

# GROUP LEADER PACK



## School Residentials



**Welcome to Mount Cook. This pack contains everything you will need for upcoming residential to our wonderful centre.**

**"Mount Cook Adventure Centre offers a distinctive approach which is of value to both formal and non-formal education. We offer young people first hand experiences and can therefore unlock a range of skills and understanding not always achieved in more formal settings such as schools or colleges. Given the necessary arrangements during covid-19 it is more important than ever to reconnect your young people with themselves and their environment."**

**~ Steve Turner, CEO**

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## STAY IN TOUCH

Your booking is confirmed, and your trip is underway. If you can't find anything you need in this pack, or you'd like to make any changes to your booking, please call the Mount Cook office from Monday to Friday, 08:30 – 18:00. You can reach us on **01629 823 702** or [explore@mountcook.uk](mailto:explore@mountcook.uk).

## GETTING TO MOUNT COOK

We have a large free car park that is suitable for coaches opposite the main gate to Mount Cook. Please park here and walk up, as the driveway is unsuitable for coaches to turn.

### what3words

Car park// [cobbles.redeemed.wired](https://www.what3words.com/cobbles.redeemed.wired)

Main entrance// [bedroom.venue.coconuts](https://www.what3words.com/bedroom.venue.coconuts)

Unless you have specifically booked an early or late departure with your booking coordinator, your arrival time will be **13:00** on your first day and **12:30** on your final day. Please book coaches for these times.

There will be space to eat your packed lunch at Mount Cook on your first day, but we will ask you to depart with a packed lunch provided by us on your final day.

## ACTIVITIES

All activity risk assessments can be found [HERE](#).

We offer three types of activity:

- **Onsite:** These take place around the Mount Cook site and are facilitated by our in-house instructors.
- **Offsite:** These take place away from the centre and usually require transport. You can arrange your own transport, or we can book this on your behalf for an additional cost. Offsite activities are facilitated by Acclimatize.
- **Evening:** These take place from 19:00 - 20:30 and often take part in larger groups.

**Onsite and Offsite activity sessions last 3hr15 each.**

**Evening activities last 1hr30 each.**

Onsite activities requiring harnesses have a minimum weight restriction of 20kg and maximum weight restriction of 116kg.

**Group sizes:** Activity sessions are done in groups of **8 - 12 people**. We will try and ensure all groups do the same activities, but this will depend on the number of groups and length of stay.

**Activity capacities:** Most activity sessions can accommodate **2 activity groups** from the same school at once.

## ONSITE ACTIVITIES



### Low Ropes & Problem Solving

Onsite - Ages 6 +

Designed to encourage problem solving, teamwork, balance, and communication, our low ropes course with mini zip is a great activity for building confidence. Participants will support their peers by spotting each other. Teamed up with problem solving the activity group will develop these skills further.



### Archery & Onsite Orienteering

Onsite - Ages 6 +

Learn to shoot an arrow in the style of an Olympic archer using a modern recurve bow. Practise and play some games to hone your skills. Learn and refine map reading skills including using keys, finding checkpoints, and orientating the map.



### Game of Tribes

Onsite - Ages 6 +

Gather your tribe together for a map based challenge around the Mount Cook site. Problem solving, code cracking, and engineering will abound in the participants quest to outsmart the Roman Invaders.



### Archery Tag & Maze Cube

Onsite - Ages 9+

There is teamwork and competition to be had in this high-energy game of Tag Archery, participants will work out the best strategy for defeating their opponents. The Maze Cube will require the team to work together to transport balls around a 'floating' maze, communication will be key.



### Bushcraft

Onsite - Ages 6 +

Discover how people survived in the past. Learn to light a fire without matches, experience the materials our ancestors used to create life-saving heat and light. Build a shelter and create a cord bracelet to take home using natural fibres.



## **Gem Panning & Fossil Hunting**

**Onsite - Ages 6 +**

Explore our onsite quarry and discover what lay beneath our feet 330 million years ago. Find fossils and discover some of the ancient sea creature remains. Pan for treasure in our troughs and identify gems. Learn a little about the history of panning along the way!



