



Advanced GCE LEISURE STUDIES

Unit 6 (G185)

LEISURE IN THE OUTDOORS

Exemplar

Candidate D

June 2007

Commentary – Material taken from June 2007 examination series

G185 Candidate D

The candidate's response to AO1 was clearly focused on the requirements of the AO. For AO2 the candidate provided very good evidence of his/her involvement in the planning of the activity, with participation evident via photographic evidence, a detailed description of the day would have enhanced this evidence. There is evidence of effective analysis focused on the requirements of AO3 and a detailed evaluation with good coverage of AO4.

AO1 8/10; AO2 11/12; AO3 11/113; AO4 13/15
Portfolio Mark = 43/50 Grade A

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Leisure Studies

OCR Advanced GCE H528 Unit G185 Leisure in the outdoors
Unit Recording Sheet

RECOGNISING ACHIEVEMENT

Please read the instructions printed at the end of this form. One of these sheets, suitably completed, should be attached to the assessed work of each candidate.

Unit Title 6 Leisure in the outdoors	Unit Code G185	Session Jan <u>June</u>	Year 2	0	0	7
Centre Name	Centre Number	Candidate Number				

Evidence: You need to produce evidence of your investigation into the outdoors as a facility for leisure.

Criteria		Teacher Comment	Page No.
<p>AO1.1: You provide a summary of the development of the outdoors as a leisure resource; there will be some examples of current issues but these may not always be clearly linked to how they affect further development and are not always relevant;</p> <p>[0 1 2 3 4]</p>	<p>AO1.2: you provide an account of the development of the outdoors as a leisure resource, with relevant examples of current issues affecting further development;</p> <p>[5 6 7]</p>	<p>A thorough account of the development. Several examples of current issues affecting further development are given.</p>	<p>1, 2, 3, 4, 5, 6,</p>
<p>AO2.1: You provide some evidence of planning an outdoor leisure project with evidence of only minimal participation on your part; your use of terminology is not always accurate and written communication lacks detail in accuracy and content;</p> <p>[0 1 2 3 4]</p>	<p>AO2.2: you provide a plan of an outdoor leisure project with evidence of your active participation in the project; you produce work with appropriate understanding is conveyed through use of appropriate language;</p> <p>[5 6 7 8]</p>	<p>A thorough plan of the project which was very successful. Relevant terminology included along with strong evidence.</p>	<p>7, 8, 9, 10, 11,</p>

CANDIDATE D

Criteria		Teacher Comment	Page No.
AO3.1: You provide an explanation of the range and scale of outdoor leisure facilities in an area of your choice with some current issues identified; [0 1 2 3 4 5]	AO3.2: you provide some analysis of the range and scale of outdoor leisure facilities in an area of your choice with limited analysis of current issues; [6 7 8 9]	AO3.3: you provide a detailed analysis of the range and scale of outdoor leisure facilities in an area of your choice with detailed analysis of current issues. [10 11 12 13]	12, 13, 14, 15, 16, 17, 18, 19,
AO4.1: You provide an evaluation of the positive or negative impacts that outdoor leisure has had on an area of your choice, with few recommendations as to how these impacts are managed and your examples may not be comprehensive; [0 1 2 3 4 5]	AO4.2: you provide an evaluation of the positive and negative impacts that outdoor leisure has had on an area of your choice, with some recommendations as to how these impacts are managed and you draw conclusions as to the major positive and negative impacts; [6 7 8 9 10]	AO4.3: you provide a thorough evaluation of the positive and negative impacts that outdoor leisure has had on an area of your choice, with realistic recommendations as to how these impacts can be managed and you reach in-depth conclusions as to the impacts on the area by outdoor leisure. [11 12 13 14 15]	20, 21, 22,
Total/50		Mark	Mark
		10	12
		41	
If this work is a re-sit, please tick		Please tick to indicate this work has been standardised internally	
Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website (www.ocr.org.uk). Please complete one Centre Authentication Form (CCS160) for each unit and forward to the moderator with your sample.			

Guidance on Completion of this Form

- 1 One sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Please enter *specific* page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 5 Add the marks for the strands together to give a total out of 50. Enter this total in the relevant box.



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An account of the development of the outdoors as a leisure resource and how current issues in the leisure may affect its future development

The outdoor environment is used in a variety of different ways to satisfy people's working and living needs. Included amongst these are agriculture, forestry, mining, housing and leisure. During the twentieth century there has been major development of the outdoors as a leisure resource. This includes: the establishment of national and country parks and areas of outstanding national beauty; the development of footpaths and heritage coasts; the creation of organizations to conserve natural areas and promote access; changes in social factors; the increased interest in, and choice of, adventurous activities; the different values, attitudes and funding issues of different organisations.

✓ development of leisure as an outdoor resource.

In 1949, through an Act of Parliament called the National Parks and Access to the Countryside Act, national parks were established which the Act describes as 'areas of great natural beauty giving opportunity for open air recreation' (Outhart, Taylor, Barker and Procter 2003). The reason these were created was so that this natural beauty, together with their wildlife and cultural heritage, could be both presented and enhanced. Additionally, the intention was to provide the public with opportunities to enjoy the Parks' scenery and qualities. The twelve national parks in England and Wales are:

A01.2.

- Northumberland
- Lake District
- Yorkshire Dales
- North York Moors
- Peak District
- Snowdonia
- Pembrokeshire Coast
- Brecon Beacons
- Exmoor
- Dartmoor
- The New Forest
- The Broads

A01.2.

✓

They are owned by the nation, as they are publicly funded, with National Park Authorities involved in their management, although many of them are managed by their own authorities.

Other Areas of Outstanding National Beauty and local authority country parks have also been established. These include the Kent Downs, the North Pennines, Strathclyde Park, Motherwell and more locally, Whitlingham Broad at Trowse. Recreational opportunities have also been provided by the development of long distance footpaths, local examples of these being Peddar's Way and the Norfolk Coast path, and also heritage coasts, a local example of which is the North Norfolk Heritage Coast.

To conserve these natural areas and promote access to them, organisations have been created, amongst which are the English Heritage; National Trust; RSPB and the Ramblers Association.

English Heritage was created in 1984 by Parliament to protect the historic environment and to help and encourage the public's enjoyment and understanding of it. The National Heritage Act (1983) sets out its powers and responsibilities and it reports to Parliament through the Secretary of State for Culture, Media and Sport. The Heritage's work includes the conservation of monuments, buildings, archaeological remains and landscapes, local examples of these being: Norwich Castle Museum; Norwich Cathedral and the Norfolk Broads. It is financed in a variety of ways i.e. through government funding; memberships; donations and revenue earned from its historic properties.

In 1985 the National Trust was founded by three goodhearted people who were concerned about the impact of industrialization and uncontrolled development. The aim of the trust was to acquire and protect threatened coastline, buildings and countryside. The majority of these properties, which includes historic houses and gardens and industrial monuments and mills, are open to the public. Additionally, the Trust looks after, amongst other things, forests, woods, farmland, moorland, islands, castles and villages. Local examples of these properties are; Blakeney Point, a coastal nature

reserve; Horsey Windpump in the Norfolk Broads and Blickling Hall, Garden and Park. The Trust is a charity and, as it is independent of the Government, relies on membership fees, donations, legacies and money raised from its commercial operations for income.

The RSPB was founded in 1889 and is now Europe's largest wildlife conservation charity. Its aim is to conserve wild birds and the environment through protecting, restoring and managing habitats for birds and other wildlife; owning and managing nature reserves so that wildlife can flourish and people can get closer to nature; carrying out recovery projects; research and campaigning and trying to help everybody to enjoy and learn more about the natural world. It is a charity and so its funds rely on donations, fund-raising, membership, sponsorship and legacies. Furthermore, the vast majority of its staff are volunteers.

AO1.2/3.
development

Seventy years ago the Ramblers Association was created to promote walking and improve conditions for walkers. It aims to safeguard Britain's public paths, protect the countryside and the green space from polluting developments and educate the public about the health and environmental benefits of walking so that English Heritage can be enjoyed. It campaigns on many issues which affect the countryside, amongst which currently are to increase and protect public access to the open countryside and coastal land and for well protected National Parks. Again, this association is a charity and so receives funds through membership, donations and legacies.

AO1.3.

The consistent work of these and similar organisations enables the continuing development of the outdoors as a leisure resource. However, the use of the outdoors in this way has also developed as a result of major changes in social factors. One of these is car ownership. The use of a car facilitates access to many nationwide leisure activities and since the 1970's there has been a considerable increase in the number of households owning at least one car, with twenty per cent of families owning two or more cars in 2003 (Outhart, Taylor, Barker, Procter 2003). This has inevitably resulted in significant increases in the number of people visiting leisure facilities.

Analysis
of
current
issues.

AO1.3.

Free time is another influencing factor on the development of outdoor leisure resources. Although the average working week for full-time workers has not changed significantly since 1971, and therefore also the amount of their available leisure time, there has been a considerable increase in the numbers of part-time workers, flexible working hours and unemployed which also includes the growing number of people who retire early. There are therefore more people who are able to spend free time engaging in outdoor pursuits. ✓

current
issues
fully
explained.
A01.3.

A powerful impact on the development of outdoor leisure resources has been higher disposable incomes. This refers to the money that people have left after having paid for items such as: food, rent or mortgage and household bills. Over recent years, disposable incomes have risen considerably which has led to a large increase in spending on leisure activities. This obviously includes outdoor activities and as people are able to spend more money on them, so these resources are able to develop further.

Nowadays, people have a greater awareness of health and fitness, including the benefits of regular exercise, resulting from better education, government documents, advertising campaigns and charity events. This is therefore encouraging people to engage in leisure activities such as walking, jogging and running, amongst others, in order to increase their fitness levels. Due to people tending to live healthier lives, life expectancy is increasing and so Britain has an ageing population. As these people generally have high levels of disposable income, leisure organisations try to attract them to use their resources which is beneficial to certain areas of outdoor facilities i.e. historic buildings and gardens.

A01.3

However, there have also been decreased birth rates which can have a negative affect on other areas of outdoor provision i.e. theme parks aimed at the younger child. ✓

An awareness of environmental issues is also having an impact on the development of the outdoors as a leisure resource. Of particular current concern is climate change with people being encouraged to decrease greenhouse gas emissions and live greener lifestyles. Through organizations such as the Ramblers Association and the RSPB, together with 'Stop Climate Chaos', people are engaging in outdoor leisure activities

A01.3

which help to protect the environment i.e. walking, cycling and also becoming actively involved in voluntary work activities.

