



SCHOOL GROUP INFORMATION PACK



NUCLEAR
HIGH
ROPES

We are a multi activity centre based in Essex near Brentwood.

Our facilities include the biggest high ropes course in Essex with over 70 obstacles to challenge all abilities. Our course consists of 3 levels and has 6 individual routes allowing a challenge by choice approach that allows students set their own pace.

Ideally positioned as part of the Nuclear Family to offer bespoke days including muddy obstacle runs and tours of the Secret Nuclear Bunker.



WHAT WE OFFER

With a range of activities available to suit, there plenty to challenge your students at Nuclear High Ropes.

High Ropes Course

Challenge yourself with 2 hours of fun over 70 obstacles on 3 levels.

Ideal for Key stages 2 to 4.

Duration 2 hours.



Zip Trek

Experience the thrill of gliding 10m above ground across 13 Zip wires through the trees and over water.

Ideal for Key stages 2 to 4.

Duration 30 minutes per group.



Axe Throwing

Practice control and precision on our purpose built throwing range.

Ideal for Key stages 3 and 4.

Duration 1 hour per group.



Air Rifle Shooting

Test your aim while under the supervision of our trained instructors.

Ideal for Key stages 3 and 4.

Duration 1 hour per group.



OUR LEARNING OUTCOMES

PHYSICAL EDUCATION

Enhancing motivation and self-esteem through outdoor activity. Outdoor Activities help to improve physical health and fitness. Additionally, they enhance communication and teamwork while aiding in focus. Many of our activities support personal growth as well, helping children and teenagers realise their potential and boosting their confidence.

PHYSICAL, SOCIAL AND HEALTH EDUCATION (PSHE)

Helping young people prepare for adulthood. Many of our adventure activities include a range of PSHE areas, including citizenship, health & well-being and communication. Whatever your curriculum objectives, activities can be designed to cover topics like trust, listening skills, relationships, democracy, diversity and our environment.

PROBLEM SOLVING

Developing a plan to overcome roadblocks to progression. Our activities show children and teenagers how to assess a circumstance or a task, design an action plan and then carry out that plan. They are prevented from getting discouraged and giving up too soon through strategic preparation, execution and review.

MANAGING RISK/DEVELOPING RESILIENCE

The ability to recover and thrive after disappointment or failure to meet expectations. Our activities help children and young people to view setbacks as learning opportunities. Evaluating and planning allow a young person to think calmly and positively about a setback, so it builds their confidence to try again.

GROUP BONDING

Our activities are centred around a group experience. Regardless of individual ability we encourage teams to encourage and support each other. Our groups leave site with a shared experience and achievement they own together.

SELF CONFIDENCE

Trying new activities and stepping outside their comfort zone boosts their confidence significantly. They discover abilities they had no idea they possessed.

COMMUNICATION AND LISTENING SKILLS

From guidance from instructors to supporting each other through our various obstacles, communication is key. Children will practice delivering and listening to instructions as they traverse our course and experience new obstacles.

NATURAL CURIOSITY

Children who have regular opportunities to learn outside are more curious, self-directed and likely to stick with a task for a longer period of time. Spending time in nature can also help improve moods and happiness, teaching children to appreciate nature and grow up wanting to protect the environment around them.

INSPIRING COURAGE

Even the most confident children can find an extra challenge on our activities. Our instructors are on hand to help stretch those boundaries and help dig deep for that extra courage needed for the next level.

MENTAL HEALTH AND WELL-BEING

Being outside the classroom and taking in the environment are ideal for resetting the brain and taking the time to do something new and exciting

BEFORE YOUR VISIT

Booking

To book and secure your visit simply contact the on-site team, who can talk you through your options and help to plan the perfect itinerary to suit your needs.

Your contact will be on hand throughout to help ensure your visit goes to plan.

Amending your booking

We require full payment, a minimum of 14 days before you visit us by either BACS or credit/debit card.

At this stage we will need you to confirm expected participant numbers for your visit.

We won't charge you for any changes to visit dates or student numbers up to this point.

Cancellation policy

All cancellations must be made in writing. You will not incur any charges when more than 14 days notice is given. Cancellations within 14 days will be charged in full.

Risk assessments

All of our activities are fully risk assessed and copies of these will be provided with your booking.

Home Education/Youth Groups

Our school rates are also available to Home Education and Youth groups. These rates apply Monday-Friday during term time.

ON THE DAY

Arrival

You will be met upon arrival by your dedicated group host who will help you check in at the cabin and explain the itinerary for the day.

Parking

We have a large free car park with space for multiple coaches.

Behaviour

Your day will be about having fun and stretching mindsets, however we must make groups aware that failing to follow safety rules or any dangerous behaviour will result in students being removed from the course.

What to wear

We are an all weather outdoor activity and we advise participants to dress for the weather. Multiple thin layers are ideal as you will warm up as you get more active.

Waivers

We ask that waivers be completed ahead of time to facilitate a prompt start to your adventures. Our group disclaimer will be sent to you upon booking.

Facilities

We have a large outdoor picnic area available to use during your time with us. This area or our dedicated event cabin can be made available to your group before or after your adventure if discussed at time of booking.

Our main cabin has toilet and locker facilities that are free to use during your stay.

SAFETY

Safety System

We operate the highest category safety system on our ropes courses and once attached, your students can only be disconnected from the safety system by one of our trained instructors.

Supervision

The safety of all our activities will be supervised by trained and qualified instructors.

For the majority of our activities we do not require school staff participation on the course. We will always insist that staff are on site to supervise behaviour and encourage students from the ground.

While we have no specific supervision ratio requirements, we are always happy to advise schools to ensure students are adequately supervised and supported during their adventure with us.





FAQS

Are there any weight/age restrictions?

The maximum weight for taking part at Nuclear High Ropes is 120kg and all participants must be 6yrs or over.

What happens in bad weather?

Nuclear High Ropes is an all weather, outdoor activity; the course is in a sheltered bowl and is generally unaffected by most weather conditions – but please dress appropriately. The course remains open in the majority of weather conditions, except high winds, ice, snow and during lightning.

What catering facilities are on site?

We have a small vending machine selection on site. You are welcome to bring your own lunch or discuss catering options with the team.

What size group can you accommodate?

We can accommodate up to 65 students on the Ropes course per 2 hour session. Multi activity days can be provided and can accommodate up to 280 participants.

What if students are scared of heights?

Our course consists of 3 height levels. Our lowest level is just over 1m from the ground. This allows staff to support students as they test their boundaries and challenge their fears.

How long does the activity last?

We have a range of activities and, depending on the number of students you have, we can often tailor them to your group. Our standard session times are:

High Ropes	2 hours
Zip Trek	30 minutes
Axe throwing	30-60 minutes
Rifle Shooting	60 minutes



THE FAMILY

NUCLEAR RACES

Nuclear High Ropes is part of a much larger family. While you visit why not visit one of the other great venues on site?

WILD FOREST

OBSTACLE ACTIVITY CENTRE

Home to mud and all things wild. Located in a section of woodland and boasting a host of muddy obstacles and our famous Death Slide. Activities can be tailored to suit your group and are a great way of promoting team work, inclusion and growth.

Activity length can be tailored to itinerary.



THE SECRET NUCLEAR BUNKER

The biggest and deepest cold war bunker in the south east of England. Add a tour with a difference to your day with a visit to our Secret Nuclear Bunker.

Allow approx 1 hour for your tour.



NUCLEAR



CONTACT US FOR MORE INFORMATION

Email: ropes@nuclear-races.co.uk



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