Frequently Asked Questions

Activities

Our activities are run by qualified instructors in line with national governing body regulations.

Do I need to fill out a health form?

Yes. Every person, adult or child, participating in an activity at Oakwood is required to complete a health declaration form to allow Oakwood to ensure that the activities are suitable for them and that we have approptiate emergency contact details.

Do you have minimum or maximum group numbers for activities?

We ask that you keep activty group sizes to between 10 and 12 people. Lower numbers may result in an extra charge per person and higher numbers cannot be catered for with our staff to child ratio policy.

Is there a minimum age limit on activities?

Yes. The minimum age for young people participating in any roped activities (excluding climbing) is 8 years. The minimum age for young people participating in any ground level activities and climbing is 7 years.

Do we need to bring any equipment with us to do the activities?

At Oakwood we provide all the specialist equipment, such as harnesses and helmets, that you will require for the activities. However, we do ask that all participants bring their own waterproof jackets and trousers, walking shoes or trainers and enough clothing to ensure they will be warm. See our Kit List for more information.

What about children with special needs?

We aim to provide activity sessions and accommodation for children with special needs. We are able to cope with a variety of different needs but ask that leaders make us aware of these at the time of booking. During activities children with special needs will be given extra care and attention. We will advise and discuss if we think that we are not equipped to cope with a specific need or situation.

Will my child cope?

All the staff at Oakwood are fully trained and take responsibility of the children who are in their care during activity sessions. Sessions will be run at a level that will allow everyone to participate, challenge themselves and achieve.