



# Team Building Event – Sat 18 June 2016



## Information Pack

- Date:** Saturday 18 June 2016
- Scheduled Start Time:** 10.00am *NB. participants must arrive at least 15 minutes prior to their scheduled start time.*
- Meeting Point:** Tees Barrage Activity Centre, Stockton - Tel ( 01642 678000)
- Duration of event:** 2 hours plus changing
- Contact:** Lianne Pye

### Before the event

**Medical Consent Form:** All participants **MUST** complete a consent form prior to the event, which must be signed by a parent or guardian where under 18 years of age (accessed via our website).

**Please note that if this form is not completed you will not be allowed to participate in the event.**

**Water Quality:** All watersports activities take place on the River Tees, the water is fresh, clean off the Pennines however Tees Barrage cannot guarantee bathing quality as this is an open body of water. There are many factors that may change the quality of water from day to day and this is not drinking water, so please ensure that after using this facility or any other body of open water, that you clean your hands and shower before eating to reduce the risk of illness.

### Equipment List

Tees Barrage Activity Centre will provide you with the essential equipment you need for your activity, but there are some additional items you'll also need to bring along.

You will need to bring	Provided
Swimming Costume to wear under wetsuit	Wetsuit
Footwear such as old trainers	Safety Helmet
Towel	Buoyancy aid
Warm dry clothing and food & drink for afterwards	Showering facilities are available lockers require 20p or 50p