**EXSITE2019 Participants Form**

Group \_     \_\_

Group Contact \_\_     \_\_ Sheet 1 of 1

Contact No \_     \_Contact Email\_

Group Choice of Activity (List preference 1 to 6)

Rock Climbing (Outdoors)

Sailing (Dinghy – Belfast Lough)

Sea Kayaking (Strangford Lough)

Canoe River Run (River Lagan)

Caving (Man Made - Belfast Activity Centre)

Scavenger Hunt

Participant List (Please include Leaders at top)

Name 1\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 2\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 3\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 4\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 5\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 6\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 7\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 8\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 9\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 10\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 11\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 12\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 13\_     \_ Gender M. [ ]  F [ ]  Date of Birth

Name 14\_     \_ Gender M. [ ]  F [ ]  Date of Birth

**Guidance.**

Fill in your Unit and your contact details

With regards to the “Adventurous Activities” please list your preference in order 1 to 6 for your Unit

Rock Climbing will be out doors and near the Mourne Mountains which is about 1hour 20 minutes drive away. It will be held in either a quarry or on Hen Mountain – The latter also involves a 20 minute walk to the rock face. In the event of bad weather an indoor venue will be substituted.

Sailing will be in Laser Pico or Laser Bahia Dinghy’s depending on experience and run in Belfast Lough (a tidal sea inlet) by Ballyholme Yatch Club – A registered RYA training Centre. Travel time about 20 minutes

Sea Kayaking will be in Strangford Lough around some of the islands near White Rock. Externally run by Mobile Team Adventure Travel time about 40 minutes

Canoe River Running – on the river lagan in the beautiful Lagan valley. The intention will be to canoe down a wear and down some rapids. This will be condition dependant. If flow is either too slow or too fast then it will be necessary to carry the canoes past the river features. However even a leisurely paddle can be enjoyable. Travel time about 40 minutes or 5 minutes if at Ardnavally Backwoods Subcamp

All of the above could be adversely effected by weather to varying degrees

Caving – Belfast Activity Centre – the £1m artificial caving complex is as challenging as many natural caves and includes an optional flooded passage at the end. Travel time about 40 minutes or 5 minutes if at Ardnavally Backwoods Subcamp

Scavenger Hunt – Not a permitted activity but will be run as a team competition. Location to be confirmed

Finally please fill in participants names, Gender and Dates of Birth.

If your unit has more than 14 participants, please fill in another form and alter the top right to read sheet 1 of 2, sheet 1 of 3, Sheet 2 of 2, Sheet 2 of 3 or sheet 3 of 3 as appropriate by over writing the numbers. Please ensure your group name and contact details are completed on ALL SHEETS. If you have to complete additional sheets, please also complete the activity preferences on each sheet – these can differ for each sheet if you wish as most activities have a session limit between 15 to 20.

Adventurous Activities – Numbers are limited for each activity and so you may not get your 1st choice. We will however try to ensure that your 1st or 2nd choice are included in one of your two adventurous activity sessions. The other one may be from further down your choice list, so it is important to fill in all your choices so that we can try to prioritize your choices.

Participant Medical and Dietary forms will be sent out early in the New Year.