

Birthday Party Check List

Thank you for booking your child's birthday with boulders! Hopefully this pack will make things easier and help run things smoothly on the big day, you should find the Boulders Birthday Party invites in it.

Don't forget to let us know about any dietary or special requirements you may have in your group. At least a week's notice would be really helpful.

The whole party will normally last 2 hrs, 1½ hrs climbing activities and about ½ hr in the cafe.

Everyone will be taking part in a physical activity so come prepared in laced trainers and loose fitting sports kit and trousers no skirts please. It's worth making sure the elbows and knees are covered too – it'll help reduce the bumps and scratches!

What to do when you arrive.....

- Please aim to arrive **15mins before** the start of your party – this gives us a chance to ensure all the necessary paperwork has been completed.
- As soon as you get to Boulders please inform a member of reception staff you have arrived.
- It's really important that **every child has a parental consent form completed** by their Parents or Legal Guardians. Just hand them to a member of our reception staff.
- On arriving the kids are going to be REALLY excited by the climbing walls. Please help us by keeping them **off the walls** until the instructor is ready to start the Party. Remember we have a safety ratio of one instructor to eight children.
- The Birthday Cake may be handed to any member of the Cafe Staff. They'll bring it out with the candles lit when you have the food. Please **discuss any dietary requirements** with them.

What to expect on the day....

- We'll start by playing some fun games to get everyone warmed up ready for climbing.
- Next is the traverse wall where we'll do some low level climbing, this is great as it starts to teach basic climbing moves which will be needed on the big walls!
- After learning the basic moves we'll move over to the larger walls where everyone will get a chance to make a summit bid! We'll always do our best to make sure everyone gets as many climbs as possible. The number of climbs attempted is down to the dynamics of the group, but we've found we normally get at least two per person.
- After the summit bids we'll take off our harnesses and, if there is time, play some quick climbing games before sitting down for some food.
- Finally the instructor will bring the children back to the Cafe area. Once the instructor leaves the group please don't let the children back on the walls. We'd hate for someone to hurt themselves because they weren't being supervised by a qualified instructor.

Finally....

At the end of the party please ensure that parents arrive promptly to collect their children.

Please make sure you have read and understood our Bookings Terms and Conditions they are available at www.boulders-climbing.com.

If you have any further questions please don't hesitate to call us on 0845 52 118 50. See you soon!