

AdventurePluz Programme Outlines

First Rock

Time	Activity
1 week before programme	Please ensure particulars are submitted for insurance
8:50am	Arrive at venue
9:00 – 9:05	Welcome
9:05 – 9:15	Warm Up
9:15 – 9:20	Site Orientation
9:20 – 9:45	Equipment Introduction
9:45 – 10:00	Demonstration
10:00 – 10:30	Belay School
10:30 – 12:15	Climbing
12:15 – 12:30	Pack Up
12:30 – 12:55	Debrief
12:55 – 13:00	Close

Abseiling

Time	Activity
1 week before programme	Please ensure particulars are submitted for insurance
8:50am	Arrive at venue
9:00 – 9:05	Welcome
9:05 – 9:15	Warm Up
9:15 – 9:20	Site Orientation
9:20 – 9:45	Equipment Introduction
9:45 – 10:00	Demonstration
10:00 – 10:30	Belay School
10:30 – 12:15	Abseiling
12:15 – 12:30	Pack Up
12:30 – 12:55	Debrief
12:55 – 13:00	Close

*Please note that programme timings and activities are subjected to change based on group size and / or special arrangements to meet the needs of the participants.

AdventurePluz Programme Outlines

Geo Tracking

Time	Activity
1 week before programme	Please ensure particulars are submitted for insurance
8:50am	Arrive at venue
9:00 – 9:05	Welcome
9:05 – 9:15	Warm Up
9:15 – 9:20	Site Orientation
9:20 – 10:00	GPS Training
10:00 – 10:30	Team Planning
10:30 – 12:30	Geo Tracking
12:30 – 12:55	Debrief
12:55 – 13:00	Close

Archery

Time	Activity
1 week before programme	Please ensure particulars are submitted for insurance
8:50am	Arrive at venue
9:00 – 9:05	Welcome
9:05 – 9:15	Warm Up
9:15 – 9:20	Site Orientation
9:20 – 9:45	Equipment Introduction
9:45 – 10:00	Demonstration
10:00 – 10:30	Archery Training in Small Groups
10:30 – 12:15	Archery Activities (competition and games)
12:15 – 12:30	Pack Up
12:30 – 12:55	Debrief
12:55 – 13:00	Close

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AdventurePluz Programme Outlines

Basic Rock

Day 1

Time	Activity
1 week before programme	Please ensure particulars are submitted for insurance
8:45am	Arrive at venue
9:00 – 9:05	Welcome
9:05 – 9:15	Warm Up
9:15 – 9:20	Site Orientation
9:20 – 9:45	Equipment Introduction
9:45 – 10:00	Demonstration: Climbing & Abseiling
10:00 – 10:30	Belay School
10:30 – 12:15	Climbing / Abseiling
12:15 – 12:30	Debrief
12:30 – 1:30	Lunch
1:30 – 2:00	Introduction to Lead climbing
2:00 – 2:30	Ground Training (Lead Climbing)
2:30 – 5:00	Lead Climb Practice
5:00 – 5:30	Pack up and Close

Day 2

Time	Activity
8:45am	Arrive at venue to prepare
9:00 – 9:15	Warm Up
9:15 – 10:30	Lead Climb Practice
10:30 – 12:00	Intro to Anchor Set up & Retrieval
12:00 – 1:00	Lunch
1:00 – 2:00	Theory
2:00 – 5:30	Anchor Set up & Retrieval Practice
5:00 – 5:30	Pack up and Close

Day 3

Time	Activity
8:45am	Arrive at venue to prepare
9:00 – 9:15	Warm Up
9:15 – 12:00	Anchor Set Up & Retrieval
12:00 – 1:00	Lunch
1:00 – 4:45	Theory & Practical Assessment
4:45 – 5:30	Close & giving out of certificates

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