

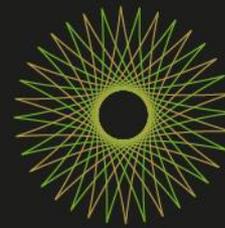
Oriam Tour, Play & Learn Packages

About Oriam	<p>Oriam, Scotland's Sports Performance Centre aims to provide our top sportsmen and women with the facilities, access and support services pivotal for successful performance on the international stage.</p> <p>Oriam is the performance base for both the Scottish FA and Scottish Rugby Union, as well as the sportscotland institute of sport (East), Basketball Scotland, Scottish Handball, Scottish Squash & Racketball and Scottish Netball. Oriam will provide athletes, coaches and officials with the facilities to create an exceptional performance environment that will re-affirm and strengthen Scotland's sporting credential and put the nation firmly on the world stage</p> <p>For a full list of facilities in Oriam's portfolio please see Appendix 1.</p>
Package 1: Tour Only	<p>About A full tour of Oriam will take around 45 to 60 minutes and includes:</p> <ul style="list-style-type: none">• The history and heritage of the site• All sports facilities, as detailed in Appendix 1,• Q&A with staff member with tour ending in the Bistro Kitchen <p>Each tour group will be led by a specific Oriam staff member.</p> <hr/> <p>Cost The cost for the tour is £5 p/p.</p> <hr/> <p>Numbers Minimum of 4 people per tour. Tours above 20 people will be split into smaller groups.</p>
Package 2: Tour and Learn	<p>About Oriam has retained and attracted some of the best sport professionals in the country within their respective fields and as such are able to offer groups a tour and learn package, which will not only allow access to the facilities but also to take advantage of the best practice work at Oriam in research and delivery.</p> <p>The tour within this package includes all of the above in package 1 but also includes a one-hour lecture on a topic of your choosing, delivered by the following department heads:</p> <ul style="list-style-type: none">• Sport Science• Sport Development• Health & Fitness <hr/> <p>Cost The cost for the package is £12 p/p.</p> <hr/> <p>Numbers Minimum of 10 people and groups above 20 people will be split into smaller groups.</p>

Oriam

Scotland's Sports Performance
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Package 3: Tour and Play	About	The tour within this package includes all of the above in package 1 but also includes a one-hour coached session on a sport of your choosing or a multi-sport session in one of the Oriam sports facilities (dependent on sport and facility availability).
	Cost	The cost for the package is £12 p/p.
	Numbers	Minimum of 10 people and groups above 20 people will be split into smaller groups.

Package 4: Tour, Learn and Play	About	This package enables users to gain the full experience of living the day as a professional athlete in Oriam. This package includes: <ol style="list-style-type: none">1. Access in via the performance wing reception.2. Access to a performance changing room for the day.3. A full facility tour as described in package 1.4. A coached sports session in a sport of your choosing.5. Performance lunch in private dining at Oriam's Bistro Kitchen.6. A be-spoke session, of your choosing, with a member of our sport performance staff.
	Cost	The cost for the package is £22 p/p.
	Numbers	Minimum of 12 people and groups above 20 people will be split into smaller groups.

Individual Tours	Oriam also offer tours for any individuals who wish to book on to our monthly tour. This is a full tour of all facilities as outlined in Appendix 1 and is charged at £5 per head. These tours will run on the last Friday of every month from 3-4pm.
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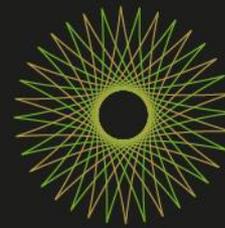
Staffing	Tours will be delivered by our Sports Development Assistant or Sports Development Manager. Coached sessions will be delivered by a range of high-level coaches, dependent on the sport. Lectures will delivered by our heads of department in each of the three areas identified, with additional costs attached to senior managers.
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Catering	Catering can also be included with your visit with a range of catering options available from the Bistro Kitchen, our in-house provider by Baxter Storey. This includes, but not exclusive to: <ol style="list-style-type: none">1. Tea/ coffee with homemade all butter Scottish shortbread in Oriam's Bistro Kitchen for £3.51 p/p2. Performance Lunch (Level 4) - £5.15 p/p3. Sandwich Lunch options from £6.14 p/p4. Deli Sandwich Lunch from £9.24 p/p
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5. Fork buffet lunches (hot and cold) from 14.40 p/p
All above prices exclusive of VAT

Booking Process Each group is required to fill out the Oriam Tour Booking form.
Please note that all tours are subject to availability of facilities and staff.

Support Oriam will look to support any local or charitable group to ensure the experience is affordable. This can be discussed during the initial enquiry.

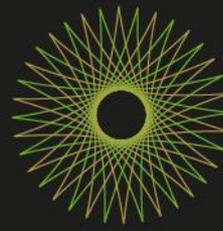
More Information For more information on any of these packages please contact Calum Easton, Sport Development Assistant, on C.Easton@hw.ac.uk

Please note: all above costs inclusive of VAT, unless stated.

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Appendix 1 - Facilities

Oriam's portfolio of facilities include:

1. Full size indoor synthetic pitch
2. Full size outdoor synthetic pitch
3. Five outdoor natural grass pitches
4. 60 x 40 indoor synthetic pitch
5. Two natural grass pitches
6. Twelve court sports hall
7. Four court sports hall (including climbing wall)
8. Eight squash courts
9. Three exercise studios
10. Bistro Kitchen (including space for private dining)
11. Fitness suite
12. Full conference facilities including five individual meeting room spaces
13. The performance wing of the facility also hosts world-class facilities for sports science, strength and conditioning and medicine facilities including a hydrotherapy facility, performance changing rooms and gym.

For more information on the facilities please [click here](#).

Please note: Facility availability will be dependent on the date and time of enquiry. There will be restrictions on tours when certain performance groups are using the facilities but we will work with you to find a suitable date to cater for your group's needs.

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