

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Gorge Walking

Minimum Instructor Competence:
LCML, ML or SPA training plus White water
or Swift water rescue training, outdoor specific
first aid course (REC L2 recommended) and
Approval of Technical Expert.

Completed by: Clive Richley
Competence: MIA, White water Safety and
Rescue, BCU L2.
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 have undertaken site specific training, hold an outdoor related first aid certificate and have substantial personal experience over a period of at least 6 months.

- 1) Use individually fitted buoyancy aids.
- 2) Use a correctly fitted helmet.
- 3) Use individually fitted wet suit and cagoule.
- 4) Wear suitable footwear, e.g. wellies, boots or sturdy shoes but not open toe shoes or plimsolls. Brief group on movement, eg place feet on flat horizontal surfaces, not on shiny black surfaces, keep feet in water.
- 5) Use approved safety management and rope work techniques (within remit of instructor).
- 6) Appropriate clothing for the time of year and expected weather conditions will be worn, eg. Fleece 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 details of location and group are left with an appointed call out person.

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) Good quality shoes, Wellingtons or boots
- 3) Fleece jacket 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) Bivvy bag or survival shelter
- 3) Emergency food and hot drink when required
- 4) Throw line
- 5) Spare warm clothing or sleeping bag in a dry bag to be carried by bank support or participating staff
- 6) Safety equipment/rope/carabiners 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.