There are several current issues which are also affecting outdoor development. Tackling obesity is a major current government issue which is likely to have a positive impact on further development of the outdoors as a leisure resource. With over half of all adults being overweight or obese and obesity levels in children under eleven currently increasing (www.dh.gov.uk), the government has committed itself to reducing obesity across the whole population and so recommends increased active recreation and active transport. In addition, children and young people are being targeted by promoting sport and physical recreation in schools, together with healthy travel to school. This will inevitably encourage more people to take up a variety of activities and outdoor leisure facilities will therefore benefit.

A01.3

analysis of current issues

A further issue of current concern is heart or cardiovascular problems which the British Heart Foundation claims to be the most common cause of premature death in Britain. One of the recommended changes in lifestyle needed to protect against coronary heart disease is getting regular exercise as recent research shows that thirty minutes of physical activity per day, which the BHF recommend to be brisk walking or cycling amongst others, can effectively reduce the risk of this disease. Again, this benefits the development of the outdoors as this leads to an increased demand for outdoor leisure activities.

A01.3.

Of particular relevance is the fact that in 2012 the Olympic Games are to be held in London. It is the government's aim that a new generation will be inspired into greater sporting activity and it therefore intends to use 2012 to boost interest and active participation for children and young people in sport and also to help them to make healthy living choices more generally. Events taking place will include: kayaking; sailing; rowing; mountain-biking and canoeing. Again, this will encourage people to take up new and different activities, further developing the outdoors.

further development.

A01.3

Over recent years there has been considerable interest in outdoor adventurous activities, including: rock climbing; abseiling; canyoning; surfing and wake-boarding. There are numerous centres around the country that provide this type of activity, including holidays and, as interest is still increasing, this area of outdoor leisure is rapidly developing. ✓

There is a huge choice of activities available and a wide variety within each of the three sectors: Private, Public and Voluntary for people to engage in outdoor leisure. Each of these sectors have their own funding issues which affect the price people have to pay in order to participate. The aim of the private sector is to make profits from the services and products which they provide to customers; these facilities include stately homes and tourist attractions, an example being: Woburn Abbey and Safari Park. Public sector services are provided for the public and paid for by either National or Local Government. The leisure services it provides are considered to be for the benefit of the community rather than to make profits. These organisations include the Association of National Park Authorities and the Countryside Agency. The voluntary sector is often assisted by large numbers of volunteers and depends on memberships and donations for funds. Included within this sector are the National Trust and the Ramblers Association. Each of these sectors plays an important role in the development of the outdoors as a leisure resource. ✓

AOL 3.

As can be seen, outdoor leisure has developed considerably over recent years due to the creation and establishment of relevant resources, major changes in social factors, funding issues and an increased interest in certain activities. Taking into account current issues in leisure and the on-going work of related organisations which combine to make the outdoors more popular and accessible, it is my view that the outdoor leisure resource can only continue to develop further.

CONCLUSION

Choosing, Planning and Participating in a Project in the Outdoors

Plan

Aim of project and details of group

In order to experience the organisation of a project in the outdoors, I teamed up with another student, Gina Atherton, to plan an activity in which our Leisure Studies group of four students and two teachers could participate.

Objectives of group's participation and reason for choice of project

Our first task was to meet to identify what our activity was going to be which involved both Gina and I researching the internet and yellow pages to come up with some ideas that appealed to us (see minutes of meetings in appendix). We agreed that we were looking for an activity that the group would want to participate in and enjoy, would be affordable and would be a new experience for them. We then discussed these ideas, decided which ones to obtain more details about and Gina had the responsibility for ringing round to obtain prices. Having done this, we narrowed our selection down to 'Go Ape' at Thetford which we thought sounded enjoyable, was around the price we thought everyone would be prepared to pay, wasn't too far away and would appeal to everyone. It was then my job to contact 'Go Ape' to obtain further information and, our activity now selected, we informed our teacher of our intention. Unfortunately, we were subsequently advised that the trip could not go ahead as Norfolk County Education Department would not allow it, considering it to be too high a risk and so we needed to consider other possibilities.

Having been disappointed over 'Go Ape', Gina and I now decided that we would opt for an entirely different project and so thought we would do some voluntary work. This decision made, Gina looked on the Broads Authority website and completed a contact form, following which she received an e-mail from Colin Jones, a volunteer co-ordinator asking for more details although indicating that they would be able to offer us something (see emails in appendix). We concluded it would be best for Gina to remain our contact person but between us worked out her reply. Colin came back to us with a suggestion

AO2.3.

✓
planning

AO2.3.

[REDACTED]

that we both liked the sound of: spending a day with a Countryside Ranger on Womack Island, a small island on Womack Water near Ludham, undertaking some conservation work involving clearing trees and scrub to create a path and improving a small pond to create a short nature trail and enhance the habitat. We considered that this would be enjoyable, rewarding and something different. At this point we again approached a teacher to seek approval of our intended visit in principle.

✓ A02.3.

Date, time duration of activity

The next thing we had to do was to decide on a mutually convenient date, which proved quite difficult. Gina and I kept in contact with one another each time she received emails from Colin so that we could agree a date between us. This was finally confirmed as:

- 8 March 2007
- meet at Womack at 10 a.m.
- leave at 2 p.m.
- lunch break in between

Planning.

Application for approval of educational visit

With the preparations now complete it was necessary to seek approval for our activity from the Head of our establishment and so I completed a Form AF1 which I handed in for approval (see appendix). This was returned approved and so we were able to continue with our booking.

A02.3.

Booking arrangements

Having confirmed the date for our activity, Colin asked for a booking form, that was attached to his email, to be completed and returned which Gina did after reference to me (see appendix). At the same time I suggested that Gina request a map as I was responsible for the travel details.

✓ A02.3.

Transport arrangements

As there were only four students and two teachers taking part in this activity, we decided that the teachers would make their own way there and I would drive myself and the other three students who would come to my house at 9.15 a.m.

Costs involved and how payment will be made

As this activity involved voluntary work there was no cost involved for participation, however, with regard to the transport, Gina and I agreed that each of us would contribute £2.00 towards the cost of the petrol which would be paid to me on the day.

Physical and human resource needs

As a boat trip was necessary to travel to the island, a Broads Authority worker was required to control the boat and a Broads Authority instructor would be showing us how to use the equipment we needed. Also, Colin had advised us in his last email that everyone would need to wear suitable clothing and bring sufficient food and drink as the island had no facilities, therefore, Gina and I advised the others within our letter to parents informing them of the trip.

AOL 3
planning.
participation.


Evaluation criteria for the activity

In order to evaluate whether or not this was a successful activity, we thought we would question the group upon completion and also assess whether or not we felt the trip had gone according to plan (see appendix).

Legal Requirements

In order to satisfy relevant education authority regulations and codes of practice Gina and I considered health and safety issues, risk assessment, permission, first aid and group safety prior to carrying out the activity to ensure the activity could go ahead and would be as safe as possible.

AOL 3


Health and Safety

As already mentioned, we sought approval for the activity from the school through my completion of Form AF1. Additionally, a health and safety talk was given at the start and throughout the activity by the Countryside Ranger, Eilish Rothney. Safety equipment was provided by the Broads Authority which included helmets, gloves and life-jackets and we were instructed on how to use, hold and carry the equipment we were using.

Risk Assessment

In order to consider any potential hazards in carrying out the activity and attempt to minimise or eliminate such hazards, I carried out a Risk Assessment through completing a Risk Assessment Form (see appendix).

Permission

It is a requirement in schools that parents or guardians provide their consent for students to take part in school activities and so Gina and I sent out Parental Consent Forms together with a covering letter providing details of the activity. (see appendix).

Nominal Roll

When students are out of school on a school trip, Norfolk County Council require a Nominal Roll form to be completed which details who is out on the trip with their contact and medical details, the address and contact details of where the activity is taking place and details of the Visit Leader. I therefore completed one and, in accordance with school policy, handed one copy in to the school and took a copy with us (see appendix).

First Aid and accident procedures

For the journey, I carried a first aid kit in my car and for the activity the Broads Authority provided a first aid kit. We also had first aiders present in that one of the teachers : Tracy Richardson, had a one day first aid certificate and the other teacher : Sonya Heal, had a four day one. Additionally, we all had mobile phones on us.



Above left: Gina and I working together to cut down one of the larger trees

Above right: Eilish and I working together to try and control and landing of the tree

Left: Me cutting down a stump to ground level to ensure people do not trip over it

Outdoor Leisure in the Lake District

The Lake District is the largest of the fourteen National Parks in the UK and is one of England's few mountainous regions, also having a landscape of high fells, rocky crags, dales, lakes, towns and villages. It was designated as a National Park in 1951 and is about thirty-four miles across. Climate wise, it is the wettest part of England, also being windy and foggy. The area is home to an abundance of wildlife, some of which is unique to England. Farming, in particular sheep, was the major industry in the region which is still important for the economy of the region and for preserving the landscape. Over the past century, however, tourism has grown rapidly to become the area's main source of income. ✓

A03.2

There are a wide variety of reasons why people visit the Lake District. In 1994 a nation-wide survey of all the National Parks in England and Wales was carried out during which people were questioned about their recreational visit to the Lake District National Park with these results:

Reasons for visiting the Park	All Reasons % of respondents	Only or Most Important Reason % of respondents
Scenery / landscape	62	40
Enjoyed a previous visit	34	10
Peace and quiet	26	2
Never been before	14	6
Easy to get to	17	4
Specific place / attraction / event	16	10
Come every year	19	4
Take part in outdoor activity	22	9
Because it is the National Park	6	
Friends / family live there	5	2
Recommended by friend / relative	3	2
Own caravan / accommodation in area	10	6
Other	7	6
Source: 1994 All Parks Visitor Survey: Lake District Site and Roadside Self-completion questionnaire		

