



PHOENIX

OUTDOOR CENTRE

School, Youth and Community Group Activities

**Developing young peoples core life
skills and character attributes
through outdoor activities**

**Teamwork
Growth Mindset
Communication
Independence
Confidence
Resilience
Creativity**



ABOUT PHOENIX

The Phoenix Canoe Club was formed in 2004 on the Welsh Harp Reservoir in West Hendon. The club is very active, meeting most Sundays at the reservoir as well as running a wide selection of river trips and training throughout the year. In 2011, the Phoenix Outdoor Centre was established to provide activities to schools, youth and community groups working with young people aged from 9 upwards and adults offering:

- Kayaking
- Bell boating
- Sailing
- Raft building
- Orienteering
- First aid training
- Canoeing
- Stand-up paddle boarding
- Windsurfing
- Powerboat training
- Team building

Our Club and Centre are set in a little rural oasis in the middle of the great metropolis, offering a warm welcome to the many people that take part in our activities. The reservoir and surrounding shoreline is a site of special scientific interest boasting a wealth of wildlife and is zoned for water sports and recreation. We have secured planning permission approval to redevelop our building and grounds and are currently fundraising to achieve our vision for the new headquarters in the very near future.

The Outdoor Centre is an RYA Recognised Training Centre, RYA Sailability Centre, runs RYA OnBoard youth sailing, and is a British Canoeing Quality Mark Centre and AALA licenced.



All our packages and activities can be tailored according to your group's specific needs, whether that's linking specific parts of a curriculum to an activity or a shorter session due to time constraints, we are more than happy to work with you to build your perfect activity.

Some examples of what we can offer for groups are:

- One-off taster sessions
- Certificated courses
- Key stages 2-4 curriculum
- Team building
- GCSE physical education
- Nature studies
- London Youth Games training
- Multi-activity days
- Reward sessions
- Duke of Edinburgh training
- Class bonding sessions
- After school clubs
- River trips

As well as main stream schools and groups, we welcome participants with additional needs or challenging behaviours. We work closely with a wide variety of specialist groups and organisations to help promote education, personal development and integration in a safe, fun and adventurous environment.

The ethos behind all of our activities is the positive development of young people through sport and activity. As well as learning new things and having fun we aim to help to unlock young people's full potential, build confidence, self-esteem and develop other beneficial life skills.

Our activities offer an ideal opportunity to meet Ofsted's recent updates for schools covering Personal Development:

'28. Inspectors will make a judgement on the personal development of learners by evaluating the extent to which:

- *the curriculum extends beyond the academic, technical or vocational. It provides for learners' broader development, enabling them to develop and discover their interests and talents.*
- *the curriculum and the provider's wider work support learners to develop their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy.'*



KAYAKING

Kayaking is at the heart of the Phoenix Outdoor Centre and is by far our most popular activity. Kayaking is a very accessible activity and we can cater for people aged 9+ at all levels of experience.

We have a wide range of kayaks at the centre. Our main fleet includes boats to fit people of most sizes, from tiny boats for small 9 year olds, to boats which take larger adults. Additionally, we have a variety of different craft for training in slalom, racing and freestyle kayaking or to suit those who are less water confident and people with additional needs.

We run kayak-based activities in a large variety of ways with groups. And like all of our activities these can be tailored to meet any particular curricular or other requirements.

Our most popular activity is a one-off fun/taster session with a group, this normally involves:

- Welcome & activity safety briefing.
- Changing & putting on buoyancy aid's etc.
- Boat Briefing
- Briefing on paddles
- Carrying & launching boats
- Simple exercises and games to improve balance and confidence in the boat.
- Basic skills on getting the boat moving where you want it to.
- A short journey, normally including more games and challenges.
- A 'seal-launch' – getting into the boats on the land and sliding into the water, (for many the most popular and fun part)
- Returning equipment & changing

Kayak

One person closed cockpit boat, sitting down using a paddle with two blades.

Open Canoe

One, two or three person open top boat using a paddle with a single blade.

SUP

Stand-Up Paddleboard. Standing using a long paddle with a single blade.

