

# Get *active* at Outdoor Education Fife **COURSE PROGRAMME** **2019**

Outdoor Education Fife

Schools, Groups & Clubs

Outdoor Leaders Training and CPD

Events

Adult Courses

Young People's Courses

Launching and Equipment Hire

Adaptive Equipment

Lochore Meadows Community Sport Hub

Booking Conditions



Outdoor  
Education  
Fife



**ActiveFife**  
Way of life

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# The Centre

The Outdoor Education Centre is situated on the lochside within Lochore Meadows Country Park. The park has walking and mountain bike trails and orienteering courses. Centre facilities include a mobile climbing wall, public equipment hire, outdoor activity clubs and two minibuses for travelling off-site. There are great facilities including changing rooms, meeting areas and a wide range of up to date equipment.

The staff are well qualified, friendly and passionate about sharing their skills with you in the outdoors. All our activity staff have the relevant NGB qualifications and in house training in order to deliver a professional service.

We aim to provide outdoor activities for all ages and abilities and look forward to welcoming you, your family or group to Lochore Meadows Outdoor Education Centre in 2019.

## All Ability Facilities

We have a range of adaptive equipment including various bikes, boats and canoes for anyone who would benefit from specialist equipment. There are a number of hoists to help with access to equipment if required.

There is a fully accessible Changing Places facility on site.



# Schools, Groups & Clubs

## Curriculum for Excellence & PEPAS

We share the Scottish Government vision for outdoor learning in Scotland where all children and young people are participating in a range of creative outdoor learning experiences which are clearly part of the curriculum.

We encourage Schools & Groups to develop an ethos for learning outdoors.

We can support:

- PE Outdoors through activities like cycle training and climbing
- Physical activity challenges such as the Munro & Summit to Sea Challenge
- Curriculum outcomes through key skills like Finding your Way and outdoor cooking
- Raising attainment through delivering elements of the curriculum outdoors

## Natural Connections and Natural Connections Foundations



Fife Council's own awards based outdoor learning programme rewards effort, commitment and enthusiasm. It provides a structure for learning outdoors and can help embed regular outdoor experiences in your curriculum and programme planning. Foundations, Level 1, 2 and 3 cover all ages from P1 to secondary.

**Contact: Project Officer at [natural.connections@fife.gov.uk](mailto:natural.connections@fife.gov.uk)**

## Primary School Activities

Central to our programme is a fun day in a safe environment where children will have the opportunity to learn outdoors with a taste of adventure.

Primary Activity Sessions are best planned as part of a Natural Connections programme. You can choose a morning and/or afternoon of watersports, mountainbiking, climbing, orienteering or hill walking.

Ask us about the Munro or Summit to Sea Challenge.

## Secondary School Programmes

Most secondary school programmes are designed specifically to suit the needs of each group. Sessions with Outdoor Education Fife are most effective when part of a planned and progressive programme. Some recent examples are:

- Natural Connections
- Duke of Edinburgh Expeditions
- Flexible Curriculum programmes
- 7 Habits programmes
- Outdoor Learning Electives.

We have a number of very successful programmes with DAS groups.

## Community Groups and Clubs

Our aim is to provide an experience that will actively engage the group in meaningful activities. This can be a single session but is more beneficial as part of an ongoing programme including:

- Skills courses
- Development programmes
- Project support
- Multi-activity challenge days

**Friday Nights from May to September are set aside for activity sessions for youth and community groups.**





# Outdoor Leaders Training & CPD

We provide skills and leadership training at local and National Governing Body level for staff, volunteers and members of the public. Undertaking training with the team at Outdoor Education Fife will ensure that you become part of a supportive network as you plan your activities and adventures with your groups.

**The following training courses are FREE for Fife Council staff/volunteers**

## **Taking Learning Outdoors - LEAD TEACHER COURSE**

This course, endorsed by Education Scotland, is designed for staff that have a lead role in their outdoor learning programme. It covers key themes such as planning, local environments, procedures for going off-site and practical session ideas as well as a template for training and sharing ideas with colleagues.

## **Outdoor Learning Cards**

The easy to use card resource helps you to develop exciting and active learning outdoors sessions in your local environment.

## **Visit Leaders Training**

A nationally approved training course for staff leading groups on offsite visits. This is practical and relevant training based on Scottish guidance "Going Out There" and Fife Council procedures.

## **Evolve Visit Coordinator Training**

A nationally approved training course specifically designed for staff and managers providing support and advice for offsite visits in schools and organisations.

## **DofE Expedition Assessor Course**

Expedition Assessors are required to have their training, skills and learning accredited by the DofE.

Contact the Centre for information and course dates. **01592 583388** or email [info.outdoored@fife.gov.uk](mailto:info.outdoored@fife.gov.uk)

# Outdoor Leaders Training

You can join one of our skills courses or begin your journey to leadership and coaching with one of the recognised courses we run throughout the year:

## Courses Include

- Lowland Leader Award - **Page 10**
- Hill and Moorland Leader Award - **Page 11**
- Mountain Leader Award
- Expedition Skills Module - **Page 12**
- British Canoeing Paddlesports Instructor - **Page 15**
- Cycling UK Mountainbike trail Leader - **Page 9**
- Cycle Ride Leader
- Cycle Trainer & Cycle Training Assistant
- Fife Climbing Wall Leader



# EVENTS + ACTIVITIES

Here's a taste of some of the events we are hosting this year.