## **Indoor Climbing & Landkarts**

**Onsite - Ages 6 +**

Lots of routes to explore in our purpose-built climbing wall. Participants will harness the skills learnt to help them move up the wall to find 'their top'. Using just rope, wood, and wheels teams will design and build their own working landkart.



## **Onsite Rock Climbing & Abseiling**

**Onsite - Ages 9+**

Our rock face and abseil point offers the group a new experience and individual challenge on real limestone.

During the climb, the group will take part in belaying and tying knots. Group support will be vital, and teamwork will be the key to success.



## **Onsite Rock Climbing & Scrambling**

**Onsite - Ages 9+**

The group will venture up and around rocks in this new activity for Mount Cook. They will encourage each other and face new experiences. Scrambling will take place around Black Rocks, a 10 minute walk from the centre.



## **High Ropes**

**Onsite - Ages 9+**

Our 12 metre tall High Ropes course which includes 5 different elements: The Leap of Faith, Crate Stack, Caving Ladders, Jacob's Ladder and Gladiator Challenge. The high ropes course will challenge your group to keep each other safe, set their own goals, and work together to reach new heights.



## **Zip Wire & Traverse Cube**

**Onsite - Ages 9+**

Our Rooftop Rider Zip Wire starts 15 metres off the ground on the roof of the centre and finishes on the far side of Steeple Grange quarry. Guests can expect to reach speeds of up to 35 mph.

The traverse cube involves a horizontal peg wall with additional obstacles introduced throughout.



## Orienteering at Black Rocks

Onsite - Ages 9+

Building on basic map skills, our offsite orienteering course takes you around our local area of black rock and the high peak trail. You will navigate from point to point using a variety of map reading techniques.

## OFFSITE ACTIVITIES



### Raft Building

Offsite - Requires Transport Ages 6 +

Raft building is a superb team building activity! Groups are required to work as a team to input design ideas, form a plan and create a buoyant raft using a selection of materials which include: rope, wooden planks and polythene barrels.



### Caving

Offsite - Requires Transport Ages 6 +

Derbyshire and the Peak District offers a wide range of caving opportunities for people of all ages and abilities. Your group will be taken on an underground experience unique to our local area due to our rich history of metal and stone mining.



### Canoeing

Offsite - Requires Transport Ages 6 +

Enhance your group's confidence on the water. These sessions are delivered at Carsington Water or on Cromford Canal.



### Rock Climbing & Abseiling

Offsite – Does not require Transport Ages 6 +

You will be taught by our highly trained instructors how to put on a harness, the climbing knots and how to abseil down a rock face safely. Black Rock climbing area is a playground for lovers of Rock Climbing and Bouldering.

## EVENING ACTIVITIES



### Team Challenges

Ages 6 +

During these fun team challenges all groups will practise their skills of planning, coordination, and communication throughout several group tasks.



### Bushcraft & Campfire

Ages 6 +

Get cosy in the evening by surrounding the campfire in the dell or the woodland round house. The group will learn and practise traditional and modern fire-lighting methods.



### Rocket Building

Ages 6 +

Science and teamwork are required as participants design, build and present a group rocket.

Each group will use the materials available and attempt to create a rocket which will fly high.



### Guided Offsite Walk

Ages 6 +

Led by an instructor, the group will be guided along local paths near the Mount Cook Centre.

There will be pauses along the walk to learn about local history, experience the area and talk with your group members.



### The Mount Cook Challenge

Ages 6 +

Team challenges will be placed around site for small teams to locate on a map. Collect as many points as possible on each challenge to get onto the leader board!



### Abseiling

Ages 9 +

Our 12 metre abseil point offers a new experience and personal challenge on a natural limestone rock face.

## KIT LIST

### Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers (not jeans)
- 2 pairs of trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas
- Hat & gloves

### Toiletries

- Shampoo
- Soap/body wash
- Hairbrush
- Toothbrush & paste
- Towel

**Mount Cook will provide all specialist equipment for participation in our activities.**

### Pocket Money

Recommended: £10 per person

We have a shop with gifts that accepts both cash and card, and a vending machine which only accepts cash.

### Other

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Money for souvenirs & vending machine
- Small backpack
- Padlock (for bedroom lockers, optional)

If you are participating in the following activities, please also bring...

