



28th – 30th May 2025

New Cumnock
Activity Adventure





Introduction

Who we Are

Staff

What to Expect

Activities

Food

Accommodation

Insurance

Let Your Adventure Begin!

The Centre



Safe & Fun Activities

Excitement

Ethos

Decision Making

Team Work Skills

Resilience



EAC



The Staff

8:00 – 8:30	Breakfast
8:30 – 9:00	Free Time / Get Ready for Activities
9:00 – 12:00	Activities Session 1 / 2
12:00 – 13:00	Lunch
13:00 – 16:00	Activities Session 3 / 4
17:00 – 18:00	Evening Meal (as per menu plan)
18:00 – 19:30	Evening Activities
21:30	Quiet Period in Rooms
22:00	Lights Out!



What to Expect – Daily Routine

28th	10:00 - 10:30	10:30 - 12:00	12:00	13:00 - 14:30	14:30 - 16:00	17:00	18:00
TEAM 1	Arrive and Settle in	Laser Tag	LUNCH	Sailing	Windsurfing	SUPPER	Evening Activity
TEAM 2		High Ropes		Kayak	Sup		
TEAM 3		Crates		Archery	Team Building		
29th	09:00 - 10:30	10:30 - 12:00	12:00	13:00 - 14:30	14:30 - 16:00	17:00	18:00
TEAM 1	Kayak	Sup	LUNCH	Archery	Team Building	SUPPER	Evening Activity
TEAM 2	Archery	Team Building		Sailing	Windsurfing		
TEAM 3	Sailing	Windsurfing		Kayak	Sup		
30th	09:00 - 10:30	10:30 - 12:00	12:00	13:00 - 14:00	14:00		
TEAM 1	Waterpark	Crates	LUNCH	High Ropes	DEPART		
TEAM 2	Laser Tag	Waterpark		Crates			
TEAM 3	High Ropes	Laser Tag		Waterpark			



What to Expect – 3 Day Plan



Paddle Sports





Outdoor Laser Tag / Archery



Climbing Tower / Swing





Sailing / Windsurfing

Waterpark



- Everything is home cooked
- All locally sourced
- Filling and tasty
- Dietary requirements
- Menu planned in advance
- Everyone will be hungry so there will be plenty!



Food, Food, Food !

- Breakfast
- Cereal, toast, porridge, eggs, fruit, squash
- Lunch
- Home made soup, sandwiches, fruit, snacks
- Dinner
- Two course filling meal – meal plan arranged.
- Snacks are permitted if you wish to bring something along



Bit More Food!



Accommodation

A group of children are participating in a canoeing activity on a calm lake. In the foreground, two red canoes are visible, each with two children inside. They are all wearing orange life jackets and holding green paddles. The children are smiling and looking towards the camera. In the background, there are more canoes with people on the water, and a shoreline with trees and a small building. The sky is blue with some clouds.

Safe Environment = Learning Environment

Safety



Health and Safety
Executive



Adventure Activities Licensing Regulations 2004

Licence number: **L61431**

Date of issue: **18/01/2022**

Provider reference number: **R2685**

This licence is granted by the Health and Safety Executive (HSE), acting as the Adventure Activities Licensing Authority (AALA), to

Loch Ken Adventures Ltd
2 Burn Court
Dairy
Castle Douglas
DG7 3UZ

to provide adventure activities as specified in the Activity Schedule (Name, Dates, Location, etc.) to the facilities for adventure activities

The facilities for adventure activities

Caving Category

Climbing Category

This licence is effective from **18** amended.

This licence is issued subject to where required, the additional o



Certificate of Liability Cover

Contract Number **Y136147QBE0121A**
Member Number **LOCH/445648NMPG**
Cover Number **A04100991**

This Certificate is issued by Activities Industry Mutual Limited and confirms that the named Member is a Member of the Mutual and that the Mutual provides cover to the Member in respect of the Liabilities described below.

Name of Member Loch Ken Adventures Ltd
Trading as Galloway Activity Centre
Member's representative Adam Hutchings
Business description Outdoor activities providers
Cover Period (from) 01/01/2022
Cover Period (to) 31/12/2022
Both dates included

LIABILITY COVER

Employers' Liability - To indemnify the Member for legal liability in respect of bodily injury or death suffered by the Member's directors or employees arising out of and in the course of their employment by the Member caused during the Cover Period in connection with the Member's business, and Claimant's and Member's costs and expenses arising therefrom as more fully described in the Cover Wording.
Cover Limit - each and every occurrence up to £10,000,000
Terrorism Sub Limit - each and every occurrence up to £5,000,000

Public and Products Liability - To indemnify the Member for legal liability for bodily injury or death and accidental loss of or damage to property as more fully described in the Cover Wording

Public Liability
Cover Limit - each and every occurrence up to £5,000,000

Products Liability
Cover Limit - any one occurrence and in the aggregate during the cover Period up to £5,000,000

Professional Indemnity - To indemnify the Member for legal liability in respect of alleged inadequate advice, services or designs provided by the Member causing financial loss. Only claims notified to the Mutual in the Period of Cover Period may be the subject of indemnity under this cover

Cover Limit - any one occurrence and in the aggregate during the Cover Period up to £100,000



Signed by:

John H. H. H.

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Insurance

- £10,000,000 Public Liability
- £10,000,000 Employees Liability

Inspections

- AALA (annually)
- RYA (annually)
- Tourist board 4* activity centre



Insurance & Inspections

- Sleeping bag or duvet/linen
 - Towels
 - Swimming things
 - Waterproofs
 - Sensible outdoor shoes (trainers, walking boots, wellies)
 - Spare old trainers (for getting wet)
 - Lots of changes of clothes
 - Warm clothing
 - Pocket money for snacks (suggested £5)
 - Any medication required
 - Toothbrush / Toothpaste and wash items
 - Plastic bag for returning with wet clothes
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- Nothing special is required, Wellies, Joggers, Coat – it's not a fashion show you'll get muddy and dirty!



Kit List



Thank You