Source: www.lake-district.gov.uk ✓

A03.3

The vast majority of these reasons can be classified as 'Leisure in the Outdoors', in particular the scenery / landscape, the peace and quiet and taking part in an outdoor activity which account for over half of the reasons given. It is also likely that those people who gave the reasons 'enjoyed a previous visit', 'never been before', 'come every year' and 'own caravan' were visiting the Lake District to use it as an outdoor leisure resource. Furthermore, it is also clear that important reasons for people to choose to go to the Lake District are that they are seeking a quiet and tranquil place and also wanting to take part in outdoor activities implying that they want to improve their fitness. ✓

development

There is an immense list of activities available in the Lake District, encompassing a wide range of interests and aimed at a range of people of all ages and backgrounds. These include the following:

*AOS.2/3.***Land-based activities**

Gorge walking
Cycling
Walking
Abseiling
Mountain biking
Climbing
Hi-wire
Orienteering
Scrambling
Fell running
Quad biking
Paintballing
Clay pigeon shooting
Horse-riding
Bird watching
Caving
Skiing
Photography
Golf
Sightseeing
Pleasure driving

Water-based activities

Kayaking
Canoeing
Sailing
Windsurfing
Kitesurfing
Diving
Water skiing
Wakeboarding
Fishing

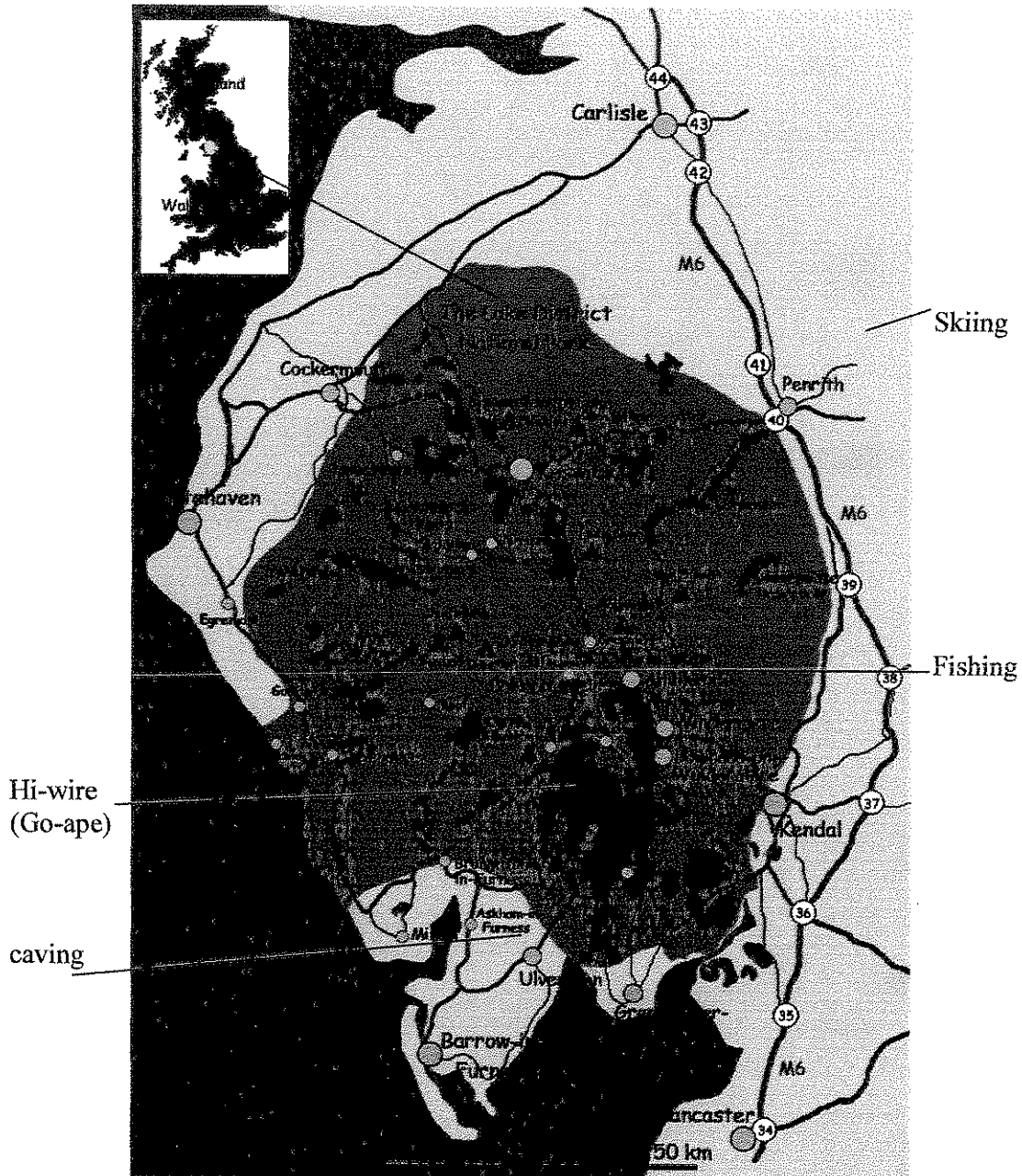
Air-based activities

Gliding
Hang gliding
Sky diving
Micro-lighting
Paragliding
Hot Air Ballooning

range + scale

These activities are available throughout the Lake District; most of the major stretches of water offer good conditions for most water sports, the most popular being Coniston ✓

Water and there are innumerable walking routes. Examples of the situation of a few other activities are annotated on the following map:



✓ A03.2

Some of these activities can be carried out in an informal way in that they are activities which need little, if any, prior organisation. Examples of these are walking, cycling,

riding, climbing, sailing and canoeing. According to www.lake-district, the Lake District has a tradition of allowing unrestricted access to the fells, it has an extensive network of 3,500 kilometres of public rights of way and the lakes and coastline are accessible to the general public.

All of these activities, including guided walks, can be engaged in a formal way as there are innumerable organisations offering a huge array of organised activities. A further survey carried out in 2001, the Lake District National Park Authority Needs and Preference Survey, revealed the following participation numbers by the visitors questioned in respect of activities:

48% walking
 22% sightseeing
 8% other
 7% climbing hills/mountains
 5% for fresh air
 4% cycling
 2% to meet friends
 2% boating
 2% no reply
 1% photography
 1% running/jogging
 1% fishing
 <1% spectator sports
 <1% bird watching
 (www.lake-district.gov.uk/)

range and scale.

A03-3

With the lake district attracting more than twelve million visitors a year, eighty-nine per cent who arrive by private motor vehicle (source: 1994 All Parks Visitor Survey), it is not surprising that there are conflicts between the needs of different groups of people. Some of the most popular areas attract particularly large numbers, resulting in overcrowded car parks and blocked roads, an example being the areas near Keswick.

participation

As the above survey identified, approximately half of the visitors engage in walking activities. Heavy use of the most popular paths therefore, together with riding on unsurfaced bridleways and the use of off-road vehicles on green lanes leads to

considerable erosion which is currently a significant problem, necessitating millions of pounds to be spent on repairing and protecting them.

In addition:




















- wildlife may be disturbed by the level of use on some of the areas of the park that are open to the public. Orienteering, mountain biking and hang gliding are typical activities which are likely to cause disturbance to nesting birds.
- Some recreational uses interfere with other uses, for example the use of high-speed boats causes noise pollution and conflicts with other uses such as boat trips, yachting and canoeing. A controversial bylaw imposing a 10 miles per hour speed limit came into force on Lake Windermere in 2005 which prohibits speedboats and water skiing in the Lake District. This has apparently had the effect of falling numbers.

There is a wide variety of different organisations who provide outdoor leisure facilities and manage the countryside environment in the Lake District, encompassing the public, private and voluntary sectors. An example of an organisation in the private sector is: 'Pleasure in Leisure' which is based at Windermere. It arranges a vast selection of activities in the Lake District for all types and sizes of groups including: schools; youth groups; corporate groups; families; children; individuals; adult groups; scout and guides; and couples. By providing these, the organisation is able to make a profit for its company, increase employment opportunities in the Lake District, encourage tourists to the area and their resultant spending potential and add to the area's resources. Activities they provide include:

✓

A03.2

 Horse Riding/Pony Trekking
 Canoeing
 Water-Skiing
 Argocat Off Road Experience
 Rock Climbing
 Clay Pigeon Shooting
 Paint Balling
 Quad Biking
 Walking
 Human Bowling
 Hot Air Ballooning
 Sailing - Wayfarer
 Town Trail/Treasure Hunt
 Madtrax Off-Road Vehicles
 Go Kart Rally Cross
 Archery
 4x4 Driving
 Abseiling
 Rockclimbing, Abseiling & Scrambling
 Clue Solving Event

 Caving and Initiative Challenges
 Caving and Abseiling
 Rockclimbing, Abseiling & Orienteering
 Canoeing and Orienteering
 Caving, Abseiling & Initiative Challenge
 Scrambling and Abseiling
 Rock Climbing and Canoeing
 Abseiling, Rockclimbing & Archery
 Abseiling & Rockclimbing
 Canoeing and Raftbuilding
 Orienteering
 Caving
 Caving and Climbing Wall
 Climbing Wall and Abseiling
 Initiative Challenges
 Initiative, Orienteering & Archery
 GT Team Events
 Fun Team Challenge
 Climbing Tower

The Royal Society for the Protection of Birds is an example of a voluntary organisation active in the Lake District. There are three groups in this area:

- Carlisle Local Group – this organises birdwatching, fundraising and work at local reserves
- South Lakeland Local Group – members help at Leighton Moss reserve and on the Lake District Osprey Project, fund-raise and publicise the work of the RSPB through supporting or running events
- West Cumbria Local Group – this welcomes those interested in birds and their welfare. It carries out voluntary work at Campfield Marsh Reserve near Bowness on Solway, helps with the Lake District Osprey partnership project and fund-raises.

