



Program Title: **Outdoor Programs, Awareness Training & Workshop**

Client:
Duration: **Weekend**



Location

Planet Scuba and the Wild Planet Co. Ltd. have over the last 15 years built a reputation for offering safe, fun and exciting adventure programs for Schools, colleges and corporate groups all over Thailand. Our intention with the Wild Lodge is to continue that reputation creating a location that offers first class programs, first class instruction and first class equipment within a relaxing and pleasant and ecologically sustainable environment.

We operate the Wild Lodge in a way that promotes the active stewardship of our natural resources and surroundings and encourages current and future generations to protect it, but at the same time get out into nature and enjoy it. We realize that this involves individual commitment and may not be embraced by all, but if we can have all of our guests leave us with a better appreciation of the outdoors then we are some way forwards to making a difference.

Awareness Training.

We have run a large number of programs for schools and colleges over the last 10 or more years and come across many teaching staff who find themselves on outdoor and residential programs either as volunteers or as salaried staff members frustrated because they are unable to assist or play any role in the program other than the direct supervision of students

This weekend aims to provide the lay person with a basic knowledge of some outdoor activities and the mechanisms that should be in place to ensure the safety of the activities. It will provide teaching staff with sufficient knowledge to evaluate the basic competency of an external provider if they are being used. We will also cover the concerns of operating within South East Asia and response options should an incident occur alongside the schools recommended procedures.

The program is not intended to train activity instructors rather to highlight areas for future training and to inform staff what procedures are already in place within their own school and their responsibilities as a member of staff during outdoor and residential trips.

Equipment

Full equipment is provided for all activity sessions. This will include PPE for water activities and harness and helmets for climbing activities, full details are provided in our activity risk assessments.

No participant requires any previous experience, as full instruction will be given before any activity commences.

Individuals wishing to use their own equipment must agree to it being inspected are subject to its compliance with our equipment guidelines.

Wild Planet guides are trained in first aid and a full medical kit is present during all activities.

All participants are covered under our accident program.



ADVENTURE ACTIVITIES

Activities covered within the weekend can be tailored according to the schools own outdoor and residential programs in addition to our general program there are practical program periods.

In the sample itinerary below we cover:

*Moving water/rafting/rescue skills,
First Aid,
High/Low ropes and belaying skills
Group games and facilitation.*

Sessions can also be offered covering:

*Mountain Biking
Trekking and expeditionary planning
Kayaking & Canoeing
Journeying and expeditions with Kayak or Canoe
Climbing and Abseiling techniques
Camp craft
Navigation using Map, Compass and GPS*

These sessions are not designed to train instructors in a weekend, rather to enable supervisory and volunteer teaching staff to have a basic knowledge of the activity and safety mechanisms that should be put in place by the provider/instructor leading the program.

Challenge by Choice

Our challenge-by-choice approach enables each participant to achieve their own successful adventure in the context of their own aspirations free from peer or instructors pressure. We have found during adventure activities, the greatest achievements are never in terms of the distance leapt or the height climbed and that in all our adventure activities everyone has a role to play.

SAMPLE ITINERARY

NOTE :All activities and sessions run by Wild Planet staff except sections highlighted which are run by School program coordinator with assistance (if required) by Wild Planet staff.

Friday

1500 Depart school – transfer to The Wild Lodge Nakon Nayok
DINNER

1900 Introduction / Outline & Objectives,
Standard Operating Procedures or current procedures within School
Code of Practice, working with operators, Emergency Response in South East Asia
Insurance. Trip Leader 'Tool Kit'.
The International Award at school (if offered)
Communications during programs
School Policies on phone use and emergency contacts
Satellite Phone & Radio

SOCIAL

Saturday

0715 BREAKFAST

0815 Swimming Pool awareness and supervision during programs.
White water rafting – “The safety briefing” Use of Throw Lines
COFFEE

1045 Depart The Wild Lodge – Nakon Nayok River
Rafting – incorporating white water safety skills & Personal Protective Equipment
LUNCH
On water workshop covering basic waterside skills and group supervision for any program involving moving water

1430 Transfer to The Wild Lodge

| | |
|-------------------|----------------------------------------------------------------------------------------------------------|
| 1600 | Basic First Aid skills |
| 1830 | DINNER |
| 1930 | Field Trip Issues – Group scenarios, School Policy School First-Aid Kits |
| | Medical incidents and practical responses. |
| 2030 | SOCIAL |
| <u>Sunday</u> | |
| 7.30 | BREAKFAST |
| 8.30 | Workshops – Low Ropes & High Ropes + facilitation of group programs |
| 1015 | COFFEE |
| 1045 | Workshops – Low Ropes, & High Ropes |
| 1230 | LUNCH |
| 1345 | Review & Future Training Opportunities in the Outdoors Depart for School, arrival in Bangkok 1630hrs. |

OTHER INFORMATION



Accommodation

We have a number of individually themed lodges, each lodge has a front balcony, main room and rear anti room with an en suite bathroom and rain shower. The main room or each lodge is large with 4 beds but additional folding beds can be added to a maximum of eight. All of the lodges are screened against insects.

In addition to the individual lodges we have a self catering lodge with 4 private sleeping rooms and the Siam and Guide rooms in the main house.

All bedding and linen is provided for guests along with towels.

| Type | No. of Beds | No. of Rooms | Total Pax |
|-----------------|-------------|--------------|-----------|
| Lodge | Up to 8 | 8 | 64 |
| Lodge w/kitchen | 4 | 4 | 8 |
| Siam Rooms | 1 dbl | 2 | 4 |
| Camping Lodge | 2 | 2 | 4 |
| Camp facilities | 3/4 | 30 + tents | 90+ |



Meals

Food will be Thai style buffet, with the exception of breakfast, which will include toast and eggs. Specific western food can be arranged if required. Please give prior notice of vegetarian requirements or any specific needs.

Meals will be taken in the main Hornbill Sala, water will be provided with meals.

Throughout the day, water will be available during all activities, participants are also required to carry their own

water bottle (or to reuse the bottle given to them at the start of the program), which can be refilled on demand within the lodge. All activity locations will also have a 'drink station'

The Sunset Bar

Our bar on site sells a basic range of beer and wine at reasonable prices and is open during the evening

Note: Details of other lodge facilities can be found in our main brochure.