

# NEWLANDS ADVENTURE CENTRE AND KESWICK CLIMBING WALL

## GHYLL SCRAMBLE

**ALL OUTDOOR ACTIVITIES CAN BE DANGEROUS ALTHOUGH WE SEEK TO MINIMISE THE DANGER, YOU PARTICIPATE AT YOUR OWN RISK. IN ORDER TO MINIMISE THIS RISK THESE INSTRUCTIONS MUST BE FOLLOWED AND SHOULD YOU FAIL TO DO SO YOU WILL NOT BE ALLOWED TO CONTINUE WITH THE ACTIVITY. PLEASE NOTE THAT IN THIS CASE, NO REFUND WILL BE GIVEN.**

### ACTIVITY DETAILS

1. A Newlands Instructor will be present and in charge throughout the duration of the activity session and will tailor the session contents to the group's abilities and the local conditions.
2. The Ghyll Scramble is a wet descent of a Lakeland stream (Stoneycroft Ghyll), and involves jumping off waterfalls, sliding down rocks, wading through the stream, being submerged in cold water and climbing over rocks. You also have to walk along a quiet road and up a mountain track to get to the start and then back to Newlands.
3. You will be issued with a Wetsuit, helmet and windproof gaiters when you meet your instructor and they will show you the correct way to wear them and check that they are fitted correctly. They will also check what you are wearing is suitable and may give you extra layers to wear.
4. Please listen carefully to all instructions and ask the instructor for clarification if you are not sure about any of their directions.
5. Each section of the Ghyll has different instructions so you must make sure you listen carefully to the instructor and ask for clarification if you do not understand anything.
6. Be aware that you could get knocks, bumps and scrapes from the rocks, that the ground is uneven, that there may be hidden rocks and it can be slippery both in and around the Ghyll. You may also get cold and will be wet through.

### REQUIREMENTS:

**In signing the DAY ACTIVITY BOOKING FORM, you are agreeing to the following terms:**

- **I HAVE READ, UNDERSTOOD AND ACCEPT THE NOTES ABOVE.**
- **I AM PHYSICALLY AND MEDICALLY FIT AND HAVE DECLARED ALL MEDICAL CONDITIONS, MEDICATION I AM CURRENTLY TAKING AND OTHER INFORMATION THAT MAY AFFECT ME ON THE ACTIVITY.**
- **I AM NOT UNDER THE INFLUENCE OF ALCOHOL OR DRUGS.**
- **I WILL FOLLOW ALL INSTRUCTIONS GIVEN ABOUT SAFE PRACTICES.**
- **I WILL WEAR AND USE ALL SAFETY EQUIPMENT AS DIRECTED.**
- **I WILL ASK FOR CLARIFICATION IF I AM NOT SURE OF ANY INSTRUCTIONS GIVEN.**
- **I WILL ACT IN A SAFE AND RESPONSIBLE MANNER WHILE ON THE ACTIVITY AND UNDERSTAND THAT IF I FAIL TO DO SO, I WILL NOT BE ALLOWED TO CONTINUE.**
- **I UNDERSTAND THAT I COULD INJURE MYSELF WHILE PARTICIPATING ON THE ACTIVITY AND I TAKE PART AT MY OWN RISK.**
- **IF I CAN I WILL REMOVE ALL ITEMS OF JEWELLERY AND WILL NOT TAKE ITEMS SUCH AS MOBILE PHONES OR CAMERAS ON SESSION. IF I DO TAKE ANY OF THESE ITEMS ON SESSION I ACCEPT RESPONSIBILITY FOR THEM AND FOR ANY DAMAGE TO OR LOSS OF THEM.**

## **ARCHERY**

**ALL OUTDOOR ACTIVITIES CAN BE DANGEROUS.**

**ALTHOUGH WE SEEK TO MINIMISE THE DANGER, YOU PARTICIPATE AT YOUR OWN RISK. IN ORDER TO MINIMISE THIS RISK, THESE INSTRUCTIONS MUST BE FOLLOWED AND SHOULD YOU FAIL TO DO SO YOU WILL NOT BE ALLOWED TO CONTINUE WITH THE ACTIVITY. PLEASE NOTE THAT IN THIS CASE, NO REFUND WILL BE GIVEN.**

### **PLEASE NOTE:**

1. An Instructor will be present and in charge throughout the duration of the activity session and will tailor the session contents to the groups abilities and the local conditions. You may be indoor or outdoor, depending on the weather.
2. You will be issued with a bow, wrist guard and finger tab (if necessary) when you meet your Instructor and they will show you the correct way to use them. They will also check what you are wearing is suitable and may give you extra layers or alternative clothing to wear.
3. Please listen carefully to all instructions and ask the Instructor for clarification if you are not sure about any of their directions or safety procedures.
4. Be aware that you could get bruises from the bow string and that the ground is uneven in the archery field.

### **REQUIREMENTS:**

**In signing the DAY ACTIVITY BOOKING FORM you are agreeing to the following terms:**

- **I HAVE READ, UNDERSTOOD AND ACCEPT THE NOTES ABOVE.**
- **I AM PHYSICALLY AND MEDICALLY FIT AND HAVE DECLARED ALL MEDICAL CONDITIONS, MEDICATION I AM CURRENTLY TAKING AND OTHER INFORMATION THAT MAY AFFECT ME ON THE ACTIVITY.**
- **I AM NOT UNDER THE INFLUENCE OF ALCOHOL OR DRUGS.**
- **I WILL FOLLOW ALL INSTRUCTIONS GIVEN ABOUT SAFE PRACTICES.**
- **I WILL WEAR AND USE ALL SAFETY EQUIPMENT AS DIRECTED.**
- **I WILL ASK FOR CLARIFICATION IF I AM NOT SURE OF ANY INSTRUCTIONS GIVEN.**
- **I WILL ACT IN A SAFE AND RESPONSIBLE MANNER WHILE ON THE ACTIVITY AND UNDERSTAND THAT IF I FAIL TO DO SO, I WILL NOT BE ALLOWED TO CONTINUE.**
- **I UNDERSTAND THAT I COULD INJURE MYSELF WHILE PARTICIPATING ON THE ACTIVITY AND I TAKE PART AT MY OWN RISK**
- **IF I CAN I WILL REMOVE ALL ITEMS OF JEWELLERY AND WILL NOT TAKE ITEMS SUCH AS MOBILE PHONES OR CAMERAS ON SESSION. IF I DO TAKE THESE ITEMS ON SESSION, I ACCEPT RESPONSIBILITY FOR THEM AND FOR ANY DAMAGE OR LOSS TO THEM.**