## **The Big Free Open Day**

**Saturday 27th & Sunday 28th April**

A fantastic FREE event brought to you by Outdoor Education Fife and the Lochore Meadows Community Sport Hub Clubs. You can have a go at a variety of activities including walking, orienteering, archery, sailing, paddlesports, mountain biking and more. Register in advance or on the day to get your activity passport and work your way round as many or as few as you want. For more information contact the Outdoor Education Centre.

Look out for more activities at Lochore Meadows Country Park throughout the year for you, your family or group including SUP, Bushcraft, Island Adventure, Paddlesports Adventure and Archery. Interested, then please contact the Team to discuss. Our telephone number is 01592 583388 or email: [info.outdoored@fife.gov.uk](mailto:info.outdoored@fife.gov.uk)

## **The Kingdom Crits**

A fun Series of events for aspiring mountain bikers aged between 6 and 18 years to get their first taste of bike racing in a fun, safe environment. Each round will be run by a different club in Fife between March and July. Spectators welcome! Come along to support this unique event. For more details [www.kingdomcrits.co.uk](http://www.kingdomcrits.co.uk)

## **SXC Round 5 Scottish Champs - Sunday 11th August**

Want a shot at becoming a Scottish XC mountain bike champion this year? The SXC returns to Lochore Meadows Country Park to join the Meedies bike club's 10th birthday celebrations and dial up the race action. For more information visit [www.sxc.org.uk](http://www.sxc.org.uk)

## **Open Water Swimathon – Sunday 8th September**

Choose your challenge 400m to 5km. More details to follow and on [www.openwaterswimathon.org](http://www.openwaterswimathon.org)  
Check the website for other events at Lochore Meadows including sailing regattas, open water swim races, cycling, triathlons and more. [www.fifedirect.org.uk/outdoorededucation](http://www.fifedirect.org.uk/outdoorededucation)  
[www.lochoremeadows.org](http://www.lochoremeadows.org)



## CYCLE SPORT & CYCLE TRAINING COURSE

### All Ability Bike Nights

This weekly session offers young people and adults with a physical, sensory or learning disability the opportunity to cycle under the guidance of Outdoor Education Staff. Cyclists of all abilities aged 12+ years who wish to attend should complete the Active Fife Registration Form available from:- **Anna Tizzard on 03451 555555 ext. 444974.**

Course	Date	Time	Venue	Age	Cost
Weekly	23rd Apr to 25th Jun 27th Aug to 10th Sep	5.30pm - 6.30pm 6.45pm - 7.45pm	Lochore Meadows	12+	£3
Weekly	17th Sep to 1st Oct	5.30pm - 6.30pm	Lochore Meadows	12+	£3

### Mountain Bike Journeys

Course	Date	Time	Venue	Age	Cost
<b>Great Glen</b>	23rd-25th Aug	Depart 5pm Return 7pm	Fort William to Inverness	18+	£120

One of Scotland's classic coast to coast routes! The route is a mixture of forest tracks, cycle paths and classic singletrack, it has some challenging sections where the route climbs high above the banks of Loch Ness and will provide a fun and exhilarating experience.

<b>Bivvy</b>	13th – 15th Sep	Depart 5pm Return 7pm	Venue TBC	18+	£100
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Looking for the challenge of travelling light, biking into a wilderness area, roughing it under a tarp, wild camping and cooking your own food along the way. This is the experience for you!

### Cycle UK MB Training

Course	Date	Time	Venue	Age	Cost
<b>MB Trail Leader</b>	3 Days Training + Assessment	9.30-4.30	Various	18+	£150

Cycling UK's Mountain Bike Trail Leader course enables you to lead groups on gentle terrain less than 600m above sea level. The course includes tuition for your own off-road skills, and assessment of your new-found skills.

## COASTEERING & CANYONING

Action and adventure in the tidal impact zone! Coasteering includes walking, scrambling, jumping and swimming along stunning sections of coastline.

Course	Date	Time	Venue	Fitness Required	Age	Cost
Coasteering	18th May	10.00am - 4.00pm	Elie	Confident Swimmer - Moderate Fitness for Scrambling on rocks	14+	Adults £30 U18 £15
Coasteering	17th Aug	10.00am - 5.00pm	Arbroath	Confident Swimmer - Moderate Fitness for Scrambling on rocks	14+	Adults £30 U18 £15

Canyoning is an exploration down a gorge; sliding, jumping, scrambling and abseiling.

Course	Date	Time	Venue	Fitness Required	Age	Cost
Canyoning	24th Aug	10.00am - 5.00pm	Bruar	Water confident and moderate fitness for scrambling on rocks	14+	Adults £30 U18 £15

## Mountain Sports - NGB Awards

### Lowland Leader Award (Training)

The Lowland Leader Award is for people who have some experience in leadership and outdoor instruction and wish to become qualified to lead walking groups in lowland countryside and woodland in summer conditions. You will learn skills as group management, navigation, emergency procedures, access and conservation, and environmental issues.

