

Plymouth VTS ST1 Away Day

Wednesday 04 September 2019; 09:00 – 17:00
Roadford Lake, Broadwoodwidge, PL16 0RL

Location Map - <https://www.southwestlakes.co.uk/location/roadford-lake/#contact>

Please be aware that much of the day will involve outdoor activity, so make sure you bring appropriate footwear and wet weather gear.

Programme

09:30 Arrival; tea & coffee

10:00 Introductions, aims of the day & first group exercise

11:00 approx Mid-morning break

11:30 approx Small group exercise

12:30 Lunch

13:30 Core values

14:00 Outdoors exercise

14:45 approx Mid-afternoon break

15:00 Afternoon exercises

16:30 Final exercise & round up

17:00 approx Close