✓

Leisure Studies Unit 6

There are several RSPB nature reserves within the Lake District including Haweswater which is famous for being England's only Golden Eagle territory, Campfield Marsh which is a mosaic of saltmarsh, peatbogs, farmland and grassland, trails leading to hides and contains a great variety of nature wildlife and Hodbarrow which includes Hodbarrow lagoon, the largest stretch of coastal open water in NW England. ✓

The National Trust is another example of a voluntary organisation active in the Lake District. This was the first, and it considers itself the most important, organisation in protecting and preserving the natural beauty of the Lake District. An example of a piece of land it manages here is Fell Foot which is eighteen acres of Lakeland parkland. In addition, the Ramblers Association is another voluntary organisation which works to improve conditions for walkers and promotes several routes through the Lake District including: Allerdale Ramble; Cistercian Way; Cumbria Way; and Dales Way. A03.2

A public sector organisation which operates in the Lake District is the Lake District National Park authority which is a government body that has a duty to:

- Conserve and enhance the natural beauty, wildlife and cultural heritage of the Lake District
- Promote opportunities for the understanding and enjoyment of the special qualities of the National Park
- Foster the economic and social well-being of local communities within the National Park. A03.2

A further public sector organisation is the Environment Agency whose role is to protect and enhance the region's environment for future generations. It supports and has an impact on many types of outdoor recreation including canoeing, coastal cruising, rafting and sailing having opened up new stretches of river and created new areas for wildlife. Its aim is to promote health and well-being by providing a high quality environment for relaxation and physical activity. ✓

It is evident that the organisations within each of these sectors has their own vital role to play in maintaining and developing the Lake District, with each being dependant on the

other. The private sector is required to bring in much needed finance and provide activities to encourage visitors, the voluntary sector is required to protect the landscape and wildlife and the public sector helps to both protect and promote the area through government initiatives.

There are several current issues that are currently affecting the provision of these facilities. Health data indicates that a substantial proportion of the population is obese and far less active than is healthy. As both physical activity and nature can positively affect well being, there is increased benefit in adopting physical activities whilst at the same time being directly exposed to nature. This is the aim of 'green exercise', an initiative launched in Autumn 2006 by Natural England and includes walking, cycling and conservation activities, but also extends to any activity that takes place in the natural environment and is designed to increase the amount of physical activity taken by individuals. This has obvious impacts on the levels of people that will be wanting to visit the Lake District to engage in these activities. This, combined with the increased levels of people's disposable income, more time available to people, increased car ownership and improved roadways means that there will be a higher demand for the private sector facilities available in the Lake District. ✓

103.2/3.

Additionally, a high quality environment can improve health, with natural surroundings reducing stress and encouraging people to take up outdoor activities such as walking, cycling or watersports which help keep people fit and healthy. By improving local environments, people are provided with places where they can relax or exercise. The implications of this are that voluntary organisations and the public sector organisations will be encouraged to improve the Lake District still further. Equally, current environment issues concerning climate change are encouraging people to live more eco-friendly life styles. This is also likely to have an impact on the amount of people engaging in natural activities like walking and cycling in the Lake District and also wanting to take part in voluntary activities to take care of the environment. ✓

103.3

Managing the Impacts of Leisure in the Outdoors

Within the Lake District there are many communities in which people live and work which can be impacted on in a major way, both positively and negatively, by the vast numbers of people who use the area for outdoor leisure. These impacts can be divided into three categories as follows:

- Environmental – these relate to issues which affect features of the natural environment including the landscape, air, water and wildlife
- Economic – these are factors that affect employment and the wealth of the area,
- Socio-cultural – these are elements that have an influence on the people, the culture and the living conditions of the communities.

Environmental Negative Impacts

Erosion

Lakeshore erosion is an ongoing problem around the lakes, particularly Windermere, as tourists enjoy walking by the lakeshore but this leads to erosion of the area with soil being washed away. Additionally, with walking such a popular activity throughout the Lake District, it is inevitable that the constant use of well-liked footpaths causes them to erode.

Pollution

Most people travel to and within the Lake District in their own cars which increases the pollution problem as this results in some degree of harmful emissions into the atmosphere. Furthermore, these cars cause visual pollution as the many car parks in the area, full of cars, spoil the natural look of the landscape. Pollution is also caused by the use of motorised water vehicles, particularly in Lake Windermere, which creates high pollutant levels in the water that are harmful to plant and fish life.

Trespass

Although there are large areas of the Lake District, comprising 55% of it, that have been designated as 'access land', meaning that people can walk freely on this land, and there

Negative impacts

are also permitted paths and rights of way, tourists still walk, or trespass, on other land that for one reason or another should not be accessed by the general public.

Loss of Habitats

An example of negative impact on habitat is the destruction of plant life at Lake Windermere due to tourists walking close to the water which encourages soil to be washed away leaving stony beaches rather than natural areas of reeds and water-loving plants. Additionally, jet-skis and motorised boats on the lakes create large wakes which damage the banks.

Litter

One of the reasons that litter is a problem in the Lake District is because popular tourist areas, like 'the Old Man of Coniston' for instance, are favourite stops for lunch and some walkers do not clear away their rubbish carefully and leave it lying around. The wind then carries it so that it becomes unsightly, a danger to wildlife and a cause of pollution in the many waterways.

Water contamination

As previously mentioned, tourists can be one of the causes of the waters of the lake district becoming contaminated through the use of motorised vehicles polluting the water with petrol

Environmental Positive Impacts

Increase in Environmental Awareness

Direct experience in the outdoors encourages an interest in conservation whilst at the same time a greater awareness of the environment enhances outdoor experiences. Additionally, outdoor leisure activity organisers in the Lake District are encouraged to promote good environmental practice through an environmental charter which has been endorsed by the Lake District National Park Authority:

- Promote an awareness and respect for the natural environment and a responsible attitude to all outdoor activities in the Lake District.

- Introduce groups to the concept of the National Park and issues affecting it.
- Give groups an understanding of how the landscape, plants, animals and humans are interrelated.
- Recognise the importance and fragility of habitats.
- Tread lightly and cause as little disturbance as possible to plants, animals and rocks.
- Recognise that all land is special and respect rights of way, local byelaws and access agreements.
- Place any temporary equipment so as to minimise disturbance and do not leave any permanent structures in the countryside.
- Work with small groups, encourage them to travel quietly and respect the interests of people who live and work in the countryside.
- Consider your use of transport to a site and respect land ownership, other users and the environment when parking and during activities.
- Co-operate with the National Park Authority and other conservation bodies and consult with them on your use and management of sites.
- Promote good environmental practice in your organisation and encourage groups to take an active role in caring for the environment and adopting more sustainable practices.

(www.aea-uk.org/envcharter)

Improvements of Infrastructure

With so many people visiting the Lake District to take part in leisure facilities and enjoy the natural landscape, the area's resources need to be of good quality and therefore attention has to be paid to, amongst other things: water resources, supply and quality; waste disposal arrangements; roads; and the variety of wildlife and habitats which need to be sustained and enhanced. Any improvements made are obviously beneficial to the local people and communities.

A04.2



Economic Positive Impacts

Income Generation

The fact that an estimated 12 million people visit the Lake District indicates that the local area is benefiting from huge amounts of money being spent by these visitors. This is combined with the fact that because of its National Park status the government puts substantial amounts of money into the area. This money has two major benefits: it not only allows for the development of jobs and the local economy, it allows for the management of the environment and so can be for the benefit of both the area and the tourists.

Economic development

The increased income coming into the Lake District has the benefit that more money is therefore in circulation in the area, allowing for the development of the local economy in such businesses as shops, pubs and entertainment.

Job Creation

The growth of tourism within the Lake District has led to an increase in jobs for the local population. This has developed with the need for people to work within the hotels, Youth Hostels and campsites which fill the area, as well as the restaurants, bars and cafes that are needed. People also need to work in the tourist / souvenir shops and camping equipment outlets and in jobs in tourist activities such as boating, climbing, walking tours or adventure activities. This has been beneficial to the local people, particularly with the decline of traditional employment in farming and quarrying. However, a problem with this is that these new jobs tend to be seasonal.

Local Authority Funding of Visitor Facilities

A Sustainable Development Fund has been established in the Lake District which, with help from Defra, is a grant scheme to support projects that combine economic, social and environmental benefits. These projects are those that help support the Vision for the National Park or consider new ways of living and working that look after the Lake District National Park. Projects so far include: helping to keep open the Tourist

Information Centre in Broughton-in-Furness; and holding a two day event called Windermere On Water.

Socio-Cultural Negative Impacts

Noise

The use of jet-skis and speed boats on the lakes creates noise disturbance or pollution which spoils the natural sounds of the lake District i.e. the wildlife and the wind. This is in addition to the vast numbers of cars in the area which also create unwanted noise.

Traffic and Visitor congestion

Although it was the advent of motorised vehicles that originally brought high visitor numbers to the Lake District, there are now so many cars brought to the area that traffic congestion has become a major problem.

Mode of transport	
	All Visitors % of respondents¹
PRIVATE	
Car/Van	85
Landrover/4 wheel drive	*
Camper-van	2
Motorcycle	1
Bicycle	*
Total private	89
PUBLIC	
Bus (service)	1
Train	2
Minibus	1
Coach (private/tour)	7
Total public	11
Walked	1
Other	*
Base Number	(1508)
Note: ¹ figures do not sum to 100 per cent. due to rounding * less than 1 per cent. Source: 1994 All Parks Visitor Survey: Lake District Site Survey	

This is supported by the 1994 Lake District Survey, during which comments were made that traffic congestion inside and outside the Lake District National Park was a problem, and identified that by far the majority of people travelled to the area by private car. Furthermore, one in four visitors surveyed indicated that overcrowding spoilt their visit.

104.2

same?

Loss of Privacy

With so many tourists visiting the Lake District, including the quantity of cars travelling through the small villages, the local people's lives are constantly exposed to them and so their privacy is lost.

Socio-Cultural Negative and Positive ImpactNew Jobs bringing new people to the area

The introduction of new leisure jobs in the area has meant that new people have been attracted to live in the Lake District. This can have both a positive and a negative impact on the area. In a negative way, this means that local people have to compete for jobs with the new people and also means that the area's resources have to be shared. On the positive side, the traditional jobs of the area of sheep farming, forestry and quarrying are not popular with young people who are therefore leaving the area to be replaced with these new people.

These impacts can be managed carefully and sensitively by maximising the positive impacts and minimising the negative impacts which will benefit the local people, the communities in which they live and the environment. Examples of these are as follows:

Mgt.
10/4.2/12.

Minimisation of negative impacts

There are many ways in which the negative impacts can be controlled. One of the things that has already been done is the imposition of a 10 mile per hour speed limit on Lake Windermere which has had the result of reducing noise levels, reducing water pollution as fast boats are therefore discouraged and helping to protect the banks and so natural habitats. Further measures I would recommend to minimise negative impacts are:

- Creating park and rides on the outskirts of the Lake District to reduce the numbers of cars – this would improve loss of privacy, noise, pollution and traffic congestion
- Promoting and encouraging the use of public transport – again this would improve loss of privacy, noise, pollution and traffic congestion
- Traffic calming – this would reduce the noise

10/4.3.