Course	Date	Time	Venue	Age	Cost
1	Sat 2nd & Sun 3rd Mar	Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 17+	£120
2	Mon 27th May & Tue 28th May	Mon 9am - 8pm Tue 9am - 6pm	Lochore Meadows	Age 17+	£120
3	Sat 9th & Sun 10th Nov	Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 17+	£120

For pre-requisites for the course please contact the Centre on

**01592 583388** or visit [www.mountain-training.org/walking/skills-and-awards/lowland-leader](http://www.mountain-training.org/walking/skills-and-awards/lowland-leader)

## Lowland Leader Award (Assessment)

Successful completion of this 2 day assessment course will qualify you to lead groups within the scope of the Lowland Leader Award.

Course	Date	Time	Venue	Age	Cost
1	Sat 23rd & Sun 24th Mar	Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 18+	£120
2	Sat 23rd & Sun 24th Nov	Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 18+	£120

## Hill & Moorland Leader Training

The Hill and Moorland Leader Award is designed for people who want to lead groups in the hill and moorland areas of the UK and Ireland. This award is a wonderful opportunity to learn the leadership skills required to feel confident about taking people out walking. As you may have guessed from the descriptive title of this award, it focuses on non-mountainous terrain. [www.mountain-training.org](http://www.mountain-training.org)

Course	Date	Time	Venue	Age	Cost
1	Fri 8th - Sun 10th Mar	Fri & Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 18+	£195
2	Fri 1st - Sun 3rd Nov	Fri & Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 18+	£195

## Hill & Moorland Leader Assessment

Get away from the paths and enjoy our wild places as a Hill and Moorland Leader. This qualification is used extensively by those involved with delivering the Duke of Edinburgh's Award as well as many walk leaders and outdoor instructors. Hill and Moorland Leaders operate in terrain that is generally more remote than that used by Lowland Leaders and not as steep or rocky as ground covered by Mountain Leaders.

Course	Date	Time	Venue	Age	Cost
1	Fri 15th - Sun 17th Mar	Fri & Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 18+	£195
2	Fri 15th - Sun 17th Nov	Fri & Sat 9am - 8pm Sun 9am - 6pm	Lochore Meadows	Age 18+	£195

## Expedition Module

This training and assessment module is for holders of the Lowland Leader and Hill and Moorland Leader awards who wish to lead and supervise groups on camping and overnight trips. It covers leading overnight expeditions, campcraft, outdoor cooking, remote supervision and poor visibility navigation.

Course	Date	Time	Venue	Age	Cost
1	Fri 10th & Sat 11th May (Overnight)	Sat 9.30 - Sun 4.00pm	Ochils or Lomonds	Age 18+	£120



## PADDLE SPORTS

### PaddleNight Splash

Every Monday night 6-8pm for open canoeing, kayaking or SUP. For 2019 the SplashNight will be a supervised session. Staff will be on hand to help with kit and organise a game or challenge towards the end of the session.

Course	Date	Time	Venue	Age	Cost
Weekly session	29th Apr - 9th Sep	6.00pm - 8.00pm	Lochore Meadows	8+	£8 Adults £4 Under 18s

**Please call the centre to book.** 8-10 years must be accompanied by a participating adult.

### PaddleNight Coach

Every Thursday night 6-8pm for open canoeing or Kayaking or SUP. During informal coaching sessions we will make use of the new Paddlesport Personal Performance Awards. The awards allow you to improve your skills and work towards the award of your choice. This year we will be able to support Open Canoe, Sit-on Kayak and Sea Kayak Awards. You can choose the craft and work at a level that suits your ability and how quickly you want to progress.

Course	Date	Time	Venue	Age	Cost
Weekly session	2nd May - 12th Sep	6.00pm - 8.00pm	Lochore Meadows	11+	£10 Adults £5 Under 18s

**Please call the centre to book.**

## Paddlesports Beginner

This year the beginners course will be using the new Paddle Start Award. You will have the opportunity to try canoe, sit-on and kayak. There is no formal assessment, you can progress at your own pace in the craft you prefer.

Course	Date	Time	Venue	Age	Cost
Beginner's Course	14th, 21st & 28th May	6.00-8.30pm	Lochore Meadows	14+	£60 Adult £30 U18



## Paddlesports Improver

This year the improvers course will be using the new Paddle Discover award. You will have the opportunity to try canoe, sit-on and kayak craft. There is no formal assessment, you can progress at your own pace in the craft you prefer.

Course	Date	Time	Venue	Age	Cost
Improver Course	11th, 18th & 25th Jun	6.00-8.30pm	Lochore Meadows	Age 14+	£60 Adult £30 Under 18

## Intro to Sea Kayaking

If you have some kayaking experience or attended some PaddleNight coach sessions this course will introduce you to paddling on the sea at one of Fife's sheltered coastal locations.

