

Outdoor & Adventurous Activities



TOPIC AREA 1



Local Providers
e.g. GoApe



National Sports Centres
e.g. Holme Pierpoint, Tollymore, and Plas y Brenin



Voluntary Organisations
e.g. Scouts, Guides, Cadets and the Duke of Edinburgh Award.

SPORT STUDIES R187

Risk Assessment



TOPIC AREA 3

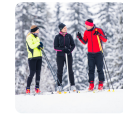
Safe Practice During Activities



Communication skills



Team-working skills



Identifying and clarifying any issues



Decision-making skills/problem solving skills

Equipment

Safety



Specialist



Technology



Comfort
e.g. reduced weight of equipment

Communication
e.g. Sound or visual alarms can be used to signal danger



Information
e.g. weather reports, location information and maps



Access & Transportation
e.g. rescue vehicles are capable of transporting people and equipment across difficult terrain



Safety
e.g. equipment is advanced and thoroughly tested

Clothing



Safety Clothing
Worn to prevent injuries



Specialist Clothing
Required to aid performance in a specific activity



General Clothing
More general items of clothing that can be worn during various activities

TOPIC AREA 2

TOPIC AREA 4

Benefits of Participating in Outdoor & Adventurous Activities



Mental benefits e.g. self-confidence, enjoyment, motivation



Physical benefits e.g. health and fitness, fresh air, sunlight



Social benefits e.g. communication, team working, problem solving