OPEN CANOEING

In comparison to kayaking, open canoeing feels quite different. The boats are much bigger, the paddles only have one blade and a bit of teamwork is required. All of the activities and types of session we run in kayaks we can run in open canoes as well.

Our fleet of open canoes can be paddled by 1, 2 or 3 people and normally when working with schools and groups we start beginners off in groups of 2 or 3.

Open canoeing is often a much dryer activity than kayaking. For this reason, it can work well for groups that might not be as comfortable getting wet or in the colder months of the year. It also works well in a multi-activity day to give a bit of variety to the on the water experience.

STAND-UP PADDLE BOARDING

Stand up paddle boarding or SUP for short, has taken off massively in the last few years, and we love it too. We have a small fleet of paddle boards which are very popular with young people who visit the centre.

We work with groups teaching them the basics and progressing them from laying down to standing as quick as we can. With most groups, balancing challenges and games then start to become a key part of the session with everyone leaving soaking wet, with a big grin on their face.

SUP is generally a very high water contact activity, making it best suited to the warmer months.



TNPapa

BELL BOATING

Bell Boating is a popular activity for Primary Schools, younger youth organisations and SEND groups.

These stable 9.5m long craft can take up to 10 people plus an instructor on board. Everyone has a paddle and is part of the crew that is needed to get these boats moving making .

One of the reasons we like to use this activity with younger and SEND groups is that it is great for promoting team work and inclusion. Individuals who are finding it more difficult, still contribute to the overall team objective.

We have a small fleet of bell boats which allows us to take entire school classes and larger groups on the water together. Within the sessions we can include; racing, journeying, team building, water confidence, nature studies or just a fun filled session on the water.



RAFT BUILDING

Raft building is a great fun, team building activity for young people and adults alike and can suit small groups making one raft or a larger group making up to 5 rafts. Participants use wooden poles, barrels and ropes to create their own rafts then head to the water to test them out. With younger groups we will be working much closer with them, breaking things down step by step and helping them with the knots. Whereas older groups can sometimes be left a bit more to their own devices and potentially design their own rafts.

When we take to the water, after checking the rafts float, we put them through their paces. We can run a variety of different games, activities and races on the rafts with the group so that they can make the most of what they have created.

Raft Building fits in as a one-off fun or team building activity. Sessions need to be a minimum of 2 hours long to get enough time to build and use the raft. With some larger and older groups, we recommend longer if possible.





ORIENTEERING

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It doesn't matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

We have permanent orienteering control points set up throughout the Welsh Harp Open Space and we use these to run a large variety of different routes covering open fields, paths and woodland. On our introductory courses, we can see all the participants at all times - these work well with primary and younger groups. We also have courses where young people will be out of sight and working with less supervision generating their own independence.

We can provide both "one-off" taster sessions or a series of sessions. With multiple sessions we can focus on different areas of orienteering skills and map work and increase the challenge each time. These sessions can tie into navigation training for DofE and Scout/Guide awards.

A one off session will normally follow the below structure, but we tailor this to the size, age and ability of the group:

- Safety Brief and Introduction to Orienteering
- Quick, fun tuition sessions and activities focusing on different aspects of orienteering.
- Warm up orienteering course (often quite short and in small groups)
- Orienteering competition.

Orienteering fits in well during a multi-activity day alongside a water activity, or on its own as an activity at any time of the year.



TEAM BUILDING

Most of our activities can be used for team building and team bonding, but we also offer Team Building as a specific, separate land based activity.

We have a huge variety of challenges and activities at our disposal to use with groups, and can use these to challenge different aspects of team work. Some challenges can only be completed with good communication or decision making whilst others rely on trusting the rest of the group to get to the end goal. We aim to make these activities as fun and interesting as possible, whilst tailoring the difficulty to push how well the group work as a team.

Team building works really well for class and group bonding or as a part of a multi-activity day. With some groups we tie Team Building into one of our other activities to make a full day focusing on teamwork or bonding - Raft Building and Orienteering are ideal partner activities.