Course	Date	Time	Venue	Age	Cost
Intro to sea Kayak	Sat 29th Jun	9.30am - 4.30pm	Aberdour	Age 14+	£40 Adult £20 Under 18

## Intro to Moving Water

If you have some canoeing or kayaking experience or attended some PaddleNight coach sessions this course will introduce you to paddling on moving water up to Grade 2. This course is aimed at paddlers looking to progress towards running and playing on rivers. You will cover moving water techniques, rescue skills and safety information

Course	Date	Time	Venue	Age	Cost
Canoe or Kayak	Sun 15th Jun	9.00-5.00pm	Stanley	14+	£40 Adult £20 Under 18

## Paddle Journey

Join us for an exploration of some of Scotland's wild places. You will be expected to share the full experience including camp and cooking duties but all the logistics, planning and travelling is taken care of.

Course	Date	Time	Venue	Age	Cost
West Coast Sea Kayak	Fri 16th - Sun 18th Aug	Depart 9.00am Return 7.00pm	West Coast	14+	£120

A 3 day journey along the wild Atlantic west coast most likely around the Tayvallich area.

## British Canoeing Paddlesports Awards

Thinking of leading paddlesports groups or working towards coaching qualifications? The FSRT & Paddlesport Instructor courses are a great place to start.

Course	Date	Time	Venue	Age	Cost
FSRT	Thu 28th Mar	9am - 5.30pm	Lochore Meadows	14+	£60
FSRT	Sat 11th May	9am - 5.30pm	Lochore Meadows	14+	£60
Paddlesport Instructor	Thu 25th & Fri 26th Apr	9am - 5.30pm	Lochore Meadows	14+	£200
Paddlesport Instructor	Sat 18th & Sun 19th May	9am - 5.30pm	Lochore Meadows	14+	£200



## Guided Paddles

The main aim of the guided paddle is to enjoy a day journey at a location suitable for conditions on the day. We will choose venues that will offer the chance to explore some exciting rocky coastline and islands as well as any wildlife that crosses our path.

Course	Date	Time	Venue	Age	Cost
Sea Kayaking	Sun 26th May	9.30-5.00pm	Elie Area	14+	£40 Adult £20 U18
Touring (Canoe or Kayak)	Sat 1st Jun	9.30 - 4.00pm	Loch Leven	14+	£40 Adult £20 U18
Sea Kayaking	Sat 13th July	9.30-5.00pm	North Berwick	14+	£40 Adult £20 U18
Moving Water (Canoe or Kayak)	Sun 25th Aug	9.30-5.00pm	River Tay	14+	£40 Adult £20 U18
Touring (Canoe or Kayak)	Sat 7th Sep	9.30-5.00pm	Loch Lomond	14+	£40 Adult £20 U18



## SAILING

Lochore is the perfect setting for learning and improving your sailing skills. Great scenery, sheltered bays and clean water provide all the ingredients for a fantastic learning experience.

### Private Sailing Lessons

Sail Taster on Saturday Mornings, 9.30am-12noon, £20 per person), maximum 3 people, or 4 people if booking as one group

New to sailing and would like to have a go before committing to a full course? Book one of our Try Sailing Tasters.

Private lessons can be arranged through the centre. They are available at any time except Wednesday evenings subject to instructor availability.

Cost £75 (based on a maximum of 3 people sharing the lesson)

2.5hrs 9.30-12.00, 1.00-3.30 (or 6.00-8.30 Mid-week only)

- Sailing Refresher
- Sailing with Spinnakers
- Sailing Singlehanders
- Seamanship Skills

**Or speak to the sailing instructor about what you would like to learn.**





## Sail Nights £10

Join us every Monday night 6.00-8.00pm for a fun evening of sailing under the supervision of a qualified instructor. Get some top tips, learn new skills, have a race or just get wet. Ideal if you have completed a Start Sailing course or equivalent.

Course	Date	Time	Venue	Age	Cost
Weekly session	Mon 29th Apr - 9th Sep	6.00pm - 8.00pm	Lochore Meadows	8+	£10 Adult £5 U18

**Please call the centre to book.** 8-10 years must be accompanied by a participating adult.

## First Aid

A 2 day Outdoor First Aid Course is the qualification of choice for outdoor workers and a requirement for many National Governing Body (NGB) Instructor Awards. Courses are provided by our training partner First Aid Training Co-operative.

To check dates and to make a booking visit: [www.firstaidtrainingcooperative.co.uk](http://www.firstaidtrainingcooperative.co.uk)

If these dates are not suitable other courses are available through: [www.basp.org.uk](http://www.basp.org.uk)





## Kids Courses

**Outdoor Adventure Programmes** are available during the Easter, Summer and October holidays.

Activities will vary depending on the group and weather each day but we aim to provide a fun and challenging experience and may include sailing, mountainbiking, paddlesports, climbing, hiking archery, rock and jetty jumping and bushcraft including firelighting and outdoor cooking.

## Multi-Adventure

### Easter and October Holidays

On this two day adventure there will be different activities each day that will be decided according to the group and weather on the day.