### Canoeing or Raft Building

- A pair of old trainers or water shoes
- Spare towel
- Change of clothes for after the activity
- Plastic bag/bin liner for wet clothes
- Swimwear

### Caving

- Wellies or hiking boots (not trainers)
- Thick socks



## ACCOMMODATION

We have 2 types of accommodation, **en-suite bedrooms**, and **glamping pods**. Our total capacity across the centre bedrooms and glamping pods is 180, with 140 beds across standard bedrooms and 40 beds across the glamping pods.



### Standard Bedroom

Our standard rooms have two comfy bunks, sleeping 4 – 6 people, complete with complimentary bedding and an en-suite bathroom. There is lockable storage in each room if you choose to bring a padlock.

Each standard bedroom has a shower, toilet, and sink.



### Accessible Bedroom

We have two wheelchair accessible bedrooms, which offer a double bed, with an additional single for a carer with plenty of unobstructed floor space and a private en-suite wet room.



### Glamping Pod

Glamping pods sleep up to 4 people in bunkbeds. There is a toilet and sink with cold running water in each pod, and hot showers in the main building you can use, just a 30 second walk away. Pods have USB charging points - there are standard plug sockets in the main building if you require them.

- All bedrooms lock via **electronic keycard**. Generally, students have 1 key per room and teachers will have a master key that can unlock all their school's bedrooms.
- Staff are expected to share bedrooms with other staff from their school of the same gender. Single occupancy staff rooms can be booked for an additional charge from September – March, subject to availability.
- All **bedding** and **bedlinen** is provided.

## CATERING

We provide full board catering which includes a cooked or continental breakfast, a hot or cold lunch, and a two course meal.

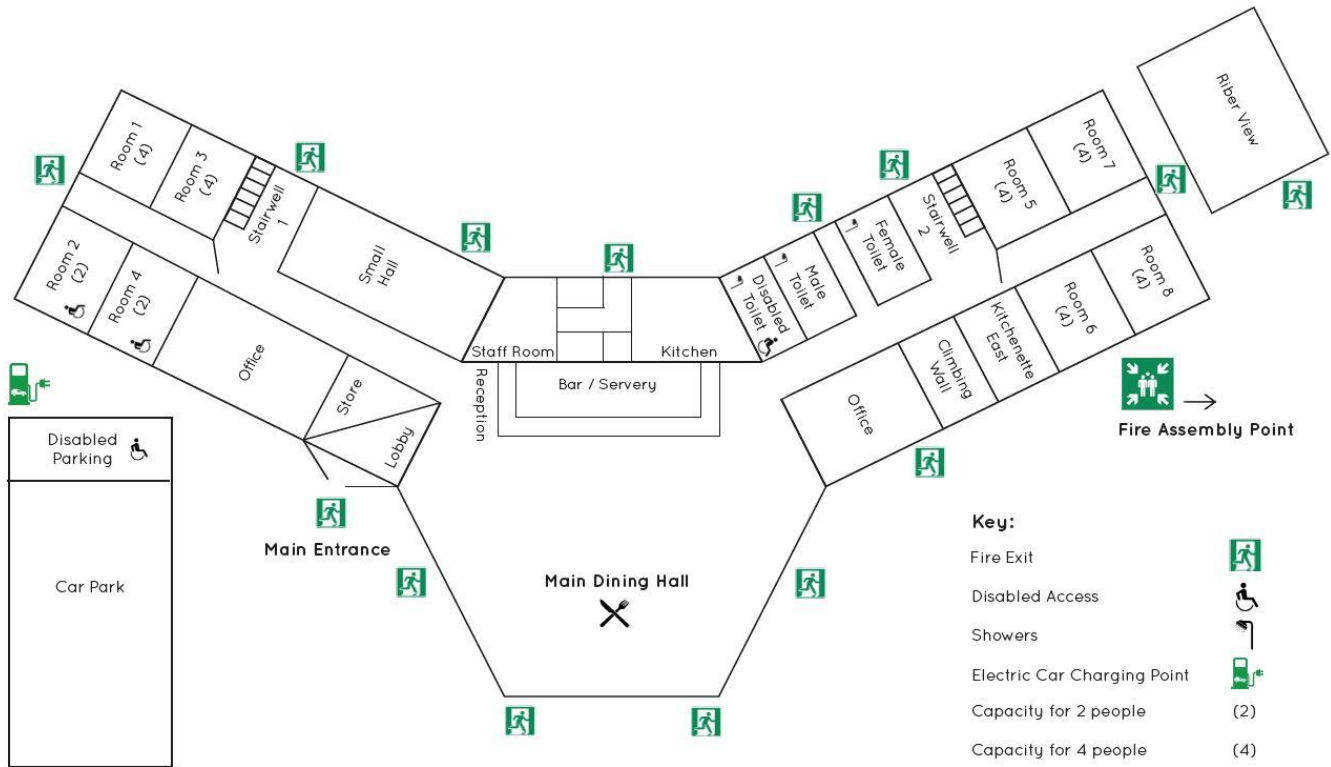
We can provide for any dietary requirements, including gluten free, vegetarian, halal and vegan, as long as we are informed before arrival. Your coordinator will collect this information for you.