- Signposting – on the roads would improve loss of privacy and on footpaths would improve erosion
- Erosion could be further improved by re-routing the most popular walks, restricting car parking at the start of popular footpaths, cordoning off areas that have been eroded to allow regrowth of natural habitats and regularly maintaining footpaths.

Maximisation of positive impacts

In the same way, positive impacts can be built upon so that they have the maximum effect possible on the area. Recommendations I would suggest include the following:

- Increasing the quantity of different types of accommodation – this would provide more job opportunities and encourage visitors to stay longer therefore generating more income as they would have more time in which to spend money.
- Extending the season – the Lake District is affected by the seasonality of many leisure activities and when activity centres are open and so these centres need to find ways of opening and offering a wide variety of activities all year round so that there is a longer period of time during which tourists can spend their money.
- Improving the facilities still further to make them of the very best quality possible – this will encourage even more visitors to the area.
- Staff training and development – this would ensure that visitors receive the best quality service .

In conclusion, it is evident that, with tourism being the major source of income for the Lake District, essential for its future development, in terms of both the environment and the local communities, is the need to find ways of encouraging sustainable leisure activity without further damaging the landscape which visitors come to enjoy. Visitors need to be encouraged to the area, however, in order for them to want to visit the area, it needs to be in as good a condition as possible which, if negative impacts are not minimised and positive impacts not maximised, will not happen.

Bibliography

Books

Outhart, T., Taylor, L., Barker, R. & Procter, N. 2003 *Advanced Vocational Leisure and Recreation* London: Collins

Websites

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www.bhf.org.uk/

www.dh.gov.uk

www.english-heritage.org.uk/

<http://www.environment-agency.gov.uk/>

http://www.lake-district.gov.uk/lake_district

<http://www.lakedistrictoutdoors.co.uk/>

www.nationaltrust.org.uk/

<http://www.pleasureinleisure.co.uk/>

www.ramblers.org.uk

www.rspb.org.uk/

<http://www.whi.org.uk/uploads/documents>



Appendix

Love the Lakes brochure

Eden Leaflets

Minutes of meetings

Emails from Colin

Womack Island Information Sheet

Form AF1

Booking Form

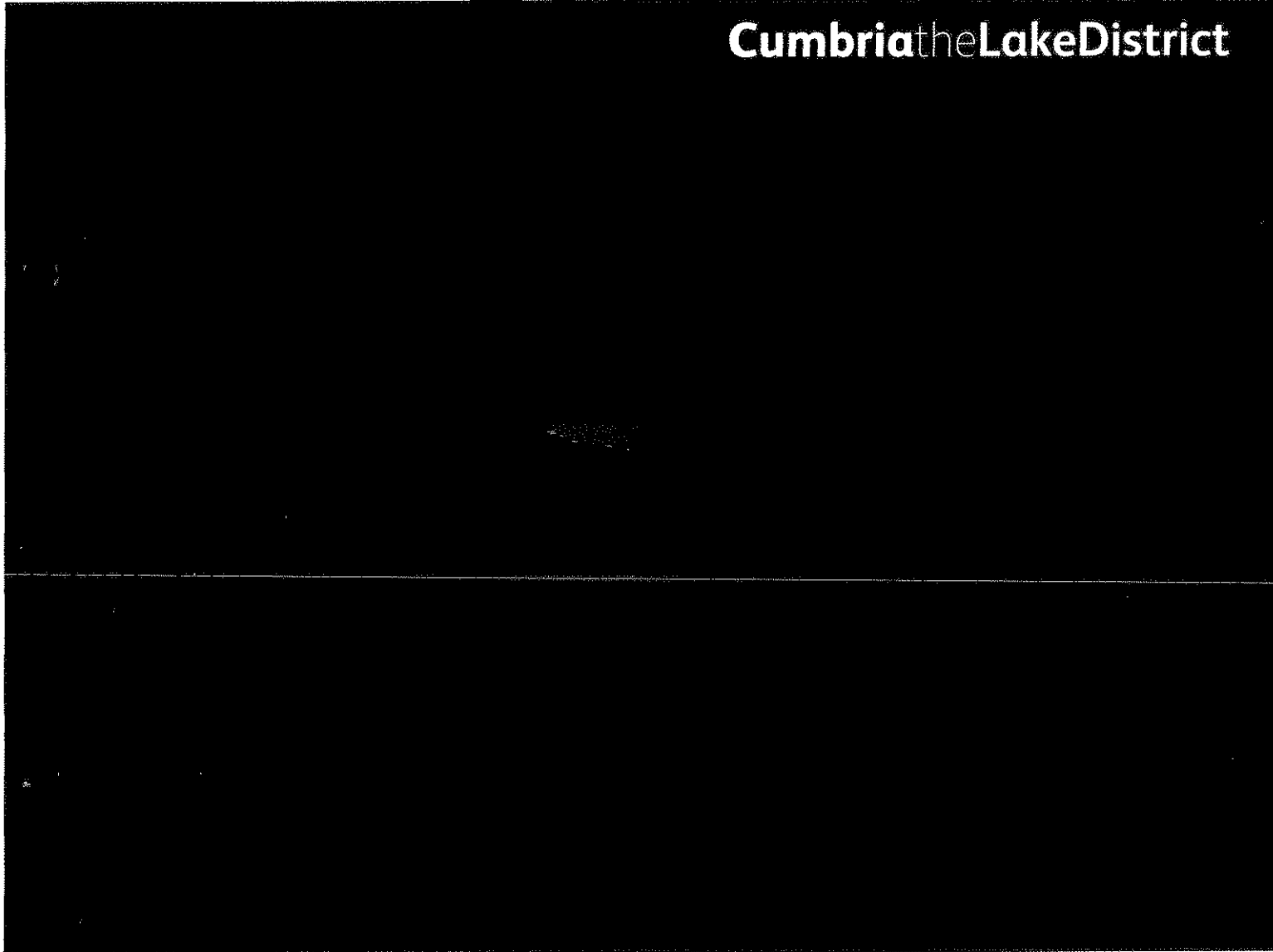
Questionnaire/Evaluation

Risk Assessment

Parental Consent Form and Covering Letter

Nominal Roll

2007
Love the Lakes
Cumbria the Lake District



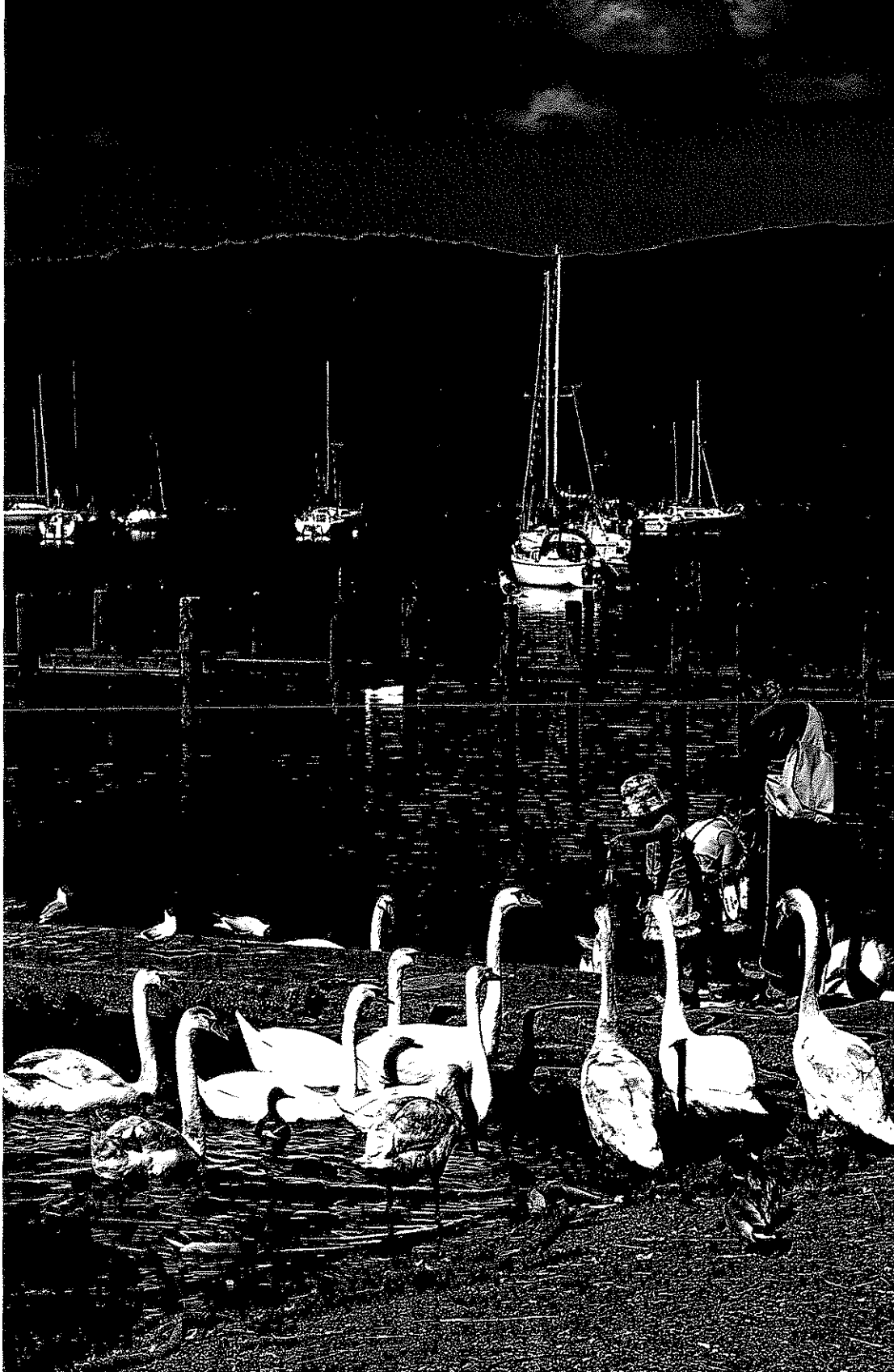
golakes.co.uk



A visit to Windermere is breathtaking at any time of year and with three top attractions to discover there's plenty to see and do whatever the weather. For a truly unique view of the lake sail from Ambleside, Bowness or Lakeside aboard a Windermere Lake Cruises boat. Hop off at Bowness to meet Peter Rabbit and all his friends at the World of Beatrix Potter Attraction and call at Lakeside to come face to face with mischievous otters, diving ducks and British sharks at the Aquarium of the Lakes.