#### Easter Holidays

Course	Date	Time	Venue	Age	Cost
Easter Adventure 1	Tue 9th & Wed 10th April	9.30am-3.30pm	Lochore Meadows	8-15	£50
Easter Adventure 2	Thurs 11th & Fri 12th April	9.30am-3.30pm	Lochore Meadows	8-15	£50
Easter Adventure 3	Tues 16th & Wed 17th April	9.30am-3.30pm	Lochore Meadows	8-15	£50
Easter Adventure 4	Thurs 18th & Fri 19th April	9.30am-3.30pm	Lochore Meadows	8-15	£50

#### October Holidays

Course	Date	Time	Venue	Age	Cost
October Adventure 1	Tues 8th & Wed 9th Oct	9.30am-3.30pm	Lochore Meadows	8-15	£50
October Adventure 2	Thurs 10th & Fri 11th Oct	9.30am-3.30pm	Lochore Meadows	8-15	£50
October Adventure 3	Tues 15th & Wed 16th Oct	9.30am-3.30pm	Lochore Meadows	8-15	£50
October Adventure 4	Thurs 17th & Fri 18th Oct	9.30am-3.30pm	Lochore Meadows	8-15	£50

## KIDS MULTI-ACTIVITY ADVENTURE COURSES

### Fun in the Park - 2 Days

Two days of action packed adventures based within Lochore Meadows Country Park.

Course	Date	Time	Venue	Age	Cost
1	Thu 4th & Fri 5th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£50
2	Thu 11th & Fri 12th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£50
3	Thu 18th & Fri 19th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£50
4	Thu 25th & Fri 26th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£50

### Outdoor Adventure - 3 Days

Similar to Fun in the Park but the group will go away for the day on Wednesday to a local hill, beach or bike trail depending on the group and weather conditions. The off-site day may involve watersports, coasteering, canyoning, mountain biking or hiking.

Course	Date	Time	Venue	Age	Cost
1	Mon 1st, Tue 2nd & Wed 3rd Jul	9.30am-3.30pm	Lochore Meadows	8-12	£80
2	Mon 8th, Tue 9th & Wed 10th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£80
3	Mon 15th, Tue 16th & Wed 17th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£80
4	Mon 22nd, Tue 23rd & Wed 24th Jul	9.30am-3.30pm	Lochore Meadows	8-12	£80

### Ultimate Adventure - 5 Days with 1 Overnight

Most days will be spent away at various locations exploring, splashing, biking or climbing. Wednesday or Thursday night (weather depending) will involve cooking and camping out either at a basic campsite or a wild camp.

Course	Date	Time	Venue	Age	Cost
1	Mon 29th Jul – Fri 2nd Aug	9.30am-3.30pm	Lochore Meadows	11-15	£150
2	Mon 5th – Fri 9th Aug	9.30am-3.30pm	Lochore Meadows	11-15	£150

## Have a Go Days

**Have a go days** give you the opportunity to try something new or have another go at an activity you have already enjoyed. Choose 1 day or all 5 for a Full On Adventure!

Course	Date	Time	Venue	Age	Cost
Mountain Biking	Mon 12th Aug	9.30-3.30pm	Trail Centre	8-15	£25
Paddlesports Away	Tue 13th Aug	9.30-3.30pm	Beach or River	8-15	£25
Coasteering	Wed 14th Aug	9.30-3.30pm	Elie	11-15	£25
Canyoning	Thu 15th Aug	9.30-3.30pm	Canyon TBC on the day	11-15	£25
Sailing	Fri 16th Aug	9.30-3.30pm	Lochore Meadows	8-15	£25

## MOUNTAIN SPORT Rock Climbing (11-15 years)

This course is an ideal way to learn new skills, meet people and enjoy climbing. It's all about the enjoyment of climbing and reaching new heights. In the event of poor weather a wall entry fee is required.

Course	Date	Time	Venue	Age	Cost
1	Thu 11th & Fri 12th Jul	9.30-3.30pm	Lochore Meadows	11-15	£60
2	Thu 1st & Fri 2nd Aug	9.30-3.30pm	Lochore Meadows	11-15	£60

## SAILING Sailing Stage 1 (8-15 years)

By the end of this 3 day introductory course you will have a basic understanding of how a boat sails and some experience of steering and handling the boat.

Course	Date	Time	Venue	Age	Cost
1	Mon 1st, Tues 2nd & Wed 3rd Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
2	Mon 8th, Tues 9th & Wed 10th Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
3	Mon 15th, Tue 16th & Wed 17th Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
4	Mon 22nd, Tue 23rd & Wed 24th Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
5	Mon 29th, Tues 30th & Wed 31st Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
6	Mon 5th, Tue 6th & Wed 7th Aug	9.30-3.30pm	Lochore Meadows	8-15	£90
7	Mon 12th, Tue 13th & Wed 14th Aug	9.30-3.30pm	Lochore Meadows	8-15	£90

### Sailing Stage 2 (8-15 years)

At the end of Stage 2 you will have a wide range of skills and knowledge and be well on the way to being a confident small boat sailor. Pre-requisites: Completed a Stage 1 Sailing Course.

