

# PRO-ACTIVE ADVENTURE

## Health & Safety Procedure: Camping

Minimum Instructor Competence:

Competent Adult

Date Reviewed: 1/03/18

Next Review Date: 1/03/19

Completed by: Clive Richley

Competence: M.L. Summer

Is the activity acceptably safe if managed as below: Yes

Signature: *C. Richley*

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

- 1) Hypothermia
- 2) Adverse Weather
- 3) Darkness
- 4) Wondering off, getting lost
- 5) Tent catching fire
- 6) Fumes
- 7) Slips, trips and falls
- 8) Other campers

### How to manage/control/reduce these risks safely:

Staff hold relevant first aid certificate

- 1) Correct erecting of tent and suitable sleeping equipment
- 2) Weather forecasts, choice of sheltered camp sites
- 3) Group advised to use torches
- 4) Boundaries of camp site made clear
- 5) No cooking in tents, naked flames to be kept away from tents, supervision whilst cooking, no fuel to be stored in tent
- 6) No cooking equipment to be kept in tent
- 7) Brief the group on the ground conditions
- 8) Groups tents to be kept close together in a group

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

### **General:**

- 1) Spare clothing
- 2) Appropriate footwear, NOT trainers
- 3) Matches
- 4) First Aid kit
- 5) Waterproof Clothing
- 6) Water
- 7) Tea/Coffee/Sugar/Milk
- 8) Map & Compass
- 9) Rucksack (Per Person)
- 10) Washing up liquid/Scouring pads
- 11) Torches
- 12) Mobile Phone
- 13) Sun Block – (If relevant)
- 14) Wash Kit/Towels

### **Minimum equipment to be carried : Camping**

- 1) Karrimats / Thermorests
- 2) Sleeping Bags
- 3) Trangia's
- 4) Mentholated Spirits
- 5) Fuel Bottles
- 6) Cooking Utensils
- 7) Flasks – (Hot Drinks)
- 8) Cooking Shelter
- 9) Food
- 10) Spare Tent pegs/Bungy Ropes
- 11) Water Purification Tablets
- 12) Bivy Bags
- 13) Cool Box – (For fresh meat & vegetables)

**Note: The instructor must remove any defective equipment from service, clearly mark the item with what is wrong and notify the stores person using a damage report form**