

# Brenin Adventures

## Trekking / Walking / Navigation –

### Operational Procedures



#### **Staffing & Ratios**

Appropriate qualifications:

- MT.UK BEL / in house trained & assessed for normal country / defined local routes set by management
- ML.UK WGL for open country
- ML.UK ML for wild country
- ML.UK MIA / MIC for routes involving mountaineering skills

Ratio 1 instructor : 10 clients – ratio appropriate to terrain / route & group ability / experience. 1:15 with an assistant / responsible adult. 1:20 with 2 assistants / responsible adults

Minimum of 4 participants per group when operating under remote supervision.

Instructors working alone must have an effective way of communicating with the centre base.

#### **Weather limitations**

Due regard must be taken of the prevailing and predicted weather conditions.

With appropriate clothing and restriction on route / operating area it should be able to operate in winds of up to F7-8. Routes need to be individually risk assessed with regard to exposure to the wind / weather. Groups should not operate in exposed wooded areas or ridges in high winds.

In winter conditions suitably qualified / experienced staff must supervise operation, and routes need to be individually risk assessed with regard to the prevailing / predicted weather and underfoot conditions.

In / after wet weather routes need to be individually risk assessed with regard to underfoot conditions.

Particular consideration must be given to suitability of escape routes in windy / wet / winter conditions, and to stream/river crossings in/after wet conditions.

#### **Venues**

Any location appropriate to instructor qualifications / experience.

#### **Instructor equipment**

Instructors should be equipped with:

- Map & compass
- Headtorch
- First aid kit
- Group shelter

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- Sunblock [if appropriate]
- Hot drink / water [as appropriate]
- Confidence rope / mountaineering equipment as appropriate to route & conditions
- Two way radio [where more than one group is operating at the same venue]
- Mobile phone
- Spare clothing [i.e. spare hat, warm jacket, survival blanket] appropriate to the conditions
- Sleeping bag if working in wild / remote country

## Participant equipment

Participants should be equipped with:

- Walking boots [as terrain dictates]
- Long trousers
- Clothing appropriate to conditions
- Rucksack
- Waterproof jacket & trousers
- Spare fleece / jumper
- Hot drink / Water [as appropriate]
- Emergency food
- Hat & gloves / sun hat [as appropriate]
- Survival bag in remote areas
- Emergency shelter & sleeping bag per group, when operating under remote supervision

## General Procedures

Before the start of any session, instructors must be fully aware of any medical conditions that may affect participation, and any specific requirements of the group.

Route details, escape routes and expected return times must be left in / notified to the centre office before departure.

Ensure you brief the group fully. Your briefing must include;

- Activity description / goals
- Safety rules / emergency procedures
- Weather forecast
- Expected ground conditions & terrain

Group control is very important. Any supporting adult needs to understand the site specific risks and their role & responsibilities.

When operating with remote supervision, sub-groups must be clear on the emergency / escape procedures and what to do if they become lost.

The group should be monitored throughout the activity and the session adapted as required [i.e. early finish / route alteration if group members are tired / cold or progress is overly slow].

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The risk assessment must be reviewed prior to departure taking into account prevailing conditions and recent changes, and monitored throughout the activity.

For expeditions in remote locations / wild country, an effective method for obtaining up to date weather forecasts on a daily basis must be in place, and the instructor must also have the skills & experience to evaluate changing weather patterns on the ground.

Risk factor	Control
Hypothermia / exposure	Appropriate clothing Modification of session / route to account for air / water temperature and group ability Escape routes Spare clothing Emergency shelter
Hyperthermia / heat stroke	Appropriate clothing Sunscreen Hats Sufficient water
Slips & trips	Route selection Briefing & group control Appropriate footwear
Cuts, grazes, bites & stings	Appropriate clothing Briefing to avoid stinging / biting plants / animals Care near fences
Drowning	Instructor briefing on operation near water Appropriate supervision Route selection to avoid dangerous short-cuts Review of stream/river crossings in/after wet conditions
Falls	Instructor briefing on operation near steep slopes / drops Appropriate supervision Route selection to avoid dangerous short-cuts Review of route in/after wet/winter conditions & high winds
Bad weather	Up to date weather forecasts Evaluation of weather patterns 'on the ground' Emergency / alternative routes

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	Appropriate equipment & clothing
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