Jurassic Coast Weekend Family Challenge

You can take part in this Challenge as a family and the July departure date. The Challenge is open to children aged 14 and over, provided they are accompanied by at least one parent or legal guardian. All other departure dates are restricted to adults of 18+ as normal.

To Register

To sign your child or children up all you need do is fill out a Challenge Registration Form per child and sign it on their behalf, alternatively visit our website and sign up on line at www.discoveradventure.com

The Cost

Registration Fee		Self Payment Option		Fundraising Target		Child's Donation to Charity
2010	**2011**	**2010**	**2011**	**2010**	**2011**	
£19	£29	£180	£180	£280	£280	£100

Some Frequently Asked Questions

How fit does my child need to be?
The Family Challenges we are offering are trips we consider suitable for a fit, active 14-year-old but, just like any other trip participant, training is essential. Under-18s can be fitter than many adults, but tend to have lower stamina levels. Any child joining this Challenge should therefore be prepared to train. Gym workouts are not usually recommended for children; family walking or cycling outings are ideal. Allow plenty of time for gradual improvement, so sign up to the Challenge as early as possible. In addition, children should be mentally prepared for the fact that their trip is designed to be challenging and home comforts will rarely be available!

How will my child feel at altitude?
From 2500m many people start to feel some effects of being at altitude, such as headaches, nausea and shortness of breath. Everyone is different, and it is impossible to predict how your body will acclimatise. Under-18s are still developing physically, so may acclimatise slower than you, and therefore feel more effects. This does not mean they will encounter any real problems, but it's even more reason to ensure your child is fit, strong and healthy before departure. Any trip at altitude has plenty of time to acclimatise built in and your group will have a trip doctor as well as experienced leaders and local guides, but if you are concerned please call us for advice.

Do both parents need to take part in a Family Challenge?
Not at all. Each parent/guardian can be responsible for up to two 14-18 year-olds. All members of a family group must register on the trip together.

What about accommodation on the trip?
In hotels you will normally share a room with your child(ren); on camping trips you may be split between two tents. Depending upon the make-up of your family unit there may be several options, but your child(ren) will never be expected to share a room or tent with a non-family member.

What are my responsibilities as a parent/guardian?
You must ensure the information we receive in advance is accurate for each member of your family. You are responsible for your child's behaviour at all times on the trip. Drinking alcohol is strictly forbidden for under-18s on our trips.

What if my child cannot complete the trip?
If your child is not fit enough to continue you will always be consulted but the decision ultimately rests with the Discover Adventure leader, who is responsible for the safety of the whole group at all times. In some cases your child will be able to rest in a support vehicle and perhaps rejoin the group later, but this is sometimes not possible. Your child must be accompanied by its parent/guardian at all times, so you must be prepared to abandon your own challenge if your child cannot complete it. If you are responsible for two children you will all be required to stay together. In case of an emergency, your tour leaders are responsible for deciding on or taking the safest course of action. Discover Adventure leaders are very experienced and your family is in very safe hands with them.

We are always happy to offer advice! If you are unsure about whether a particular challenge is suitable for you or any family member, please just give us a call on 01722 718444.

Discover Adventure Ltd Throope Down House Blandford Road Coombe Bissett Salisbury Wiltshire SP5 4LN
Tel 01722 718444 Fax 01722 718445 info@discoveradventure.com www.discoveradventure.com