SAILING

Phoenix Outdoor Centre is an RYA Recognised Training Centre and part of the RYA's 'Sailability' and 'On Board' youth scheme.

Sailing is a fantastic skill to learn and with a bit of practice, your students will be moving around the reservoir using the power of the wind. We have a variety of sailing craft to suit people of different ages, abilities and needs and to suit the weather conditions on the day. We run sessions in a number of ways, from having an instructor onboard with multiple participants, or where individuals have their own boats to manage single handed. We generally run our sailing activities with smaller groups, and often over multiple sessions, but we can run one-off taster sessions as well. With lots of groups, we aim towards completing RYA Stage 1 which is achievable in 12 hours contact time and sets solid foundations for people to develop their future skills.

As an RYA Sailability Centre we can get participants with additional needs onto the water, whether that's working closely with our instructors on board a boat, or sailing one of our highly stable Hanza dinghies. Discuss your groups' needs with us when booking.

As a Centre, we manage the Barnet Sailing Team for London Youth Games and are always looking for keen young people to represent the borough. We also help to train young people who will be representing other London boroughs.



WINDSURFING

We have a small fleet of windsurfing boards and rigs and much like sailing, this works well with smaller groups over multiple sessions.

Learning to windsurf involves a lot of water contact time, consequently this makes it much more appealing in the warmer months of the year. One of the best ways to experience windsurfing is by working towards RYA Stage 1, which is achievable in 12 hours coaching time.





BOOKINGS & MORE INFORMATION

Be your students' hero! Book today!

Please contact us to discuss availability for your school, youth or community group. We can also provide you with our most up to date price list and and other information you might need.

info@phoenixoutdoorcentre.co.uk

07854 655 968



"Just a note to thank you all for a great morning with Nancy Reuben yesterday. The children really, really enjoyed their experience and everyone managed to overcome their worries and get out on the water. Thank you to you all for your patience and enthusiasm." - **Nancy Reuben Primary School**

"Thanks so much for the brilliant kayaking session. The kids really enjoyed it. Also thanks very much for the brilliant pics." - **Kids Company**

"I am just writing to thank you for the amazing morning that my class and I had with you. Everything was so smooth and we all enjoyed it so much." - **Menorah High School for Girls**

"Just to say a big thank you for laying on the whitewater experience last weekend. They all had a fantastic time and I have had some very positive feedback from parents." - **11th Finchley Scouts**

"I write to express the belated but sincere thanks of the school community for the programme you ran for our Year 9 Students last month. The efficiency of your team, the quality of what they provided and the responsiveness of the offer was all excellent, and made for a really positive experience for our students and staff. Please pass on our gratitude to all those involved, and we look forward to continuing the relationship into the future" - **JCoSS**

"We are a class of young people with severe learning difficulties so to experience powering a bell boat as a team was a huge success and challenging for some. One young man had never been on a boat before and he had to overcome his massive fear to even step onto the safety boat. He managed after three weeks to get on board and thoroughly enjoyed the experience. Thanks you for the opportunities that you have allowed these young people to take part in - life changing experiences for many of them." - **Mapledown School**

"Just wanted to drop you an email to say how much the Y6 girls enjoyed their day kayaking and rafting. Each and every child returned saying how amazing and incredible the day had been. The teachers too were full of compliments towards you and your team." - **Beis Yaakov Primary School**

"We have used Phoenix Outdoor Centre for the past four years, mostly for kayaking but we have also been raft building and orienteering. The staff are excellent and our pupils have enjoyed considerable success because of this. There is much I could write about the professionalism, quality of instruction and overall sense of fun and achievement our pupils have experienced at Phoenix Outdoor Centre, but it is much easier to focus on the clear and simple fact that we deal with some very challenging young people, who have not all had the best start to their education. They all leave the centre happy, more confident and keen to go again. Self-confidence, positive behaviour and ability to make and maintain relationships are all improved because of this and trips to Phoenix Outdoor Centre have become a key component of our curriculum." - **Oak Hill School**





For more
information
get in touch:



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OUTDOOR CENTRE

For more information and booking:

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Phoenix Canoe Club and Phoenix Outdoor Centre are
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