Please bring a packed lunch on your first day.

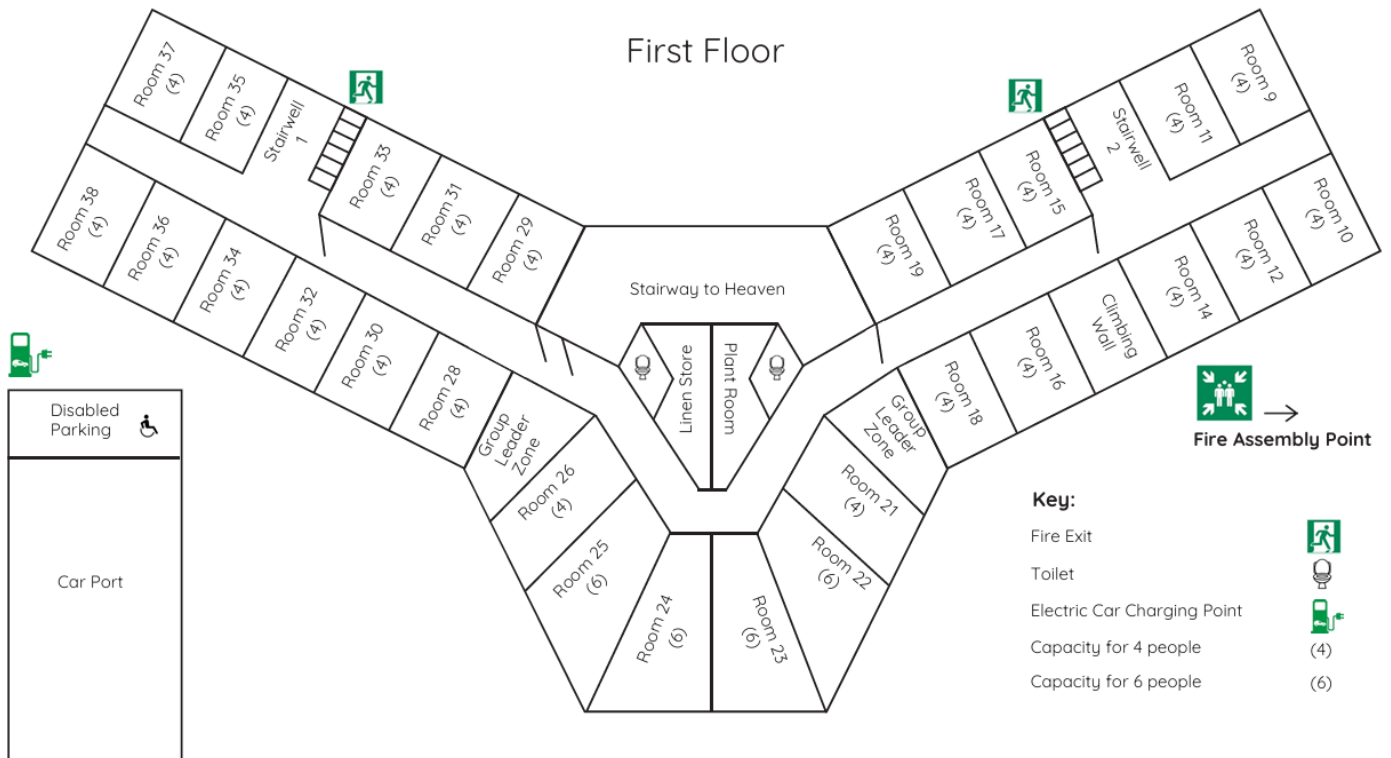
[Please click here to view a sample menu.](#)

