



# 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.





# 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 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 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](mailto:ropes@nuclear-races.co.uk)



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