Course	Date	Time	Venue	Age	Cost
1	Mon 1st, Tue 2nd & Wed 3rd Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
2	Mon 15th, Tue 16th, Wed 17th, Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
3	Mon 22nd, Tue 23rd & Wed 24th Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
4	Mon 5th, Tue 6th & Wed 7th Aug	9.30-3.30pm	Lochore Meadows	8-15	£90
5	Mon 12th, Tue 13th & Wed 14th Aug	9.30-3.30pm	Lochore Meadows	8-15	£90

### Sailing Stage 3/4 (8-15 years)

Having completed Stage 3 you will be able to sail in any direction and rig and launch your boat. You can regard yourself as a sailor, not a beginner. This course will also cover elements of stage 4 if you are ready for it.

Pre-requisites: Completed a Stage 2 Sailing Course with additional practice.

Course	Date	Time	Venue	Age	Cost
1	Mon 8th, Tue 9th & Wed 10th Jul	9.30-3.30pm	Lochore Meadows	8-15	£90
2	Mon 29th, Tue 30th & Wed 31st Jul	9.30-3.30pm	Lochore Meadows	8-15	£90

### On Board Sailing Club (8-15 years)

The On Board Club exists to provide regular, quality sailing opportunities for young people.

Course	Date	Time	Venue	Age	Cost
Stage 1-2	Every Sunday from 5th May - 27th Oct	9.30-12.00pm	Lochore Meadows	Age 8-15	Club Registration £10 / Weekly Cost £9
Stage 3-4	Every Sunday from 5th May - 27th Oct	1.00-3.30pm	Lochore Meadows	Age 8-15	Club Registration £10 / Weekly Cost £9

## SAIL NIGHTS

Join us every Monday night 6.00-8.00pm for a fun evening of sailing under the supervision of a qualified instructor. You should have completed a Stage 1 Course or equivalent. You will have the opportunity to practice before moving on to the next stage or just get out and enjoy a sail with friends.

Course	Date	Time	Venue	Age	Cost
Weekly session	Every Monday from 29th Apr - 9th Sep	6.00-8.00pm	Lochore Meadows	8+	£5

**\*8-10 years must be accompanied by a participating adult.**

## PADDLESPORT

### Discover Paddlesports (11-15 years)

This two day course is for those aged 11-15 years who have a little previous experience in canoeing or kayaking. It is great fun and packed with loads of new skills to learn in sit on, kayak, canoe or SUP.

Course	Date	Time	Venue	Age	Cost
1	Thu 4th & Fri 5th Jul	9.30 – 3.30pm	LMCP & Away Day	11-15	£60
2	Thu 18th & Fri 19th Jul	9.30 – 3.30pm	LMCP & Away Day	11-15	£60

### PaddleNight Splash

Every Monday night 6-8pm for open canoeing, kayaking or SUP. For 2019 the SplashNight will be a supervised session. Staff will be on hand to help with kit and organise a game or challenge towards the end of the session.

Course	Date	Time	Venue	Age	Cost
Weekly session	Every Monday from 29th Apr - 9th Sep	6.00-8.00pm	Lochore Meadows	8-15	£4

**\*8-10 years must be accompanied by a participating adult.**



## WATERSPORTS & BIKE HIRE

If you are a beginner or experienced you are welcome to hire from our wide range of watersport equipment. Our Water Safety team will advise you on suitable equipment and keep an eye on you while you enjoy your activity.

<b>Watersports Hire</b>	
Sat & Sun: 5th May – 29th Sep: Sit-on, Kayaks, Katakana, Canoe & SUP	1pm – 5.30pm
Mon – Fri 1st Jul – Tue 20th Aug: Sit-on, Kayaks, Katakana, Canoe & SUP	1pm – 4.30pm
Bank Holidays: 6th May & 3rd Jun: Sit-on, Kayaks, Katakana, Canoe & SUP	1pm – 4.30pm
<b>Sailing Hire</b> – Saturdays 5th May – 28th Sep	Session 1: 1pm-3pm Session 2: 3.30pm – 5.30pm
<b>New for 2019 - Bike Hire.</b> Enjoy a gentle ride round the loch or multi-use paths (5km) or try the network of green and blue graded single track trails throughout Lochore Meadows Country Park. Free Trail Map with Bike Hire or £1 to purchase. Sat & Sun: 6th April - 29th Sep Mon – Fri: 1st July - Tue 20th Aug Mountain Bike, Tandem, Adaptive Bikes, Tag along, Trailer	10am - 5.30pm 10am - 4.30pm

## OPEN WATER SWIMMING

Swimmers are welcome and are asked to sign in at Outdoor Education Reception (green building). Whenever possible we will facilitate swimmers ideally swimming from the sandy beach towards the island/channel. Please be mindful of any bank fishermen in the area. Swimming/launching is free and the normal facility charge of Adult £2 and Concession £1 applies for changing/showers. Swimmers should have 1 of the following safety measures

- **Safety kayaker**
- **Swim buoy**
- **Buddy**
- **Spotter from shore**

Occasionally we may refuse permission to swim in the case of certain events, a busy water area or very high winds. There is an organised swim session with safety cover every Wednesday 1st May to 11th Sep 6.30 to 7.30pm. Please contact the Outdoor Education Reception for more details on 01592 583388.

