

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Gorge Walking

Minimum Instructor Competence:
ML+SPA or LCL L2, plus Canoe Safety Test,
plus Approval of Technical Expert.

Date Reviewed: 20/11/10
Completed by: Clive Richley
Competence: Summer M.L./Canoe Safety
Is the activity acceptably safe if managed as
below? YES
Signature: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

- 1) Drowning
- 2) Impact of objects to head/head onto objects (trees/rocks)
- 3) Abrasion injuries to body and limbs
- 4) Twisting injuries to feet/ankle
- 5) Falling
- 6) Hypothermia
- 7) Exhaustion
- 8) Weils Disease (Leptospirosis) or environmental contamination

How to manage/control/reduce these risks safely (corresponding number)

Staff will hold relevant governing body qualifications and a first aid certificate. The matrix is approved by our technical expert Ray Goodwin MIC/BCU L5 Coach

- 1) Use individually fitted buoyancy aids
- 2) Use a correctly fitted helmet
- 3) Use individually fitted wet suit and cagoule
- 4) Wear suitable footwear, boots or wellingtons, not trainers
- 5) Use approved safety management and rope work techniques
- 6) Appropriate clothing for the time of year and expected weather conditions will be provided, eg. Fibre pile clothing
- 7) The location is chosen to take account of the capabilities of the participants
- 8) Locations are environmentally clean and open wounds are covered prior to the activity.

Activity instructors must ensure that full emergency escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office.

Summoning Help: A call out person is appointed before the activity takes place. This person is contacted on completion of the activity. If not contacted they will take appropriate action.

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MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Individually fitted buoyancy aid, helmet, wet suit and cagoule
- 2) Wellingtons or boots
- 3) Fibre pile jumper in cold weather
- 4) Underwear, T-shirt, socks etc. for use during the activity
- 5) Dry clothing to wear after the activity
- 6) Towel

Participants to report all equipment defects to the activity instructor immediately.

Instructor:

- 1) Company first aid kit
- 2) Bivy bag or survival shelter
- 3) Emergency food and hot drink when required
- 4) Throw line
- 5) Fibre pile suit or sleeping bag in a dry bag to be carried by bank support or participating staff
- 6) Safety equipment/rope/carabiniers to suit location

Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.