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Out & About Project

May – September 2017

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| **When and Where**  | Greater Belfast Area, different venues(cycling paths, roads with light traffic)May –September 20175 sessions of cycling at a time that suits your club, morning, afternoon or evening sessions inc weekends. |
| **Agenda/ Activities**  | Young people will participate in outdoor cycling activities (off road and on road), a bike maintenance course, First Aid and a health and nutrition workshop.  |
| **Transport arrangements** | Transport arrangements to be confirmed – Pick-ups will be made where possible. Participants will be notified via their Club Leader. |
| **Equipment** | Bikes, helmets and Hi Vis bibs will be provided for use during the cycling sessions. |
| **Cost** | Free |
| **Emergency Contact Information** | Boys & Girls Clubs (B&GC)22 Stockman’s Way, Musgrave Park Industrial Estate, Belfast, BT9 7JUDonal: 07977906813B&GC Office: 9066 3321 |

**Equipment and Clothing List**

* Any necessary medication must be brought along and leaders made aware of it
* Bottle of water (provided)
* Waterproof jacket and bottoms (depending on the weather)
* Comfortable outdoor clothing (including possibly a lightweight fleece to carry, hat etc.)
* Small backpack to carry personal effects and water if required

**Please prepare for wet, cold, sunny and warm conditions! –**

**It is Northern Ireland.**

***\* B&GC will not be responsible for the loss of any personal belongings so can I please remind young people not to bring anything valuable \****

**INFORMATION**

Each young person must:

• Behave responsibly at all times.

 **HEALTH AND FITNESS**

The activities undertaken involve outdoor physical exercise (leisure cycling and walking). Participants can be exposed to cold and wet conditions.

Participants or their parents with concerns should only engage following positive advice from their doctor and should make their condition known to the instructor supervising their course.

Age: 14+