



NUCLEAR RACES
WILD FOREST
OBSTACLE ACTIVITY CENTRE

Quality Badge awarded by



Council for
Learning Outside the Classroom

SCHOOL TRIPS

Request a quote or call **07970 739037**
Primary Schools Key Stage 1 & 2




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GOALS

- Engage children in a variety of exercise, accessible to nearly all.
- Teach skills to promote the foundations for a lifetime of health and fitness.
- Provide role models for advocating an active life.
- Create an environment that caters to individual needs.

AIM

Create an environment for children to explore, play and move, whilst promoting health and physical fitness. We nurture and strengthen motor skills and build children's movement repertoire, providing the steppingstones for a lifetime's engagement in physical activity.

PHYSICALLY ACTIVE STUDENTS HAVE:



**IMPROVED CONCENTRATION & MEMORY.
FASTER LEARNING.
PROLONGED MENTAL STAMINA.
ENHANCED CREATIVITY.**

PHYSICAL ACTIVITY PROGRAMMES AT SCHOOL HAVE BEEN SHOWN TO REDUCE ABSENTEEISM BY UP TO 20%.



RUNNING IS IDEAL FOR CHILDREN BECAUSE:
MOST ACCESSIBLE OF ALL SPORTS.
EASY TO SQUEEZE INTO BUSY SCHEDULES.
OPEN EVENTS EVERY WEEKEND.
FOSTERS A "GOAL" MENTALITY.
IDEAL FOR TEAM-BONDING.

PHYSICALLY ACTIVE STUDENTS HAVE 24% FEWER SICK DAYS



IN THE UK, 12.5% OF ALL SICK DAYS ARE ATTRIBUTED TO BACK PAIN.

REGULAR EXERCISE WHEN GROWING UP IS PROVEN TO REDUCE INSTANCES OF CHRONIC PAIN AS AN ADULT.



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44% OF CHILDREN ARE PHYSICALLY INACTIVE.

IN THE UK, MORE THAN 37% OF CHILDREN SPEND MORE THAN 4 HOURS A DAY IN FRONT OF SCREENS





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Turn “I Can’t” Into “I Can”

OUR SCHOOL TRIP PROVIDES THE PERFECT LOCATION FOR:

- Resilience life skills.
- Team-work, experience being part of a team, learning to delegate, lead, guide, mentor & follow whilst having fun.
- Mind-set & mental attitude boosts leading to new confidence.
- Making new friends, camaraderie.
- Appreciation that exercise and fitness can be fun & enjoyable.

These learning skills are examples of all aspects of our pedagogical practices here at Nuclear Races Wild Forest. Pedagogy in this context can be evidenced by the very nature of learning in a natural environment which is educational, experimental, experiential and stimulating.

We believe bringing children to Wild Forest puts them in touch with their more sensitive side through contact with nature, tranquillity and peace. We will work with you to create your own school trip including a life skills experience your pupils will never forget.

SCHOOL VISIT EXAMPLE

10am • Arrive dressed ready for the event. Meet the team and safety briefing
10.30am • 2 hour obstacle #Lovemud event
12:30pm • Hot wash down, change & lunch
1:30pm • Return to school

CAR PARKING

Free for up to 10 coaches or 150 cars.

BEHAVIOUR

Whilst we encourage fun, if students are misbehaving our staff have the right to remove participants from the activity.

WHAT TO WEAR

It is an outdoor activity, so wear something you don't mind getting muddy. Dress for the weather, we recommend trainers & lightweight clothes. (no cotton).

VALUABLES

Leave at home. Any valuables you Do bring will be left at your own risk.



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We will provide a full risk assessment for your trip. Nuclear has been awarded the Learning Outside the Classroom Badge which represents the approval by the Council of Learning Outside The Classroom & the Children's University Award.



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BOOKING AND SECURING YOUR SCHOOL TRIP

Simply contact our events team to check availability and to book your #lovemud visit. To do this you can either email sam@nuclear-races.co.uk or call the team direct on 07970 739037. Our mud experts will be on hand to arrange your day at Wild Forest. To secure your booking we require a deposit and full payment one month before the event. If your event is within 1 month of booking, then full payment will be required.

DO YOU HAVE HOME SCHOOLING RATES?