## HIRE PRICES

We have a variety of watersports equipment and bikes for hire. A user card is available for regular under 18 users. You are welcome to launch your own craft free of charge but please note that you must abide by the rules of the water (available from Reception). There is no dedicated water safety cover available if you have launched your own craft. During centre opening hours please sign in at Reception. A facilities charge is payable if you are using the changing/rooms. Adult £2 and Concession £1. Please be aware no motorised craft are allowed on the loch. Please contact the Outdoor Education Reception for more details on 01592 583388

<b>Paddle Sports Equipment Hire</b>	<b>Adult 1 hr</b>	<b>Conc 1 hr</b>	<b>Adult 2hr</b>	<b>Conc 2hr</b>
<b>SUP</b>	£10.00	£5.00	£15.00	£7.50
<b>Sit-on Kayak (Single)</b>	£6.00	£3.00	£9.00	£4.50
<b>Sit-on Kayak (Double)</b>	£10.00	£5.00	£15.00	£8.00
<b>Kayak</b>	£10.00	£5.00	£15.00	£7.50
<b>Open Canoe</b>	£12.00	£6.00	£18.00	£9.00
<b>Katakanu</b>	£15	(max 6 people – 1 hr session must include one adult 18+)		
<b>Group Kayak Rate (2 hours)</b>	£13.00 £6.50	(Groups with own instructor 4+ kayaks) includes kayak, buoyancy aid, wetsuit & cag.		

<b>Saturday Sailing</b> Session Times 1-3pm & 3.30-5.30pm	<b>Adult 2hr</b>	<b>Conc 2hr</b>
<b>Funboat /Topper</b>	£15.00	£7.50
<b>Pico /Feva (2 max)</b>	£20.00	£10.00
<b>4 Person Dinghy</b>	£30.00	£15.00

<b>Bike Hire</b>	<b>2 Hrs</b>	<b>3 Hrs</b>	<b>Full Day</b>	<b>+ Full Day</b>
<b>Mountain Bike (Adult)</b>	£10	£15	£20	£17
<b>Mountain Bike (Concession)</b>	£5	£7.50	£10	£8
<b>Bike Hire with Tag Along or Trailer</b>	£12.50	£18.50	£24	£20

## ADAPTIVE EQUIPMENT

Lochore Meadows is a great place for everyone, whatever your ability. The Park has a network of accessible paths for use by mobility scooters, power chairs and adaptive bikes. These can be hired from the Outdoor Education Centre.

### **Adaptive Bikes**

Bikes are available all year round, it is advisable to book in advance to check availability and avoid disappointment. We have a range of bikes for hire including recumbent and upright trikes, adaptive wheelchair bikes and tandems. Groups with carers or families can come along together to experience cycling in a traffic free area. For carers who haven't used the bikes before we can offer advice and training.

To ensure as many people as possible can enjoy the All Ability Cycles they are available for hire on an hourly basis at a cost of £3 and £5 for tandems.

### **Sailing Boats**

There are several different adaptive boats available these normally need to be booked with an instructor. Please contact the centre for details.

### **Paddlesports**

Most of our canoes, kayaks and the katakanu can be adapted for those with a disability.

### **Changing facilities and hoist**

There are a number of hoists and transfer equipment to help with access to equipment if required.

The centre has a fully accessible changing room with toilet, shower with height adjustable shower trolley and full coverage ceiling hoist.

### **Mobility Scooters**

There are a number of mobility scooters and power chair available for hire.

**For further information on all ability equipment or training please call the Outdoor Education Centre on 01592 583388 or email [info.outdoored@fife.gov.uk](mailto:info.outdoored@fife.gov.uk)**

# LOCHORE MEADOWS COMMUNITY SPORT HUB

**Lochore Meadows** is the home of one of Fife's designated Community Sport Hubs (CSH). Community Sport Hubs are based in local facilities and aim to increase the number of people of all ages participating in sport and physical activity in local communities across Scotland.

**Current clubs based at Lochore Meadows OEC are:**

## **Fife Canoe Activities Group**

Fife Canoeing Activities Group (FCAG) is an active, friendly club and is open to anyone who wishes to participate in paddle sport. The club runs weekly trips, evening pool sessions during the winter and coaching on the loch sessions in the summer on Tuesday evenings. FCAG hold various social events throughout the year for members, family and friends.

[www.fcag.co.uk](http://www.fcag.co.uk)

## **Meedies running Club**

The Meedies Running Club is a friendly running club for the Benarty community established in 2015. We cater for all abilities, gender and ages.

[www.meediesrunning.club](http://www.meediesrunning.club)

## **Meedies Bike Club**

Meedies Bike Club is a community cycling club based at Lochore Meadows Country Park in Fife. The club is run by volunteers from the local community supported by staff from Fife Council's Outdoor Education Centre. Find us on Facebook

[www.meediesbikeclub.co.uk](http://www.meediesbikeclub.co.uk)



**Community  
Sport Hub**



**Fife Sailability**

The club offers all the support and facilities required for disabled sailors to enjoy the sailing experience. With the specially designed Challenger dinghy and Hawk 20 keelboat and an excellent core of volunteer instructors and sailing buddy's the club is growing from strength to strength.