Windermere

See Things Differently!



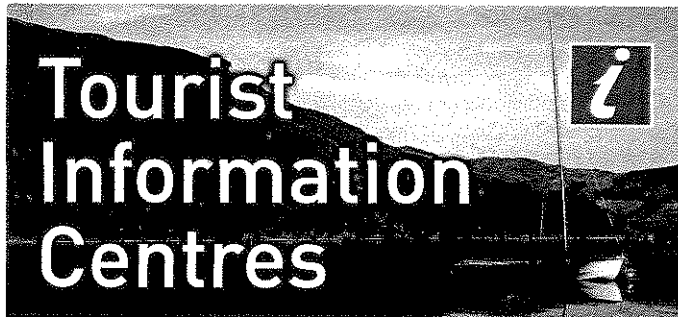
www.hop-skjp-jump.com
www.windermere-lakecruises.co.uk
www.aquariumofthelakes.co.uk

Aquarium of the Lakes
Discover the diversity of life in
lakes
Tel: 01539 230133
www.aquariumofthelakes.co.uk

Discover Cumbria's Eden Attractions 2007



www.visiteden.co.uk



Tourist Information Centres

The Eden Tourist Information Centres offer a wide range of services including accommodation bookings, ticket sales for attractions and events and a comprehensive selection of maps, books and gifts.

Alston

The Town Hall, Alston, Cumbria CA9 3RF
Tel: +44 (0) 1434 382244
Fax: +44 (0) 1434 382255
e-mail: alston.tic@eden.gov.uk
Open daily from Easter to October and mornings during winter (not Sunday or Tuesdays).

Appleby

Moot Hall, Boroughgate, Appleby, Cumbria CA16 6XE
Tel: +44 (0) 17683 51177
e-mail: tic@applebytown.org.uk
Open every day through Spring to late Autumn and mornings plus 10am-3pm Fri & Sat during Winter (not Sundays).

Kirkby Stephen

Market Square, Kirkby Stephen, Cumbria CA17 4QN
Tel: +44 (0) 17683 71199
Fax: +44 (0) 17683 72728
e-mail: ks.tic@eden.gov.uk
Open daily from Easter to October 10am-12pm in Winter (not Sundays).

Penrith

Middlegate, Penrith, Cumbria CA11 7PT
Tel: +44 (0) 1768 867466
Fax: +44 (0) 1768 891754
e-mail: pen.tic@eden.gov.uk
Open daily from Easter to October Closed on Sundays in winter.

Pooley Bridge

The Square, Pooley Bridge, Cumbria CA10 2NW
Tel: +44 (0) 17684 86135
Check seasonal opening hours.

Rheged

Redhills, Penrith, Cumbria CA11 0DQ
Tel: +44 (0) 1768 868 000
Fax: +44 (0) 1768 868002
e-mail: tic@rheged.com
Open 10am to 5.30pm daily during Summer 10am to 5pm during Winter (not Christmas Day).

Southwaite

Check seasonal opening hours
M6 Service Area, Southwaite, Carlisle, Cumbria CA4 0NS
Tel & Fax: +44 (0) 16974 73445
e-mail: southwaitetic@visitscotland.com
Open Easter to October daily 10am-6pm Oct to March Monday-Friday 10am-5pm. Saturday 10am-4pm.

Ullswater

Main Car Park, Glenridding, Penrith CA11 0PD
Tel & Fax: +44 (0) 17684 82414
e-mail: ullswatertic@lake-district.gov.uk
Open daily Easter to October 9.30am-5.30pm. Nov to Mar, Fri, Sat & Sun 9.30am-3.30pm.

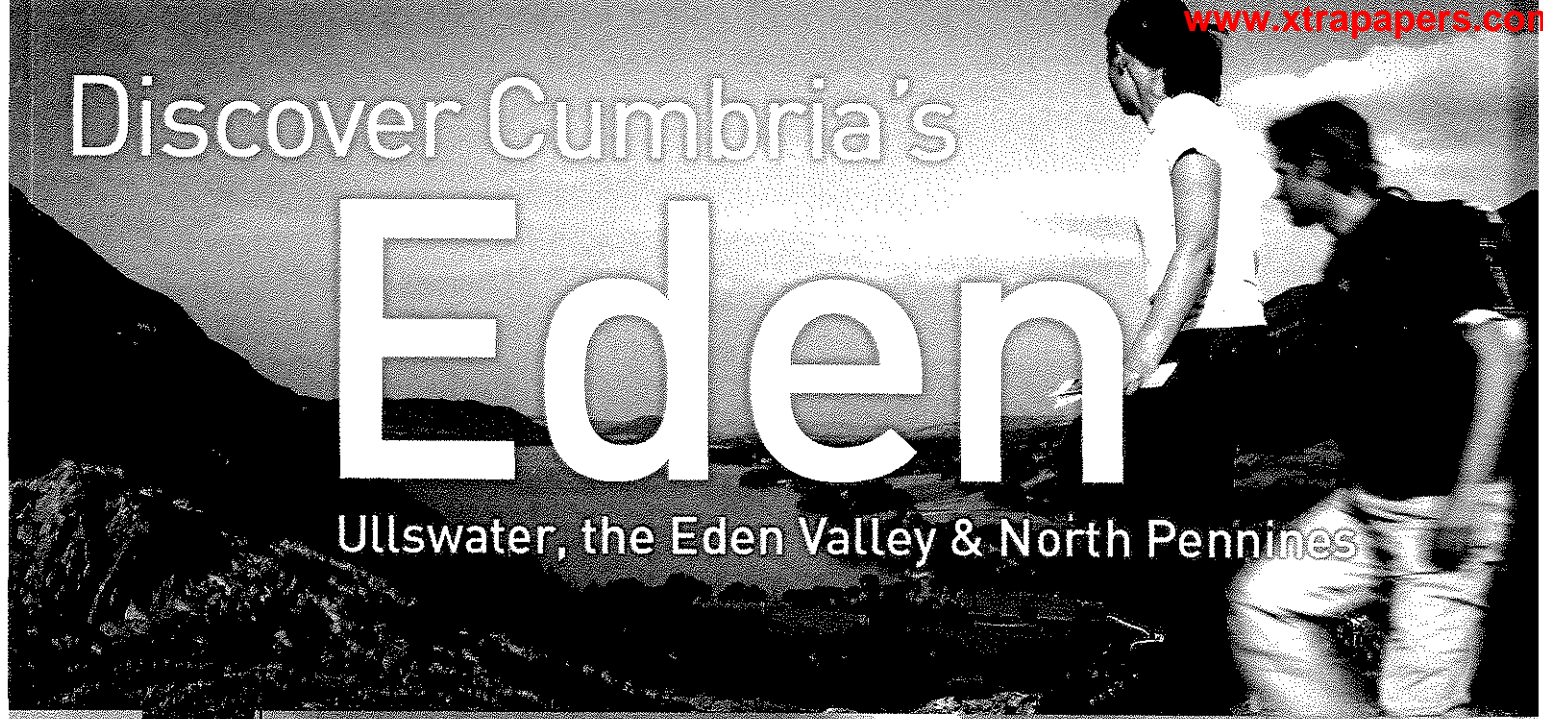


www.visiteden.co.uk

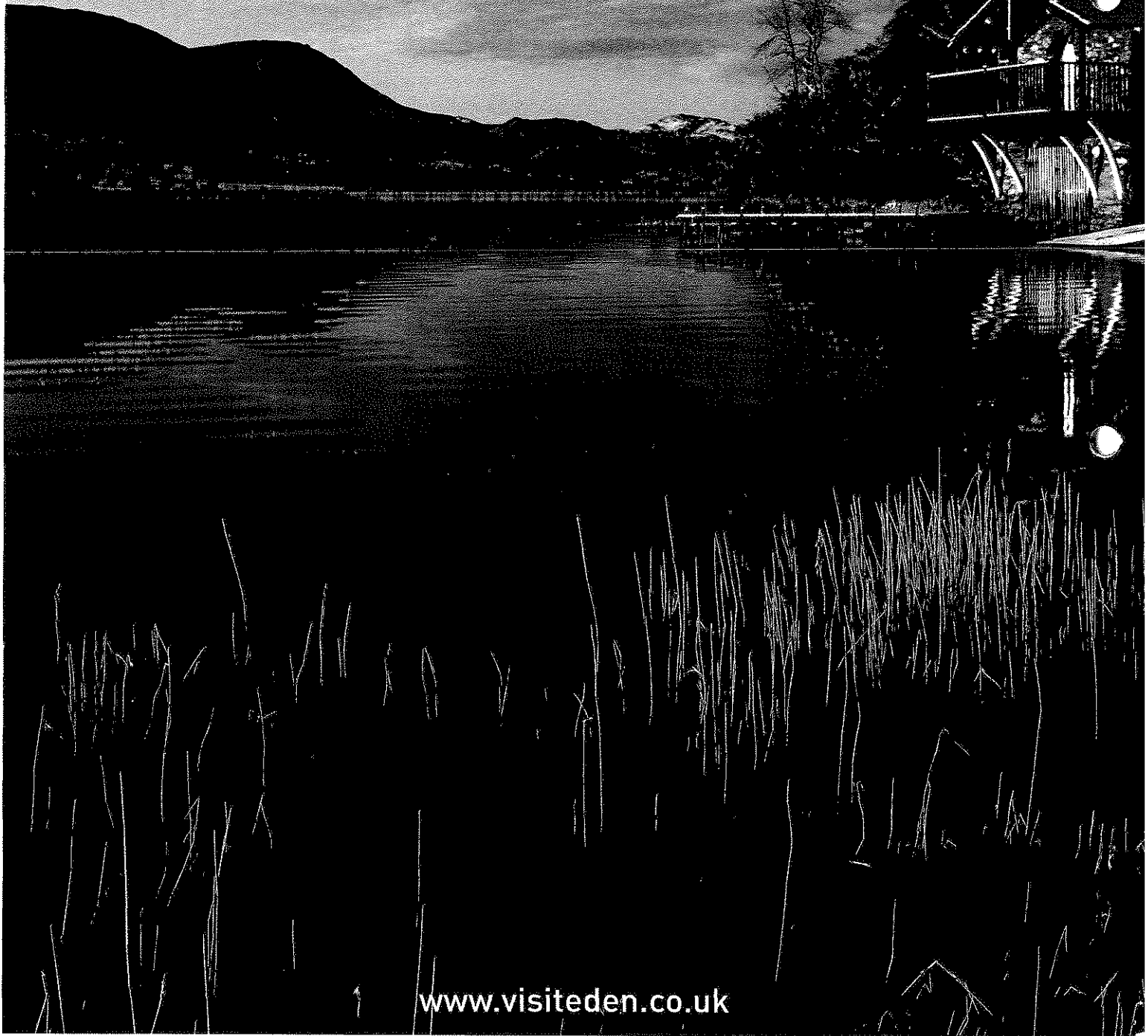
Discover Cumbria's

Eden

Ullswater, the Eden Valley & North Pennines



Holidays and Short Breaks in Cumbria the Lake District 2007



Minutes of meetingsDate - 2nd November 2006

Item	Action	When	Responsibility
1	Look at possible ideas/ places of visit	In lesson and homework	Gina and Michelle

