



# **Adventure Trail**

## **Leader's Information and Safety Guidelines**

**Sixth Edition - September 2006**

***Note: All group leaders must read this leaflet, and sign and return the enclosed form to confirm that they have done so before the Adventure Trail can be used.***

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## **SAFETY AND INFORMATION FOR GROUP LEADERS ABOUT THE ADVENTURE TRAIL AT DALESDOWN**

These instructions on safety and how to use the Adventure Trail are very important. Please read them and make sure your leaders are also familiar with them, especially the relevant activity leaders.

**It is essential that all leaders supervising your group when using the Adventure Trail read this information and sign the enclosed form, indicating their acceptance of the rules.**

**The Dalesdown Adventure Trail** is laid out in a woodland area, using largely natural materials to provide a variety of adventure events for groups age 8 to adult. This facility is available all year round. Use of the area can be built into a group's programme to help young people develop new skills, encourage teamwork, build confidence, or just to have fun!

**The Adventure Trail is fenced off and the access gate locked. The group leader will be given the key on arrival, after receipt of the enclosed form accepting responsibility for the event.**

The Adventure Trail has been designed with your safety in mind but any of the events can be dangerous, particularly in wet weather or if used by inexperienced or unsupervised people or if used in a way for which the equipment was not intended. Horseplay must never be permitted.

Whilst Dalesdown (Family Foundations Trust Ltd) is responsible for ensuring that the Adventure Trail is safe to use, it is the responsibility of the supervising group leader to ensure that the group uses the area in a safe manner and adheres to Conditions of Use given in this booklet.

We want you to have an exciting, fun time, but above all a safe one.  
All the rules given are to help you achieve just that.

## **THE ADVENTURE TRAIL CONSISTS OF:-**

(see map)

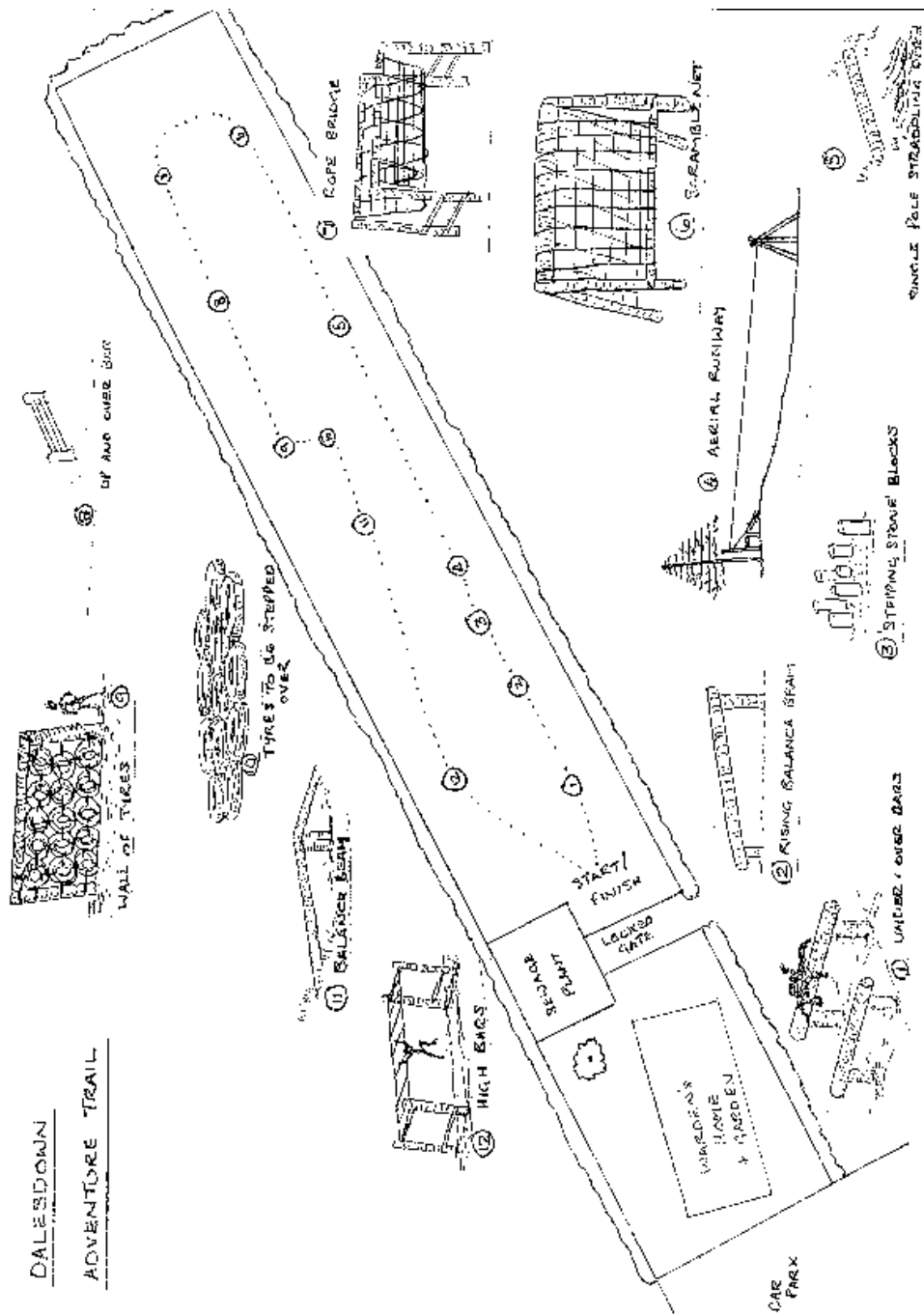
- 1 Under (0.4m) and over bars (1.0m)
- 2 Rising balance beam (0.35m - 0.75m)
- 3 'Stepping stone' wooden blocks (max ht 0.6m)
- 4 Aerial runway (mean ht 2.80m, length 20m)
- 5 Single pole straddling ditch (max ht 1.0m)
- 6 Scramble net on 'A' frame - up one side and down the other (2.2m)
- 7 Rope bridge - up by ladder, along swinging bridge, down by ladder (ht of walkway 1.3m)
- 8 Up and over wooden bar (0.7m)
- 9 Wall of tyres - up and over (2.0m)
- 10 Tyres to be stepped over
- 11 Balance beam (up bank) (max ht 0.8m)
- 12 High bars - up ladder, traverse by swinging along bars, down ladder (2.2m)