Email: [fife.sailability@gmail.com](mailto:fife.sailability@gmail.com)

**Kingdom of Fife Orienteers**

Our membership includes people who enjoy the sport simply for the fun of it as well as those who take it more seriously and compete at a national level.

[www.kfo.org.uk](http://www.kfo.org.uk)

**Open Water Swimming**

A swim session with safety cover is available on the loch from early May until mid September every Wednesday from 6.30- 7.30pm. This session is used by a number of swimming and triathlon clubs as well as individuals keen to train with safety support.

**Contact Outdoor Education Centre 01592 583388**

**Bums Off Seats**

Bums off Seats is a Fife Walking Initiative. We provide free local health walking opportunities in Fife and all walks are led by a trained team of Volunteer Walk Leaders. This is a Fife Council funded project with support from Active Fife and Paths for All.

[www.fifedirect.org.uk/bumsoffseats](http://www.fifedirect.org.uk/bumsoffseats)

**Outdoor Education Fife & Natural Connections**

Our team of qualified instructors are committed to ensuring you enjoy taking part in a wide range of safe, enjoyable and challenging outdoor experiences. Natural Connections Meadies Midgies levels 1 & 2 meet one Saturday each month. It is an outdoors activity and nature awards programme for young people age 8-16 years.

[www.fifedirect.org.uk/outdoorededucation](http://www.fifedirect.org.uk/outdoorededucation) **01592 583388**



**St Andrews University Sailing & Rowing Club**

These two University Clubs use Lochore as their training base as well as to host racing events throughout the season.

**RYA OnBoard Sailing Club**

An RYA programme to provide quality sailing opportunities for young people age 8-15yrs.

Learn to sail and participate regularly at the On Board Club every Sunday April – October.

**Contact the Outdoor Education Centre for more details 01592 583388.**

**Lochore Community Angling Club**

The Lochore Community Sport Hub run a community angling programme for children and adults to learn how to fish. The programme will teach you the basics of angling in a welcoming environment. All equipment is supplied.

For more information on the Community Sport Hub and local activities please visit [www.fife.gov.uk/activefife](http://www.fife.gov.uk/activefife)

**Young Outdoor Leaders**

This is a leadership and coach education programme for young people aged 16 to 18 years. Participants will receive training in all the centre activities and have the opportunity to volunteer with the community sport hub clubs.

**Contact the Outdoor Education Centre for more details 01592 583388.**



## BOOKING CONDITIONS

### How to Book

1. Phone the Outdoor Education team on 01592 583388 or email [info.outdoored@fife.gov.uk](mailto:info.outdoored@fife.gov.uk) for course inquiries.
2. You can pay for your course over the phone with your credit or debit card, or at the O.E. Centre with cash or cheque (made out to Fife Council).
3. Once payment has been made you will receive a course booking form, please complete this and email or send back to the Centre to confirm your booking.
4. Your booking will be confirmed in writing and course information sent out within 5 days of receiving your booking form.

Please note that bookings cannot be accepted without payment. If you are unsure of the suitability of the course, please contact the **Outdoor Education Centre on 01592 583388** to ask for advice.

Paddle Nights, Sailability, Sail nights and On Board club – please book over the phone and pay on the day.

### Who can take part?

Apart from age restrictions, courses are open to anyone subject to management approval. Employees of Fife Council and volunteers who would like the opportunity to take part in outdoor activities and who may use the activity to benefit others in the context of their work, may access some training courses at a reduced rate. Whenever possible we will make arrangements in terms of access and instruction for those with additional support needs provided we know in advance of the visit.

### Cancellations by the Customer

Changes or cancellations by the customer will be confirmed by email. Refunds will only be given if we can fill the vacancy, so applicants are advised to arrange cancellation insurance.

## **Cancellations by Lochore Meadows**

Whilst every attempt is made to ensure that courses run, occasionally we may need to cancel courses due to dangerous or unsuitable conditions. We will endeavor to give as much notice as possible. Occasionally courses may fail to reach a feasible minimum number. In these circumstances we will ensure you receive at least 5 days notice.

**In the event of cancellation by us for the above reasons, you will be offered either a full refund or an alternative date for the course.**

## **Safety**

All courses will be conducted in accordance with Fife Council guidance for outdoor activities and excursions.

All adventure activities carry an element of risk and by choosing to do an activity you (or your carer) accept this risk. If you're taking part in a watersport you may get wet and cold, as a mountain biker you may fall off. Minor cuts and bruises are not uncommon. You will also be out in the changeable Scottish weather.

Participants should have an appropriate level of fitness and be suitably experienced. Please ensure that any medical condition that the staff should be aware of is stated in the booking form. If in doubt, please check with your doctor.

You will be encouraged to participate fully in the course but the degree of challenge is yours to choose. You will be expected however, to comply stringently with our safety guidelines and procedures.

All Courses are run by competent staff to standards approved by the Adventure Activities Licensing Authority. Courses are designed to provide safe, challenging and enjoyable learning. All technical equipment can be provided.

## **Insurance**

All activities are covered by Fife Councils Public Liability Insurance. This does not include personal accident or belongings insurance. Participants should arrange their own insurance cover as necessary.



Outdoor  
Education  
**Fife**

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