>
<td>Kayak</td>
<td>£10.00</td>
<td>£15.00</td>
<td>£20.00</td>
<td>£15.00</td>
<td>£20.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>£5.00</td>
<td>£7.50</td>
<td>£11.25</td>
<td>£7.50</td>
<td>£11.25</td>
<td></td>
</tr>
<tr>
<td>Open Canoe</td>
<td>£12.00</td>
<td>£18.00</td>
<td>£24.00</td>
<td>£18.00</td>
<td>£24.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>£6.00</td>
<td>£9.00</td>
<td>£13.50</td>
<td>£9.00</td>
<td>£13.50</td>
<td></td>
</tr>
<tr>
<td>Katakanu</td>
<td>£15.00</td>
<td>£22.50</td>
<td>£30.00</td>
<td>£15.00</td>
<td>£22.50</td>
<td></td>
</tr>
<tr>
<td></td>
<td>£(max 6 people – 1 hour session must include one adult 18+)</td>
<td>£(max 6 people – 1 hour session must include one adult 18+)</td>
<td>£(max 6 people – 1 hour session must include one adult 18+)</td>
<td>£(max 6 people – 1 hour session must include one adult 18+)</td>
<td>£(max 6 people – 1 hour session must include one adult 18+)</td>
<td></td>
</tr>
<tr>
<td>Group Kayak Rate</td>
<td>(Groups with own instructor 4+ kayaks) includes kayak, buoyancy aid, wetsuit &amp; cag.</td>
<td>£13.00</td>
<td>£19.50</td>
<td>£13.00</td>
<td>£19.50</td>
<td></td>
</tr>
<tr>
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<td></td>
<td>£6.50</td>
<td>£9.75</td>
<td></td>
<td>£9.75</td>
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</tr>
</tbody>
</table>

Concessions available for Fifestyle Premier, Super & Bonus and under 18 years.
Adaptive Equipment
Lochore Meadows is a great place for everyone, whatever your ability. The Park has a network of accessible paths for use by mobility scooters, power chairs and adaptive bikes. These can be hired from the Outdoor Education Centre.

Adaptive Bikes
Bikes are available all year round, it is advisable to book in advance to check availability and avoid disappointment.

We have a range of bikes for hire including recumbent and upright trikes, adaptive wheelchair bikes and tandems. Groups with carers or families can come along together to experience cycling in a traffic free area. For carers who haven’t used the bikes before we can offer advice and training.

To ensure as many people as possible can enjoy the All Ability Cycles they are available for hire on an hourly basis at a cost of £3 and £5 for tandems.

Sailing Boats
There are several different adaptive boats available these normally need to be booked with an instructor. Please contact the centre for details.

Paddlesports
Most of our canoes, kayaks and the katakanu can be adapted for those with a disability.

Changing facilities and hoist
There are a number of hoists and transfer equipment to help with access to equipment if required.
The centre has a fully accessible changing room with toilet, shower with height adjustable shower trolley and full coverage ceiling hoist.

Mobility Scooters
There are a number of mobility scooters and power chair available for hire.

For further information on all ability equipment or training please call the Outdoor Education Centre on 01592 583388 or email info.outdoored@fife.gov.uk

Lochore Meadows Community Sport Hub
Lochore Meadows is the home of one of Fife’s designated Community Sport Hubs (CSH). Community Sport Hubs are based in local facilities and aim to increase the number of people of all ages participating in sport and physical activity in local communities across Scotland.

Current clubs based at Lochore Meadows OEC are:

Fife Canoe Activities Group
Fife Canoeing Activities Group (FCAG) is an active, friendly club and is open to anyone who wishes to participate in paddle sport. The club runs weekly trips, evening pool sessions during the winter and coaching on the loch sessions in the summer on Tuesday evenings.

FCAG hold various social events throughout the year for members, family and friends.
www.fcag.co.uk

Meedies Bike Club
Meedies Bike Club is a community cycling club based at Lochore Meadows Country Park in Fife. The club is run by volunteers from the local community supported by staff from Fife Council’s Outdoor Education Centre. Find us on Facebook or call 01592 583388.

www.meediesbikeclub.co.uk

Meedies Running Club
The Meedies Running Club is a friendly new running club for the Benarty community established in 2015. We cater for all abilities, gender and ages.

www.meediesrunningclub
Fife Sailability
The club offers all the support and facilities required for disabled sailors to enjoy the sailing experience. With the specially designed Challenger dinghy and Hawk 20 keelboat and an excellent core of volunteer instructors and sailing buddy’s the club is growing from strength to strength.
Email: fife.sailability@gmail.com