All obstacles have a safety impact-absorbing floor of bark chippings.

Stop watches and score sheets are available from the Dalesdown sports equipment store cupboard.

DALESDAWN

ADVENTURE TRAIL



## CONDITIONS FOR USE OF ADVENTURE TRAIL

1. Group members are NOT permitted to enter the Adventure Trail unless accompanied by a designated leader who is competent to supervise the group.
2. There must be sufficient leaders to allow a ratio of 1 leader to every 8 group members. Maximum group size using the facility at any one time is 24. Children under 8 may use the area only at the leader's discretion.
3. Any wilful damage or alteration to any of the events will be charged to the group at the Manager's discretion.
4. Knives are not permitted in the Trail area.
5. The Adventure Trail is intended to be used as a timed trial, with people using the trail in succession. If, however, the trail is used by a number of people at any one time, no more than 2 people are permitted to use the following events at any one time

Scramble net (event 6)

Rope bridge (event 7)

Wall of tyres (event 9)

High bars (event 12)

Only 1 person is permitted to use the Aerial runway (event 4) at any one time.

6. The Manager or Warden must be informed if any ropes become slack or any event is judged to be dangerous (Take no action yourself). Knots must not be tied or untied on any rope.
7. All accidents must be reported to the Manager and logged on the accident form held by the group leader, at the earliest opportunity.
8. **Use of any event in the Trail is at the group leader's discretion. Please inspect each one before use. If you are unhappy with an event's safety at the time (e.g. wet log walks that are slippery or events that are unsuitable for your group) then do NOT use it.**

# DALESDOWN

Honeybridge Lane, Dial Post, Horsham, West Sussex RH13 8NX

This form must be signed by all leaders responsible for your group when using the Adventure Trail. The access key will not be issued without it.

I AND ALL THE RELEVANT LEADERS HAVE READ THE ADVENTURE TRAIL SAFETY RULES. WE AGREE TO ENSURE THAT ALL MEMBERS OF OUR GROUP ABIDE BY ALL THE CONDITIONS IN THIS BOOKLET FOR THE USE OF THE ADVENTURE TRAIL AND ACCEPT RESPONSIBILITY FOR ITS USE.

Signed.....Date.....

Signed.....Date.....

Signed.....Date.....

(Attach separate sheet if necessary)

Group name.....

Date of visit.....

Please return this form to the Manager at Dalesdown before your