

Coasteering

Lily Carter had no idea what present she wanted for her 14th birthday. But she'd always been keen on challenging sports, especially to do with water, like surfing and sailing. So when her parents heard about an activity called coasteering – exploring rocks along the coast by climbing and swimming – they thought Lily would love it. They found a course offered at an activity centre called Porthdean, just along the coast from the family home, which was perfect. So after checking it was led by experienced instructors, they signed her up.

Lily had seen a TV show about coasteering, and was interested in doing it, although she'd thought only adults could take part. But then she discovered that on courses at Porthdean, there'd also be people her age jumping from rocks into the sea, and also exploring caves – which she was never normally allowed to do, so she really wanted to go. But she still asked her dad to go along too and, although he wondered whether he'd like coasteering himself, he knew how much Lily wanted someone to accompany her, so he agreed.

Lily and her dad drove to Porthdean, where they attended a session with their instructors to learn basic safety and techniques and be given helmets and special wetsuits to keep the cold out. The group they joined was quite small, which meant they got lots of individual attention. Says Lily, 'The entire trip was awesome – although the water was freezing! But our instructors encouraged the whole group so much, we were ready to try absolutely all the challenges, even stuff we hadn't expected at all, like jumping off high cliffs! I must admit, the one I jumped off wasn't that high, but Dad went much higher!'

'Anyway, Dad and I hadn't realised how hard it would be physically, so we were glad we were fit,' explains Lily. 'Even so, afterwards, we actually felt like we'd done loads of hard exercise in the gym! But I'll keep the memories of that trip forever, I reckon. And the instructors are

going to put a video of it onto the website, so my friends will see it. They'd never believe me otherwise!

- 1 Why did Lily's parents choose Porthdean for her coasteering present?
 - A It offered various courses in her favourite watersport.
 - B The instructors there were highly recommended.
 - C It wasn't too far away from where they lived.
 - D She had already tried some activities there.
- 2 How did Lily feel about the coasteering course?
 - A pleased that it included something she'd always wanted to try
 - B excited about doing the experience all on her own
 - C keen to find out more about what it involved
 - D interested to see whether she was the only teenager
- 3 Lily particularly liked her instructors because they made sure everyone
 - A was comfortable with the kit they were given.
 - B felt confident about the new things they would attempt.
 - C got the same amount of attention.
 - D knew all the activities they would take part in.
- 4 Lily says that after the course, she was
 - A happy she'd shared something so exciting with her dad.
 - B sorry she hadn't worked at getting fitter before she went.
 - C proud that her friends all thought she'd done well.
 - D surprised at how exhausted she was by the activities.
- 5 What would Lily text to a friend while she was away on the course?
 - A I don't think Dad was sure before he came that he'd enjoy it – but actually, he's been braver than me!
 - B I wanted to do the coasteering course, and mentioned it to my parents before my birthday. But I never expected they'd let me go!
 - C Our session before the activities was great, although I really didn't think I'd need a wetsuit for the cold – and I was right!
 - D Going into caves was amazing. I'd love to explore them by myself when we're next at the beach – I'm sure my parents will let me!