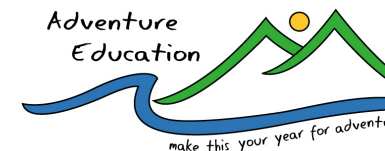


GORGE WALKING



Document last updated by Jenny Lantry & Paul Melling 17/03/12

PURPOSE	<p>Personal challenge. Group/shared responsibility, co-operation, team building. Create an activity and an atmosphere where an element of perseverance is required for success. Links with National Curriculum</p>	OUTCOMES	<p>Sense of achievement and meeting challenge, building both team and self esteem. Shared responsibility, trust in peers and safety awareness Enjoyment and 'fun factor' 'Real life' consequences for planning, co-operation, communication etc. Better understanding of river environments</p>
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EQUIPMENT CONCERNS	<p>Required All participants to wear wetsuit, buoyancy aid, helmet and sturdy footwear Leader should have first aid kit, throw line, group shelter or bivvy and means of communication (eg phone/VHF)</p>	ENVIRONMENTAL CONCERNS	<p>Required "Leave only footprints, take only pictures" Awareness of other users in the area Be aware of limited parking Ensure the group is as discreet as possible when changing Obtain Weather forecast prior to activity to ensure conditions are suitable for the group</p>
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STANDARD OPERATING PROCEDURES	<p>Before starting activity</p> <ul style="list-style-type: none"> • Suitable footwear and clothing • Any medication to be kept at hand • Weather check • Assess the group size in relation to prevailing conditions, location and group ability and tutor/adult/student ratios. 	<p>Pre-session briefing</p> <ul style="list-style-type: none"> • An appreciation of others using the area • Group control, changing, emergency procedures • Describe the activity, keep to scour path & demonstrate methods of helping each other (monkey grip) 	<p>End of session</p> <ul style="list-style-type: none"> • Return centre equipment, hang up wet kit in the dryin room • De-brief the group • Complete Session Sheet and any other paperwork necessary
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Essential equipment

Personal – Wetsuit, buoyancy aid, helmet, suitable footwear, personal medication

Group – Hot drink & snacks

Leader – phone/VHF, whistle, throw line, first aid kit, bivvy or group shelter

Minimum Leader Qualification	In house trained	Minimum Assistant Qualification	Responsible Adult
Max group size with Leader	8	Max group size with Assistant	12

Leaders must have an up to date and relevant First Aid

Hazard	Who's at risk	Control measures	Risk (minimal, manageable, unacceptable)
Drowning	Staff & Participants	Clear safety brief Personal protective equipment to be worn at all times Leader to hold relevant up-to-date qualifications	Manageable
Entrapped limbs	Staff & Participants	Advise Group of the danger and educate on ways to avoid this, such as testing with hands and feet before committing	Manageable
Tripping / falling over	Staff & Participants	Educate the group on movement and 'spotting' through rough or steep sections so as to avoid injury Ensure shoe laces are tied	Manageable
Weirs disease	Staff & Participants	Warn groups to stay away from stagnant water and to seek medical advice if they are concerned following the activity	Minimal
Traffic in car parks	Staff & Participants	Educate participants on the dangers of traffic and direct to safe areas	Minimal
Weather changes/Flash flooding	Staff & Participants	Instructor to have an up to date forecast and be aware of the local environment Review water levels before activity	Minimal
Medical Emergency	Staff & Participants	Communications to be carried at all times as well medical sheets available for paramedic use Personal medication should be carried at all times	Manageable
Hypothermia	Staff & Participants	Group clothing to be appropriate to time of year All participants to be monitored for signs of hypothermia Session length and content should be appropriate to the temperature and available kit	Manageable
Heat Exposure/Sun Burn	Staff & Participants	Sun cream to be available Group to be kept covered up and in shade where possible	Manageable
Bee / wasp stings	Staff & Participants	1 st aid kit to be carried by staff and any participants with allergies to carry personal medication with them	Manageable