

Experience Lulworth - Information for Participants



General:

Coasteering is an extremely fun activity in an environment that reveals much more than just the excitement of jumping into the water. On the session you will learn about marine life, geology, local stories but most importantly, how to be a safe and responsible participant. You will be fully briefed on how to move and jump safely and no previous experience is required.

Equipment:

You will be provided with the following equipment:

- Full length Wetsuit
- Buoyancy Aid
- Helmet
- Gloves
- Cap (if required)

You will need to bring with you:

- Old pair of trainers (must be closed toe and lace up) with good grip or wetsuit booties (NOT aqua socks unless they have some sort of fastening device)
- Shorts to go over the top of your wetsuit (this is to protect the neoprene)
- Swimsuit for underneath the wetsuit
- Towel
- Any personal equipment from the above list that you would prefer to wear
- Any personal medication (which can be stored in an instructors drybag)
- Most importantly - a sense of adventure

Safety:

Coasteering although exhilarating and exciting, operates in a very changeable and diverse environment. All of our guides have a huge amount of local knowledge, training and qualifications to deal with any number of instances. It is imperative that each member of the group listens to instructions and follows the lead guide's instructions at all times. Failure to do so may mean that the activity is cancelled and the entire group returned to the start point.

Stipulations:

The minimum age for participants is 8 years old. This however, is dependent on size, as wetsuits, helmets and buoyancy aids must be fitted correctly before any session begins. There is no maximum age but a certain level of fitness and mobility is required.

All participants must be able to swim 25m (one standard pool lengths) unaided.

Arrival and Meeting us:

Our team is part of the Lulworth Estate's countryside ranger and education team, thus we are based at Lulworth Cove in the Visitor Centre (postcode: BH20 5RQ for satnav's). You can park in the main carpark (pay and display) which is on the right of the main road into Lulworth Cove. Make yourself known to the receptionist who will then let us know you've arrived.

Medical:

Before the activity you will be required to sign a medical consent form. This will highlight any issues that may inhibit your participation. Please make us aware as soon as possible if anyone has heart conditions, back problems, suffers from seizures or has recently dislocated any joints as this may limit what can be done.

Any women who are pregnant will not be permitted to participate.

If you wear glasses, this does not mean you cannot participate. However it is strongly advised that you bring a toggle or strap to fasten these and that you are aware that there may be occasions when these need to be removed for a short amount of time (and stowed safely with your instructor).

Ratios:

Experience Lulworth operate at a group ratio of 1:6 with at least two instructors being with any group over at all times (some special circumstances can alter this). If your group has any special requirements please inform us as soon as possible to discuss how this will affect the ratio.

The session:

In most instances the session will last approximately 3 hours. This includes gearing up, safety checks, briefing before entering the water, intermediate safety talks and the final round-up. Of course, the majority of this time is spent in the water experiencing all that our majestic coastline has to offer. The session is completely 'challenge by choice'. No one will be forced to do something they are not comfortable with and in any instances where jumping off is the only option, this will be explained beforehand so as not to put anyone in a position where they can't back away. However, we encourage everyone to push their limits and not go home regretting something they wished they had done.

If you have any questions please feel free to contact us any time before your planned session.

Kind regards,

Experience Lulworth Team

Lulworth Visitor Centre, West Lulworth, Dorset. BH20 5RQ

01929 400155

education@lulworth.com