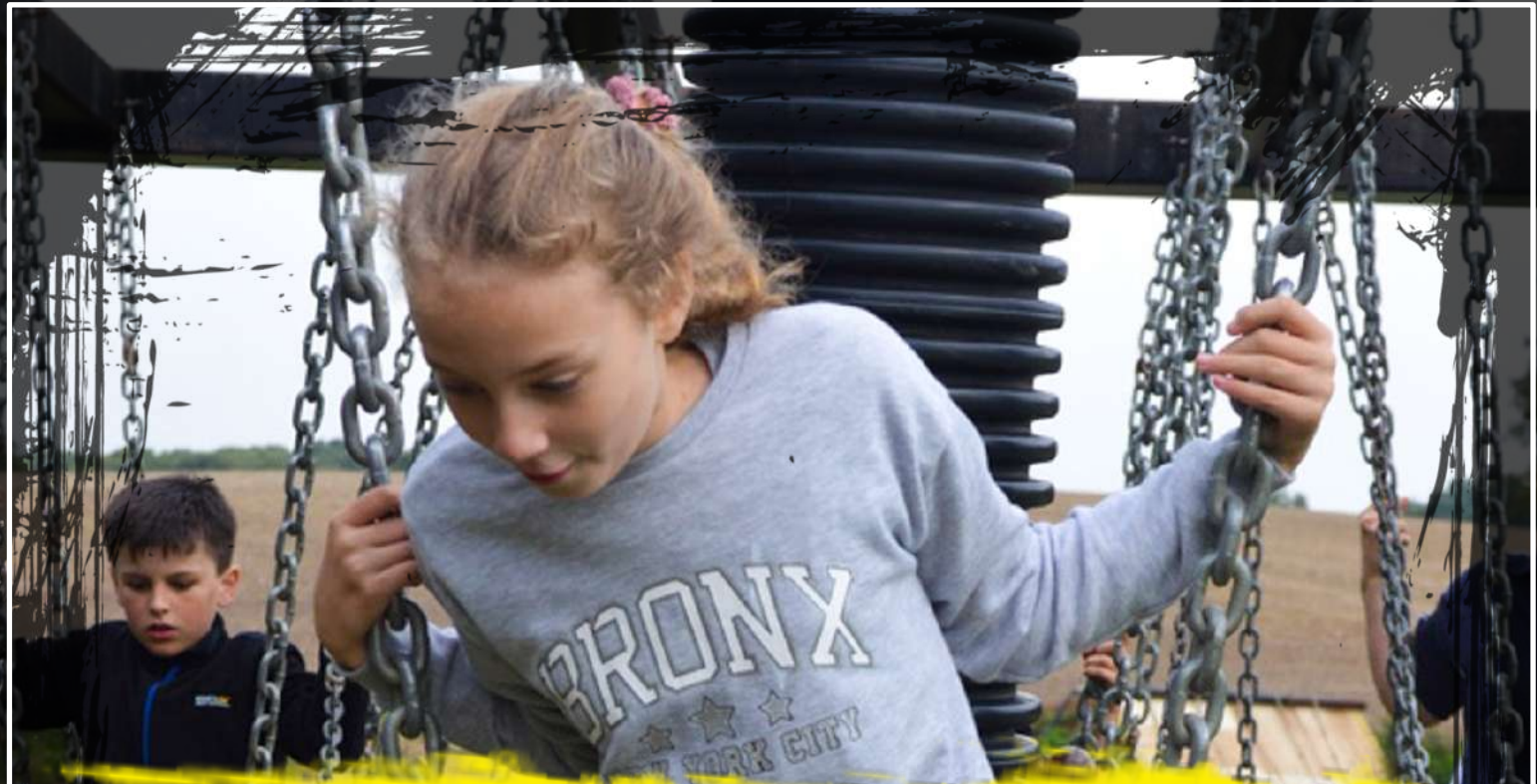
Yes, our home schooling rates are the same as the school rate and apply Monday – Friday within term time.

FINDING US

Please note, Wild Forest does not stick to the postcode boundaries so please don't rely on your Sat Nav to get you to us.

The address is Parsonage Farm, Kelvedon Hatch, Brentwood Essex CM15 0LA Access is directly on the A128 Chipping Ongar to Brentwood Road at Kelvedon Hatch. If you have GPS then use CM15 0LA.

This meeting point is NOT at the Bunker (but it shares the same postcode). If arriving from Ongar direction, the turning is before the Secret Nuclear Bunker main entrance on your left or if arriving from Brentwood direction, soon after the Secret Nuclear Bunker main entrance on the right. Look out for the black & white Parsonage Farm sign.



FAQS

WHAT HAPPENS IN BAD WEATHER?

Wild Forest is an excellent wet weather activity – and rain only adds to the #lovemud fun! The course remains open in all weathers, except when it is icy or during lightning.

WHERE IS THE HOT WASH DOWN & TOILETS?

Situated at our mud hut on site.

CAN WE BRING OUR OWN LUNCH?

Absolutely - there are picnic benches and grass areas around the mud hut.

ARE THERE WATER STATIONS ON SITE?

On hot days we can provide water stations on the course & drinking water refills are available in the mud hut.

DO I NEED TO BRING ANYTHING WITH ME?

All you need to bring is an old towel you don't mind getting muddy and a warm change of clothes with shoes.

WHAT SIZE OF GROUP CAN YOU ACCOMMODATE?

We can accommodate all sizes from a one class visit to the whole school year, we just keep increasing our #lovemud team.

OUR TEAM are qualified personal trainers who are DBS checked, first aiders and there will always be A water safety trained member too. Our back runners who ensure no one is left behind have all successfully completed a special Nuclear Training Programme.





DURING YOUR VISIT

1. A member of the Nuclear team will greet you when you arrive for registration.
2. We will give a safety briefing and let you know your schedule.
3. Enjoy your #Lovemud experience & have fun.
4. Hot outdoor showers and warm indoor changing room. Separate changing rooms for teachers.
5. Grass area for packed lunch.
6. A group photo will be sent to the group organiser.



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"Yet again, we have had the most amazing school trip with Nuclear Wild Forest. The team are so professional, organised and fun that we never fail to have the most wonderful time. The team excel at motivating and supporting every child (and adult!), encouraging us all to take risks and get up and try again if it doesn't go well the first time - every child leaves feeling valued and proud, whatever their capabilities or level of involvement is. This trip is the highlight on our school calendar and we can't wait to return!"

Chalkwell Primary School



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