Date - 7th November 2006

Item	Action	When	Responsibility
1	Rung round lots of places to get information and prices	In lesson	Gina
2	Found Go Ape and thought it looked good - need to find more information	In lesson	Michelle

16th November 2006

Item	Action	When	Responsibility
1	Discussed the fact Norfolk County Education wouldn't allow Go Ape as it is too high risk.	Before lesson	Michelle
2	Looked elsewhere for other possibilities	In lesson	Gina and Michelle

21st November 2006

Item	Action	When	Responsibility
1	Decided we would like to do some voluntary work.	In lesson	Gina Michelle
2	Looked on Broads Authority website. Filled in a comment form.	In lesson	Gina

30th November 2006

Item	Action	When	Responsibility
1	Gina has received an e-mail from Colin Jones a volunteer co-ordinator. Discussed e-mail	In lesson	Gina
2	Discussed a reply email	In lesson	Gina and Michelle

16th January 2007

Item	Action	When	Responsibility
1.	Discussed e-mails that have been sent and received over Christmas holidays	Christmas holidays	Gina
2.	Suggested possible dates - 30 th Jan, 1 st Feb	In lesson	Michelle and Gina

23rd January 2007

Item	Action	When	Responsibility
1.	Found out Broads Authority couldn't do our dates and gave us some suggestions.	Before lesson	Gina
2.	We decided on 27 th Feb	In lesson	Michelle and Gina

25th January 2007

Item	Action	When	Responsibility
1.	Found out the 27 th Feb wasn't possible	Before lesson	Gina
2.	Decided on 8 th March	In lesson	Michelle and Gina

30th January 2007

Item	Action	When	Responsibility
1.	Received confirmation of 8 th March	Before lesson	Gina
2.	AF1 form completed and handed in to be approved	In lesson	Michelle and Gina

8th February 2007

Item	Action	When	Responsibility
1	AF1 form received back and has been approved.		
2	Permission letters were prepared, ready to hand out		

22nd February 2007

Item	Action	When	Responsibility
1.	Time arrangements made with Broads Authority	Before lesson	Gina
2.	All permission letters back	Before lesson	Michelle
3.	Transport arrangements were made	In lesson	Michelle and Gina

01493 367810

>> Reference Number: WOTU-3325-66393

>> Name: [REDACTED]

>> Email: [REDACTED]

>> Type of Contact: query

>> Who to Contact: broads

Date: 21st NOV.

>> Comments: I go to [REDACTED] college and as part of our A2 course our group has to plan and participate in an outdoor activity. There are four pupils in our group and one teacher. I was wondering if you had any opportunities that we could participate in for a day or a half day on the broads.

thank you

[REDACTED]

From: [REDACTED]
Sent: 14 December 2006 09:49
To: [REDACTED]
Subject: FW: FW: New Contact Request (Ref No: WOTU-3325-66393)

From: [REDACTED]
Sent: 14 December 2006 09:40
To: Jo Eames
Subject: Re: FW: New Contact Request (Ref No: WOTU-3325-66393)

[REDACTED]

I have spoken to the rest of the group and we are interested in coming along for a day. It would have to be sometime in the new year as we break up soon so there is no time before christmas, although, it would be ideal if we did it as early as possible in the new year as we all have exams to 'worry' about!.

We are not sure what kind of things you have to offer, so if you could get back to us with some ideas, that would be most helpful, and we can decided from there and let you know.

Thanks for getting back to me, hope to hear from you soon,

[REDACTED]

[REDACTED]

[REDACTED]

Your e.mail has been passed to me. We are usually able to offer conservation type projects but it would of course depend on dates and what you wanted to achieve during the day. However, I think it likely that we would be able to offer something.

Perhaps you give me a bit more detail. You can contact me by e.mail, letter or phone.

My contact details are

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

I have further discussed this with Eilish and unfortunately she could not do either 30th Jan or 1st Feb. Having looked at her diary she could do 7th or 27th February, 5th, 7th or 8th March. This is to do with her availability and the availability of the boat.

Perhaps you could consider these dates and let me know. Eilish would be keen to get the date in her diary as soon as possible.

[REDACTED]

From: [REDACTED]
Sent: [REDACTED]
Subject: [REDACTED]

Dear Colin,

We are back at college now and our group think this should be perfect for us. The dates we are looking at are 30th January or 1st February whichever is most convenient for you. If we could have details on what we will be doing and timings that would be great. Thank you for your help
Gina

[REDACTED]

One suggestion we have would be for your group to spend a day with Eilish Rothney, one of our Countryside Rangers, undertaking some conservation work on Womack Island, a small island on Womack Water near Ludham. The project being undertaken there involves creating a short nature trail and enhancing the habitat. We have been clearing trees and scrub, creating a path and improving a small pond. We would ferry you out to the Island and provide any necessary tools and instruction. I'm sure it would take your mind off exams!

Let me know what you think and also perhaps you suggest a few dates that would be suitable.

I look forward to hearing from you.

Best wishes

[REDACTED]

[Redacted]

[Redacted]

Eilish has confirmed the 8th March. I need some information for her so that she can finalise the day.

I have attached a form that I would like you complete (dont worry about the 'details of visit' section). The contact details are of course those for the college. Can you then return the form to me.

If there is any you are not sure about please contact me.

[Redacted]

From: [Redacted]
Sent: [Redacted]
To: [Redacted]
Subject: [Redacted]

Dear [Redacted]
The 8th March would be the next best date for us thank you.
Gina

[Redacted]

I'm terribly sorry but since your last e.mail a meeting has been arrnaged for the 27th February that Eilish must attend. Could you please select another of the dates.

Thanks

[Redacted]

[Redacted]

Dear [Redacted]
Thank you very much for your last e-mail. From our point of view the 27th February would be best. Thank you again for helping us get this sorted.

[Redacted]

Womack
Island -
8th
March
2007

Date: [REDACTED]
From: [REDACTED]
To: [REDACTED]
CC: [REDACTED]

Dear Gina

Attached is a map of the location for Womack Staithe, which is on the right a short way down Horsefen Road. Actually the map is for our Ludham Fieldbase, which is located at the end of Horsefen Road.

Eilish Rothney the local Countryside Ranger will lead the day. Her telephone number is 07900 266496 and e.mail eilish.rothney@broads-authority.gov.uk. In case of any difficulty please contact Eilish direct.

It will be helpful if you can ensure you are there by 10.00am - Eilish will meet you and ferry everyone out to the island. You will need to ensure that you wear suitable clothing - potentially it will be quite dirty work and could be a bit muddy!

You will be working on Womack Island where there are no facilities so you need to make sure you all have sufficient food and drink. We will provide the tools and work gloves etc.

[REDACTED]

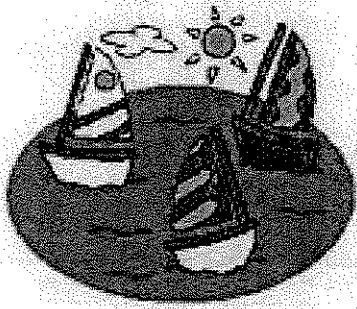
Yours sincerely

[REDACTED]

[REDACTED]

Attached is the form with our details on. Please could you send us a map of where it is please.

Thank you



Womack Island



Thursday 8th March 2007

What we are doing

What to wear:

- Clothes you don't mind getting dirty
- Clothes suitable for the weather

What to bring:

- Some lunch
- Drinks
- Money for petrol

What we are doing during the day:

