

## Gorge Walking – Operational procedures

### **Staffing & Ratios**

Appropriate qualifications:

- MT.UK MIA / site specific in house training & assessment by tech advisor (Adrian Roberts/Matt Jones), and shadowing experience, in line with ML.UK approved procedures

Ratio 1 instructor : 10 clients, dependent on water levels. 1:12 with assistant.

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

### **Weather limitations**

Site specific risk assessments must identify level markers that can be checked before anyone enters the gorge.

During high water levels instructional ratios must be reduced.

Low temperatures will lower the acceptable duration of immersion. When air and water temperatures are below 10C the activity should be structured so that immersion is restricted to late in the session.

### **Venues**

Trannon Gorge above Llawr y Glyn

Any suitable gorge, following site specific assessment.

### **Site specific considerations – Trannon Gorge**

There is a prominent indicator rock above the access bridge.

The gorge is surveyed at the start of each operational season and after flood events by a tech advisor. The safe route through the gorge is identified and all instructional staff operating in the gorge are taken through this route at the start of the season and after any change.

Any observed change in the gorge environment / blockages / strainers / fallen trees must be notified to the office on return to the centre.

Access and egress points / routes are identified along the length of the gorge. These provide alternative routes in and out of the gorge and by-pass routes should conditions / groups dictate.

Each section of the gorge and obstacle within the gorge must be assessed for suitability, particularly in high water. Where there is any doubt sections / obstacles must be by-passed by the marked routes on the banks, or the session must be ended at the highest safe exit point.

### **Participant equipment**

- Buoyancy aid correctly fitted
- Swim wear
- Wetsuit
- Canoe cag

# Brenin Adventures

- Additional clothing appropriate to the conditions
- Helmet
- Suitable footwear [wetsuits boots / trainers / sturdy wet shoes] must always be worn. [Wellies, walking boots & flip flops are not acceptable].
- Participants must have a full change of warm clothing at an accessible location, a towel, and a hot drink / facility to make a hot drink (appropriate to weather conditions)

## Instructor equipment

Instructors should carry a folding saw to remove obstructions and manage the gorge environment.

Instructors should be equipped with:

- Wetsuit / drysuit
- Helmet
- Buoyancy aid
- First aid kit
- Knife
- Folding saw
- Spare hand-lines
- Two way radio
- Mobile phone [in accessible location]
- Spare clothing [i.e. spare hat, warm jacket, survival blanket] appropriate to the conditions
- Foil bag/blanket/survival bag
- Group shelter
- Spare Trainers
- Throw line [as appropriate according to venue]

## 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.

On arrival at the gorge, the instructor must check the level marker, assess whether the state of the gorge is suitable for the group and how the route through the gorge should be adapted.

Buoyancy aids and helmets must be checked immediately before the group enters the gorge.

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

- |                                |   |
|--------------------------------|---|
| • Activity description / goals | • Communication                           |
| • Safety rules                 | • Check all equipment is correctly fitted |
| • Hazards                      | • Check supporting adult understands role |

# Brenin Adventures

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

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

**The risk assessment must be reviewed on arrival on site to take into account prevailing conditions and recent changes, and monitored throughout the activity session.**

Risk factor	Control
Hypothermia / exposure	Appropriate clothing / wetsuits Modification of session / route to account for air / water temperature and group ability Escape routes Spare clothing
Flooding / drowning	Water level indicators Adequate weather forecast Escape routes
Entrapment	Route selection Site monitoring & maintenance Emergency equipment – saw & hand-lines Clean rope techniques
Slips & trips	Route selection Briefing & group control Spotting
Injury from jumping / slides	Site monitoring & maintenance Check all jumps slides before any client enters Briefing on correct technique Spotting as required
Poor communications	Briefing Use of hand signals where noise prevents clear communication