

# Welcome to Cobnor Activities Centre...

**Cobnor Activities Centre is committed to providing high quality outdoor education.**

From RYA sailing courses and BCU kayaking to low ropes and climbing. It is staffed by an enthusiastic team, many of which have grown up attending courses and sessions at the Activities Centre and are very passionate about its aims. Their experiences give them the ability to empathise with the needs of young people. We also have the expertise to provide and implement programs to suit all abilities.

Located within Chichester Harbour, an Area of Outstanding Natural Beauty, Cobnor Activities Centre is the ideal venue to provide young people with stimulating learning experiences that will allow their achievements to be recognised.

Our residential facilities offer something for everyone. We have both full-board and self-catering accommodation as well as day visit facilities; much of this is new for 2010 with our fully refurbished log cabin. The Centre also has a new, purpose-built classroom, changing rooms and showers as well as a fully equipped campsite accommodating up to 60.

Having worked with a broad range of clients, from schools and youth groups to corporations, we are confident that this is a safe and healthy environment for people of all ages and abilities to enjoy.

We look forward to seeing you,

## **Mark Murray-Brown**

**BA Ed. (Hons) Dip HE Youth & Communities Studies  
Cobnor Activities Centre Manager**

Please feel free to give us your feedback.



## New and Improved Residential Facilities for 2010

The Residential Centre may be hired by any group for parties, functions or conferences. The Jubilee is also available separately to hire for private functions.

From October 2009-April 2010 work will take place in our residential facilities to provide more sleeping space, with two rooms designated to course leaders, as well as improved shower and toilet facilities. We hope you enjoy the changes, please feel free to give us your feedback.

### Main Residential Facilities

#### Log cabins

- Sleeps 38 (2 rooms of 1, 5 rooms of 4, 2 rooms of 8)
- Separate room for staff (sleeps 2)
- Full kitchen suite
- Mess hall
- Drying room
- Wash facilities in each bunk room
- Toilets
- Cubicle shower facilities
- Disabled access
- Internet access (on request)

#### Jubilee Building

- Sleeps 18 (1 room of 8, 2 rooms of 4, 1 room of 2)
- Kitchenette
- Patio area ideal for BBQs
- Disabled access
- Internet access (on request)

The log cabins and Jubilee Building can now be hired as separate facilities or as a complete unit if required.

#### Camping Facilities

- Bell tents (10 x sleeps 60)
- Marquees (2 x for meeting and mess space)
- Catering facilities attached to camp-field
- Option to pitch own tents for a fee
- Enough space for field activities
- Washing line available
- Toilet and Shower facilities (New 2010)

#### Educational Facilities

- Large meeting space
- Classroom with full IT facilities and support
- Big screen for presentations and films
- WI-FI access to broadband
- Separate facilities for teachers on request
- Quiet space to use as revision location out of season October-April



# Cobnor Activities Centre Camps, Courses, Sessions and Trips

## **Dingy Sailing Courses**

### **RYA Youth Sailing Scheme**

Stage 1, 2, 3 & 4

### **RYA National Sailing Scheme**

RYA Start Sailing Level 1

RYA Basic Skills Level 2

RYA Sailing with Spinnakers

RYA Day Sailing

RYA Seamanship

RYA Start Racing

RYA Dinghy Instructors

Pre-Entry Assessment

RYA Dinghy Instructors Course

Junior Introduction to Dinghy Sailing

Residential Sailing Week

Sailing Clinics

## **Powerboat Courses**

RYA Powerboat Level 1 & 2

RYA Powerboat Instructors

Pre-Entry Assessment

RYA Power Boat Instructors

RYA Safety Boat

## **First Aid**

RYA First Aid Certificate

HSE 4 Day Health & Safety at Work

## **Paddle Sport**

BCU Paddle Power Start

BCU Paddle Power Passport

BCU Paddle Power Discover

BCU 1 Star

BCU 2 Star

BCU 3 Star Sea-Kayak

BCU 3 Star White Water Kayak

BCU 3 Star Journeys

UKCC Paddlesport Coach

Level 1

UKCC Paddlesport Coach

Level 2 Training

Foundation Safety Rescue Test

Informal Kayaking Sessions

## **Continued personal development units**

Fitness for Paddlesport

Coaching Young Paddlers

Personal Kayaking Tuition

## **Duke of Edinburgh Award**

Bronze (for those aged 14 and over)

Silver (for those aged 15 and over)

Gold (for those aged 16-24)

We can help you fulfil the following sections for the awards: service, skills, physical recreation, expeditions and residential projects.

## **Mountain Biking**

British Cycling 2 Day Mountain Bike Leaders Course

Mountain Bike Expedition

Bespoke Mountain Bike Trips -

We can come to you

## **Summer Youth Weeks**

8 to 13yrs Multi-Activity Weeks

8 to 13yrs Summer Camp

13 to 16yrs Residential Sailing Week

14 to 16yrs Expedition Camp

## **Cobnor Chairboat Trips**

### **Build Your Own Multi-Activity Day**

We welcome groups to tailor their own programmes if they cannot find something to suit from our list of camps, courses, sessions and trips above.

Taster sessions of archery, climbing, abseiling, raft building, low ropes, problem solving, orienteering, mountain biking, paddle sport, sailing and harbour tours are also available on request. A typical taster session lasts between one and three hours.



[www.cobnor.com](http://www.cobnor.com)

# Cobnor Activities Centre

## Local attractions and amenities

**Our residential facilities are ideal for groups wanting to explore the local area and can be used as a base throughout the year.**

There is so much to see and do in and around Chichester, with its beautiful harbour, Roman history and easy access to the South Downs. We are also close to Portsmouth with its Historic Dockyards, Spinnaker Tower and plentiful museums.