Kingdom of Fife Orienteers
Our membership includes people who enjoy the sport simply for the fun of it as well as those who take it more seriously and compete at a national level.
www.kfo.org.uk

Open Water Swimming
A swim session with safety cover is available on the loch from early May until early September every Wednesday from 6:30-7:30pm. This session is used by a number of swimming and triathlon clubs as well as individuals keen to train with safety support.
Contact Outdoor Education Centre 01592 583388

Bums Off Seats
Bums Off Seats is a Fife Walking Initiative. We provide free local health walking opportunities in Fife and all walks are led by a trained team of Volunteer Walk Leaders. This is a Fife Council funded project with support from Active Fife and Paths for All.
www.fifedirect.org.uk/bumsoffseats

Outdoor Education Fife & Natural Connections
Our team of qualified instructors are committed to ensuring you enjoy taking part in a wide range of safe, enjoyable and challenging outdoor experiences. Natural Connections Meadies Midge levels 1/2 meets one Saturday each month. It is an outdoors activity and nature awards programme for young people age 8-16 years.
www.fifedirect.org.uk/outdooreducation 01592 583388

St Andrews University Sailing & Rowing Club
These two University Clubs use Lochore as their training base as well as to host racing events throughout the season.

RYA OnBoard Sailing Club
An RYA programme to provide quality sailing opportunities for young people age 8-15yrs. Learn to sail and participate regularly at the On Board Club every Sunday April – October.
Contact the Outdoor Education Centre for more details 01592 583388.

Lochore Community Angling Club
The Lochore Community Sport Hub run a community angling programme for children and adults to learn how to fish. The programme will teach you the basics of angling in a welcoming environment. All equipment is supplied.
For further information contact Meg Buchanan on megan.buchanan@fife.gov.uk

Young Outdoor Leaders
This is a leadership and coach education programme for young people aged 16 to 18 years. Participants will receive training in all the centre activities and have the opportunity to volunteer with the community sport hub clubs.
Contact the Outdoor Education Centre for more details 01592 583388.
BOOKING CONDITIONS

How to Book
1. Phone the Outdoor Education team on 01592 583388 or email info.outdoored@fife.gov.uk for course inquiries.
2. You can pay for your course over the phone with your credit or debit card, or at the O.E. Centre with cash or cheque (made out to Fife Council).
3. Once payment has been made you will receive a course booking form, please complete this and email or send back to the Centre to confirm your booking.
4. Your booking will be confirmed in writing and course information sent out within 5 days of receiving your booking form.

Please note that bookings cannot be accepted without payment. If you are unsure of the suitability of the course, please contact the Outdoor Education Centre on 01592 583388 to ask for advice.

Who can take part?
Apart from age restrictions, courses are open to anyone subject to management approval. Employees of Fife Council and volunteers who would like the opportunity to take part in outdoor activities and who may use the activity to benefit others in the context of their work, may access some training courses at a reduced rate.

Whenever possible we will make arrangements in terms of access and instruction for those with additional support needs provided we know in advance of the visit.

Cancellations by the Customer
Changes or cancellations by the customer will be confirmed by email. Refunds will only be given if we can fill the vacancy, so applicants are advised to arrange cancellation insurance.

Cancellations by Lochore Meadows
Whilst every attempt is made to ensure that courses run, occasionally we may need to cancel courses due to dangerous or unsuitable conditions. We will endeavor to give as much notice as possible. Occasionally courses may fail to reach a feasible minimum number. In these circumstances we will ensure you receive at least 5 days notice.

In the event of cancellation by us for the above reasons, you will be offered either a full refund or an alternative date for the course.

Safety
All courses will be conducted in accordance with Fife Council guidance for outdoor activities and excursions. All adventure activities carry an element of risk and by choosing to do an activity you (or your carer) accept this risk. If you’re taking part in a watersport you may get wet and cold, as a mountain biker you may fall off. Minor cuts and bruises are not uncommon. You will also be out in the changeable Scottish weather.

Participants should have an appropriate level of fitness and be suitably experienced. Please ensure that any medical condition that the staff should be aware of is stated in the booking form. If in doubt, please check with your doctor.

You will be encouraged to participate fully in the course but the degree of challenge is yours to choose. You will be expected however, to comply stringently with our safety guidelines and procedures.

All Courses are run by competent staff to standards approved by the Adventure Activities Licensing Authority. Courses are designed to provide safe, challenging and enjoyable learning. All technical equipment can be provided.

Insurance
All activities are covered by Fife Councils Public Liability Insurance. This does not include personal accident or belongings insurance. Participants should arrange their own insurance cover as necessary.