9.15am meet at Michelle's

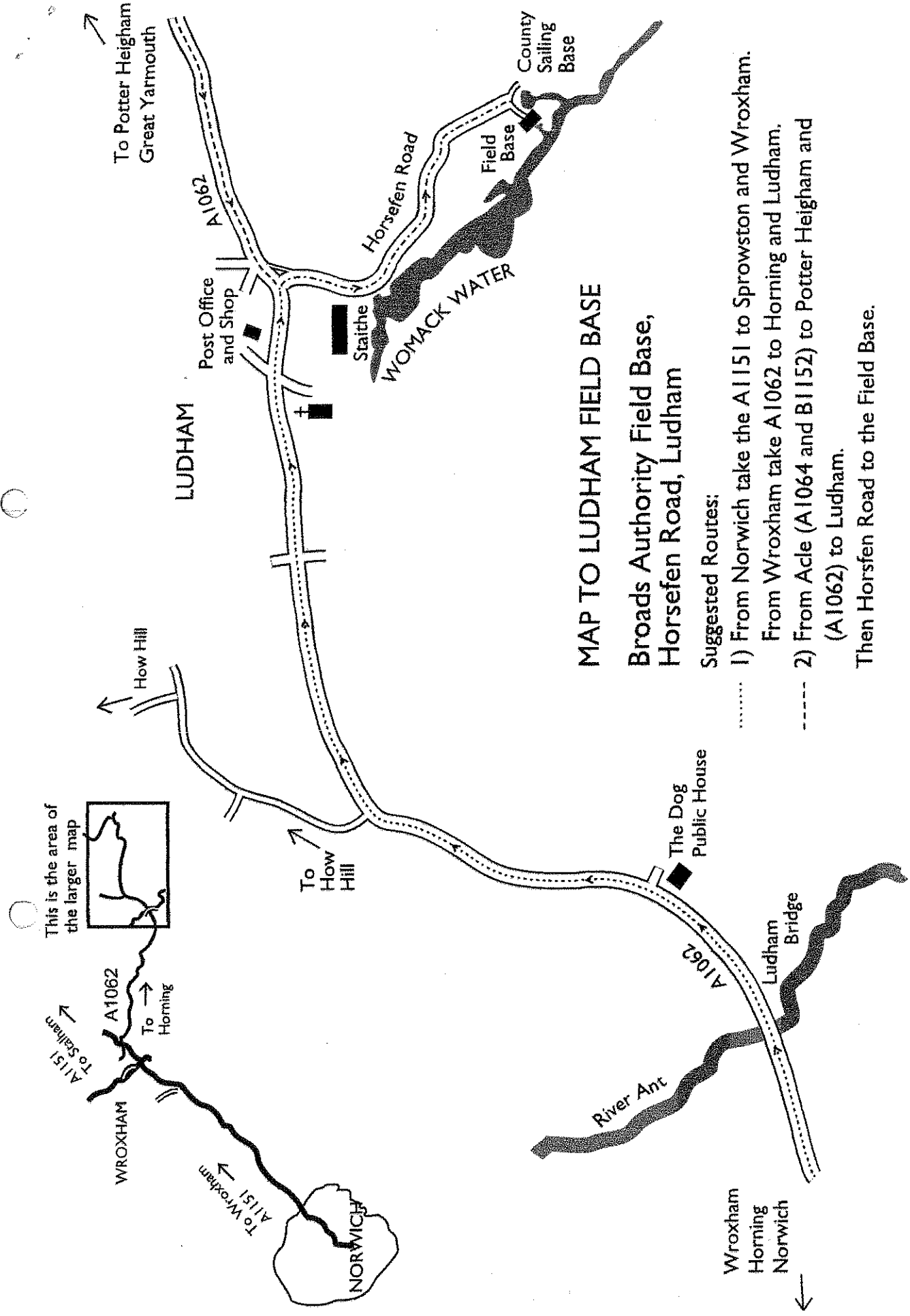
9.30am Leave Michelle's for Womack Water

10.00am arrive at Womack Water; meet Eilish Rothney (Countryside Ranger)

10.00am Go in a ferry to Womack Island

2.30pm Leave Womack Island

3.00pm Arrive home



MAP TO LUDHAM FIELD BASE

Broads Authority Field Base,
Horsefen Road, Ludham

Suggested Routes:

- 1) From Norwich take the A1151 to Sprowston and Wroxham.
From Wroxham take A1062 to Horning and Ludham.
- 2) From Acle (A1064 and B1152) to Potter Heigham and
(A1062) to Ludham.

Then Horsefen Road to the Field Base.

Form AFI

**Application for the Approval of a Category A Educational Visit by
Head of Establishment/Governing Body or LEA**

The Visit Leader should complete this form with support from the establishment's Educational Visits Coordinator (EVC) as soon as possible once the preparations are complete. The Visit Leader should have already received approval of the proposed visit in principle and should have regularly updated the head teacher on the progress of the preparations.
Not all sections will be relevant to every proposed visit.

School/Group: A2 Leisure Studies

Visit Leader: 

Purpose of visit and specific educational objectives: so we can complete
A02 of our assessment which included planning a
visit.

Places to be visited: Womack water / Broads Authority.

Day & Date of departure: 8th March - 9am. Time: 9am

Day & Date of return: 8th March - thurs. Time: 3pm

Transport arrangements: Include the name of the proposed transport company

NA - meeting at venue

Organising company/agency (if any):

Name: _____ Address: _____

Tel: _____ AALA Licence No. (if registered): _____

Proposed cost and financial arrangements: N/A

Insurance arrangements for all members of the proposed party, including voluntary helpers:

Insurance Co: Block. Policy No.: _____

Type of Cover: _____



**GROUP VISITS/TALKS
BOOKING FORM**

DATE OF PROPOSED VISIT/TALK	Thursday March 8th
-----------------------------	--------------------

NAME OF GROUP	CONTACT NAME
[REDACTED]	[REDACTED]
ADDRESS	
[REDACTED]	
TELEPHONE NUMBER	[REDACTED]
[REDACTED]	[REDACTED]

NUMBER IN GROUP	AGE
[REDACTED]	[REDACTED]
STAFF/SUPERVISORS:	

DETAILS OF VISIT	
GUIDE <input type="checkbox"/>
BOAT <input type="checkbox"/>
ACTIVITY
SLIDE/TALK

TIME OF ARRIVAL	10.00am	a.m./p.m.
TIME OF DEPARTURE	2.30pm	a.m./p.m.

ADDITIONAL DETAILS (ability of group, illness, etc.)
All female froup.

SCHOOL CHILD PROTECTION OFFICER
Mr C Bagshaw

NOTES

Risk Assessment Form

This form must accompany all forms required for LEA approval

Establishment: [redacted] Assessment Date: 7th Feb 2007

Proposed Activity/environment: Conservation work on Wonack Island

Educational objectives: To put theory into practice by participating in an outdoor leisure activity.

Reviewed and approved by: [redacted] Name: [redacted] Date: [redacted]

If the trip involves proximity to water, ALL adults must be issued with 'Group Safety at Water Margins', (DIES/CCPR)

Hazards: List significant hazards that may result in serious harm or affect people in the party.	Who might be harmed? List groups of people who are especially at risk from the hazards identified.	Is the risk adequately controlled? List existing controls or note where information may be found, e.g., information, instruction training, systems or procedures.	What further actions are needed to control the risk? List the risks that are not adequately controlled and propose actions that are needed to reduce or eliminate the risks.	Outcome: H/M/L
Falling into the water	Anyone around the water.	<ul style="list-style-type: none"> Life jackets were provided. Told where to sit in boat so it was balanced. 	<ul style="list-style-type: none"> Being told not to mess around the water's edge. 	M
Falling trees or branches	Anyone on the island.	<ul style="list-style-type: none"> Safety helmets were provided. Instruction on where to stand when cutting a tree down or someone else was. 	<ul style="list-style-type: none"> Warning others when trees are about to fall. 	H
Tripping over	Anyone on the island.	<ul style="list-style-type: none"> Told to look where we were walking. Told to cut stumps as low as possible. 	<ul style="list-style-type: none"> Stumps could be marked. Warning others about likely tripping hazards. 	M
Equipment i.e. bow saws, loppers	Anyone using the equipment or anyone working nearby.	<ul style="list-style-type: none"> Gloves were provided. Instructed how to use them. Instructed how to carry them. 	<ul style="list-style-type: none"> Being told how to pass them safely. Being told how to store them on the ground when not in use. 	M



20.2.07

Dear Parents,

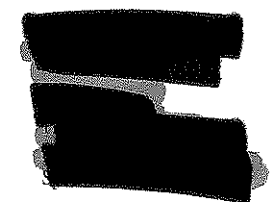
On **Thursday March 8th** we will be going to Womack Island to do some voluntary work with the local Broads Authority countryside ranger as part of our A2 Leisure Studies coursework to plan and participate in an outdoor leisure activity.

We need to be at Womack at 10.00am and will return before the end of school. Your daughter will need to wear suitable clothing as it could be wet and muddy they will also need to provide their own lunch as there is nowhere on the island. On the island we will be helping the warden with general conservation work. The warden will provide the necessary tools and equipment needed. The warden and two members of staff will supervise the day.

Please sign the attached consent form and return to Heartsease High School giving permission for your daughter to participate in this visit.

Thank you

Gina Atherton and Michelle Barker



Form PC/A

Parental Consent Form - Category A Visits

To be completed by the Visit Leader:Please return to: [REDACTED] (Visit Leader) Tel No: [REDACTED]

The Visit Leader who will only divulge information on this form to other staff as necessary, to ensure the welfare and safety of the participant.

Group: A2 Leisure Studies Place of visit: Womack IslandMethod of travel: Own transport (seat belts fitted as standard) Yes No**To be completed by the Parent/Guardian**

I am willing for my child _____ Class _____

to take part in the above visit/journey and, having read the information provided, I agree to his/her taking part in the activities described.

I fully understand and accept that, while the supervisory adults in charge of the group will take all reasonable care of the young people, neither they, nor Norfolk County Council, can necessarily be held liable in respect of loss or damage to property or injury suffered by my child arising out of the educational visit/journey, unless such loss, damage or injury results from the negligence of Norfolk County Council, its employees or official volunteers.

I give/do not give* permission for photographs of my child to be taken by leaders.

I give/do not give* permission for my child/ward to receive pain relieving medication when appropriate (one dosage of paracetamol only).

* please delete as appropriate

I agree to my child/ward receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.

I understand the extent and limitations of the insurance cover provided.

Signature of Parent / Guardian: _____
(if participant is under 18)

Signature of Participant: _____








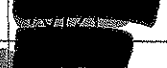
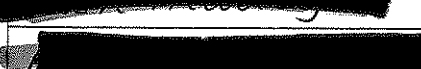



Should there be any amendments to this form after it has been handed in, please contact the Visit Leader immediately.

Nominal Roll

Name of Group: 

Place of Visit and Address: Womack Water, Horsefen Road
Ludham

Tel: 07900 266496 Inclusive Dates: 8th Feb 07 To: 8th Feb 07

Name Please mark Staff with an *	M / F	Age	Emergency Contact Tel. No.	Medical Condition
	F	24		
	F	24		
	F	18		
	F	18		
	F	17		
	F	18		

Number of Staff: 2 Number of group members: 4

Name of Visit Leader:  Tel: 

Local Point of Contact:  (night)

Address: 

Evaluation sheet for trip to Womack Water

1. Did you enjoy the day?

Yes

No

2. Did you feel you have achieved something through the day?

Yes

No

3. Do you think the day was well organised?

Yes *very organised*

No

If no, what were the problems?

4. How could the day have been improved?

Thank you for your time.



Evaluation sheet for trip to Womack Water

1. Did you enjoy the day?

Yes

No

2. Did you feel you have achieved something through the day?

Yes I learnt how to cut down trees

No

3. Do you think the day was well organised?

Yes

No

If no, what were the problems?

4. How could the day have been improved?

Thank you for your time.

