

DALESdown



ADVENTURE TRAIL

SAFETY GUIDELINES AND INFORMATION FOR TEACHERS

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

It is essential that all teachers supervising your group when using the Adventure Trail read this information and sign the enclosed consent 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 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 teacher in charge will be given the key on arrival, after receipt of the enclosed consent form.

The Adventure Trail has been designed with your safety in mind but any of the events can be dangerous, particularly 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 teacher 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.

If you wish to use this facility as a timed trial, a stop watch and score sheets are available from the Dalesdown office.

CONDITIONS FOR USE OF ADVENTURE TRAIL

Note: *All teachers must read this leaflet, and sign and return the enclosed consent form confirming that they have done so, before the Adventure Trail can be used.*

- 1 Pupils are NOT permitted to enter the Adventure Trail unless accompanied by a designated teacher who is competent to supervise the group.
- 2 There must be sufficient teachers to allow a ratio of 1 teacher to every 8 pupils. Maximum group size using the facility at any one time is 24. Children under 8 may use the area only at the discretion of the teacher in charge.
- 3 Any wilful damage or alteration to any of the events will be charged to the school 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, a maximum number of people of 2 people are permitted to use the following events :-

Scramble net (event 7)	Rope bridge (event 8)
Wall of tyres (event 10)	High bars (event 11)
- 6 The Manager 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 recorded on the accident report form immediately.
- 8 Use of any event in the Trail is at the discretion of the teacher in charge. Please inspect each event 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.

DALES DOWN

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

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

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

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

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

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

(Attach separate sheet if necessary)

School name.....

Date of visit.....

Please bring this form with you.