Here are just some of the local attractions that may interest you when visiting the Centre and if you would like any more advice or recommendations, our staff will be happy to help.

### Chichester

- Bosham Quay and Church
- Chichester Cathedral
- Chichester Harbour Conservancy Education Centre
- Chichester Harbour Water Tours
- East Head and Witterings for geography trips
- Fishbourne Roman Palace
- Halnaker Windmill
- Kingley Vale
- Pallant House Gallery
- Petworth Park
- Selsey Lifeboat Station and Museum
- South Down's Planetarium
- Uppark
- Weald and Downland Open Air Museum
- Westgate Leisure Centre
- Goodwood
- The Festival Theatre

### Portsmouth & Southsea

- Blue Reef Aquarium
- D-Day Museum
- Historic Dockyards and Action Stations
- Playzone
- Pyramids Centre
- Spinnaker Tower

### Other

- Arundel Castle
- Arundel Wildfowl and Wetlands Trust
- Bognor Regis Butlins
- Hayling Island Lifeboat Station
- Gosport Submarine Museum



## Sailing fleet

### Laser Picos

This fairly small yet versatile dinghy can be sailed on your own or with a partner. It's excellent for children and agile adult beginners.

### RS Feva Dinghies

This can be sailed alone with just one sail or with a crew where you can use a jib and asymmetric spinnaker. A great training boat, encouraging more advanced sailing techniques.

### Bosun Dinghies

As the largest training dinghy in our fleet, The Bosun is very forgiving but no less exciting. It allows you to take your time with manoeuvres, making it the Ideal training dinghy for adults or children, taking up to 3 students or 2 students and an instructor.

## Land based

### Climbing Wall and Abseil Tower

Our climbing and abseil walls are ideal for beginners of all ages. There are harder routes on the wall for those who really get the hang of it!

### Orienteering

Map compass and go! Take part in our beginner's course around Cobnor and advance to our longer walks on the South Downs.

### Mountain Biking

Take part in a mountain bike session with our qualified mountain bike leaders. Learn basic mountain bike skills and go for a trek around the South Downs. We have mountain bikes for over 10s-adults. You can come to us or we can come to you!

### Raft Building

We'll show you the ropes and the lashing skills and you'll be equipped to build your raft out of barrels and poles. Then take it afloat and test out your skills.

### Archery

We teach the basic skills, throw in some games and you'll be hitting the target before you leave.

### Low Ropes and Problem Solving

These are excellent tools for groups that wish to improve team and individual skills. It uses many aspects of team building to develop awareness of others and promotes communication in a group.

## Powerboat fleet

### Plaining Craft RIBS

We use these mainly to safety boat our sailing fleets. We have three 5.5 metre RIBS that are also used to provide stable platforms for powerboat courses. Our 7 metre RIB can be used with our larger sailing dinghies for safety cover. In powerboat level 2 courses it's great for wave handling and high speed manoeuvres. She is sometimes used to provide trips around the harbour too.

### Commando

Our 4 metre Commando is used with our smaller sailing fleets for safety cover. We use it in our powerboat courses as an example of a tiller-driven outboard (as opposed to a steering wheel and throttled lever).

### Displacement Craft

#### Diesel Launch

This 5.5 metre craft is used as a safety boat for our larger fleets. It's also used in powerboat courses as an example of fixed shaft and tiller-driven displacement.

### Cobnor Chairboat

Specially designed for wheelchair users and others with limited mobility. Features a wide loading ramp, which lowers onto the shore for easy boarding. Dual control steering enables passengers in a wheelchair to operate the boat with help of the skipper.

### Paddling fleet

#### Open Canoes

Ideal for expeditions around Chichester Harbour and beyond. Can take 2 or 3 people.

#### Kayaks

Start as a novice and have a paddle or take part in a course. You can attach a spray deck to this boat in later courses.

#### Sit on Kayaks

Rather than sitting inside the kayak you will sit on top. Very suitable and stable for those just starting out and those with physical difficulties.

#### Sea Kayaks

Beginner level plastic Sea Kayak's, easy to use and suited for training, touring and expeditions. They can be used with or without a rudder.



# Cobnor Activities Centre 2010 Charges

Residential / Building Hire Charges			
	Peak Season		Off-Peak Season
	1st April – 31st Oct	Additional Occupants Surcharge	1st Nov – 31st Mar
Log Cabins (38 beds max) + Mess Hall & Kitchen	£330 per night minimum hire, includes allowance for up to 22 people	£12 per person per night	£300 per night, includes allowance for up to 38 people.
Jubilee Building (18 Beds max)	£200 per night minimum hire, includes allowance for up to 12 people.	£12 per person per night	£165 per night, includes allowance for up to 18 people.

Campfield Hire	
Marquee Use	£10 per day
STUART MORRIS Canteen	£25 per day
USE OF TENTS AND COOKING EQUIPMENT	£4.50 per person per night
HIRE OF SITE USING OWN TENTS etc	£2.50 per person per night

Facility & Equipment Hire	
Jubilee, Hall Only	£10 an hour
Classrooms (2 available)	£10 an hour
CHAIRBOAT	£60 per 3 hour session
WETSUITS	£2.50 per day or £12 per week.
CLIMBING WALL (with Centre Instructor)	£4.50 per person per session
LOW ROPES COURSE (with Centre instructor)	£4 per person per session. Based on a minimum of 10.

**V.A.T. is charged to all organisations not affiliated with:  
WEST SUSSEX COUNTY COUNCIL**