## FLOOR PLANS & SITE MAPS

### GROUND FLOOR



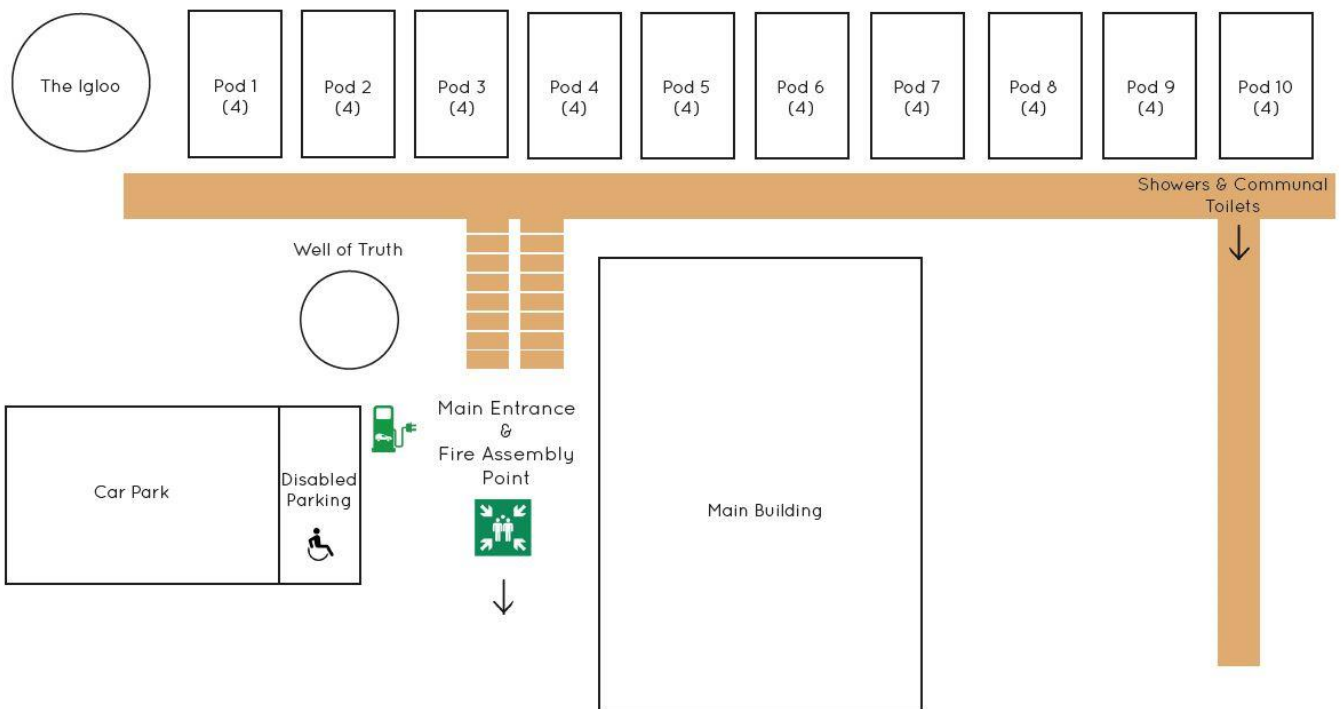
### FIRST FLOOR



## EXTERNAL SITE MAP



## GLAMPING POD FLOOR PLAN



## HEALTH & SAFETY

Mount Cook will take all reasonable precautions to ensure the safety and security of your group and property. Staff are trained in emergency situations. During the day a receptionist is available to handle any requests. After 11pm a staff member will sleep over in the centre and a two-way radio will be left on reception with instructions for emergencies.

**Smoking** is prohibited within the building. Designated areas and bins are provided outside. Guests may not bring their own **alcohol** as we are a licenced premises with an onsite bar. Our bar is open until 11pm.

## EMERGENCY CONTACTS & NEAREST DEFIBRILLATORS

Chesterfield Royal Hospital	01246 277271	Calow Top Road, Chesterfield, S44 65BL	12.4 miles
Royal Derby Hospital	01332 340131	Royal Derby Hospital, Derby, DE22 3NE	13 miles
Whitworth Hospital	01629 580211	330 Bakewell Road, Darley Dale, DE4 2JD	4.1 miles
Hannage Brook Medical Centre	01629 822434	Hannage Way, Wirksworth, DE4 4JG	1.2 miles
B Payne & Son Ltd Pharmacy	01629 822607	24 Market Place, Wirksworth, DE4 4ET	1.2 miles
Dale Road Dental Practice	01629 339080	92 Dale Rd, Matlock DE4 3LU	4.1 miles
Steeple Grange Dentist DEFIB	01629 822172	36 Steeple Grange, Wirksworth, DE4 4FS	0.3 miles
The Nelson Arms DEFIB	01629 825154	Main Street, Middleton, DE4 4LU	1 mile

## ACCESS STATEMENT

The ground floor is **fully accessible by wheelchair**. Access to the First Floor is by staircase only.

### Parking

Cars and minibuses are able to drive up and park in disabled parking next to the main entrance. This area is paved and suitable for wheelchairs. Our main entrance has automatic double doors and leads straight into our main dining hall.

### Communal Spaces

All of our communal spaces are located on the ground floor, are accessible by wheelchair and are well-lit with ample accessible fire escapes.

### Communal Bathrooms

We have a disabled access bathroom just off the corridor of the main dining hall, this is a wet room complete with shower and folding seat; toilet designed for disabled use with side rails and a low level basin with lever tap.

### Bedrooms

Mount Cook has two disabled access bedrooms located on the ground floor, these have a double bed on the bottom bunk and single bed on top. Each of these rooms are complete with an ensuite wet room (as specified above). Unfortunately, our glamping pods are not suitable for wheelchair users.

[View our full access statement here.](#)

## GROUP LEADER TO-DO LIST

On confirmation	You will be introduced to your coordinator, who will send you an activity itinerary to approve as soon as possible.
7 months prior to arrival	Issued 20% deposit invoice
6 months prior to arrival	20% deposit will be due
3 months prior to arrival	Issued 70% remaining balance invoice. You will also be sent a link to an online <b>Group Leader Consent Form*</b> to complete.
2 months prior to arrival	70% remaining balance will be due. Group Leader Consent Form will be due. You will be sent an Excel sheet with your room allocations to complete.
1 month prior to arrival	Room allocations will be due
1 week prior	Coordinator will send pre-arrival email
1 week after	Coordinator will send you a feedback form to complete

*\*Group Leader Consent Form is an online form and disclaimer to be completed by the group leader on behalf of all participants on the booking. Please provide as much detail as possible so that we can tailor sessions and meals where necessary. You may be asked to complete an individual form or waiver if we see any medical conditions on the returned group leader form that may impact activity participation. All adults taking part in activities will be asked to sign a waiver on arrival before taking part.*

## PAYMENT PROCEDURE

Invoices are issued with 1 month to complete payment where possible. All trips must be paid in full prior to arrival.

Please let us know all final numbers **61 days prior to arrival**. If numbers decrease after this time we are **unable to offer you a refund**. Any additions are subject to availability and must be paid before arrival.

- 10% deposit to confirm your space at Mount Cook
- 20% deposit 6 months prior to arrival
- 70% remaining balance due 2 months prior to arrival

## YOUR BOOKINGS TEAM

These are our **booking coordinators**, who will be helping you arrange your stay. You can call them Monday – Friday on **01629 823 702**, or email them anytime to ask questions or make changes.



**Hannah**  
Bookings Coordinator  
Hannah@mountcook.uk



**Mary**  
Bookings & Compliance  
Manager  
mary@mountcook.uk