

Gorge Walking @ Dinas Rock (SA11 5NB)

CLIENT INFORMATION PACK

This wet and wild activity will see you climbing, swimming, and jumping your way up the gorge, following the ancient river to the gunpowder works! This activity takes place in Pontneddfechan and is suitable for all physically active persons aged 10 and above. Wetsuits, helmets and buoyancy aid are provided. Expect to get wet! Although available all year round this activity is best enjoyed from March to October.

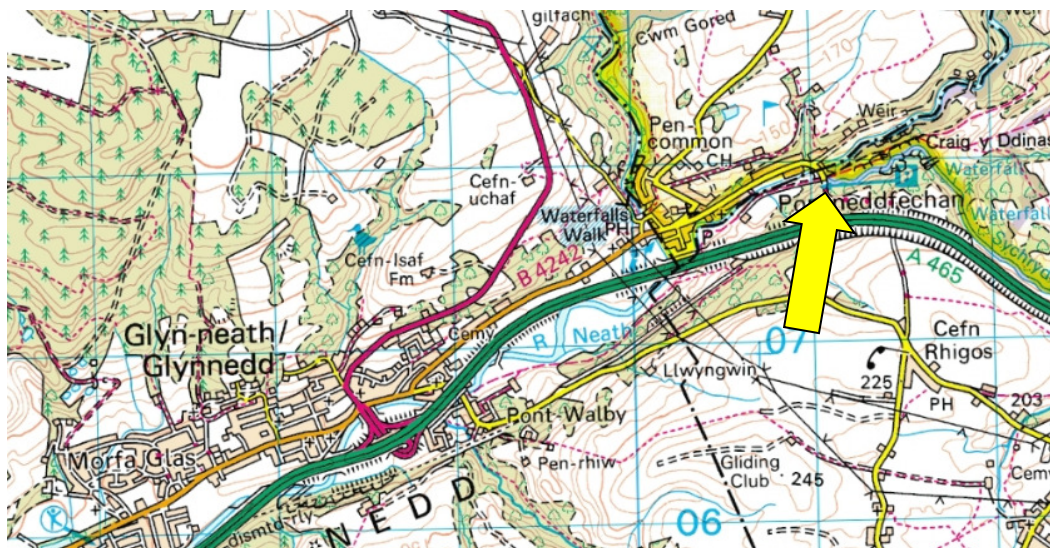


MEETING POINT / ACTIVITY LOCATION

Dinas Rock Carpark, Pontneddfechan, Neath, West Glamorgan, SA11 5NB.

Please note that the post code will take you to the right area but only to the closest B&B. The meeting location is at the Dinas Rock carpark, please use the instructions below to help you find us.

From Brecon and Merthyr follow The Heads of the Valley Road (A465) West following signs for Neath. From Swansea and Neath follow The Heads of the Valley Road North East (A465) towards Merthyr. At Glynneath take the A4109, towards Glynneath, Coelbren, and Dan Yr Ogor show caves. At the cross roads and traffic lights (almost immediately after taking the A4109) take the right turn followed by a left turn into Pontneddfechan. After passing the Angel Inn (and toilets) on your left and take the right fork (more of a straight on) at the Dinas Inn, into Dinas Road. Follow the road over the little narrow bridge into the carpark.



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ACCESS, PARKING, TOILETS & CHANGING

The carpark is Free. If there is no a parking available, please see one of our instructors on arrival.

Please do not park on the road in the residential areas.

Please note that there are no toilets at the gorge and that closest toilets are in Pontneddfechen near the waterfalls information centre outside of the Angel Inn pub. You will pass these on your way in so **please stop and use these free toilets before you arrive.**

At the carpark there are purpose built changing areas, but we suggest you bring a large towel to change under.

Please note that it this is a physically demanding activity and is not suitable for those in wheelchairs or with poor mobility. Please contact us for alternative activities should your group require easier access.

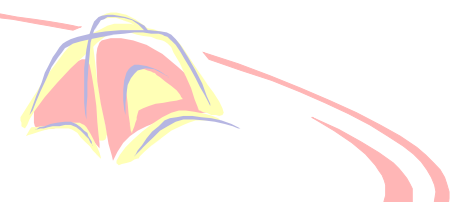
EQUIPMENT LIST

We will provide all participants a wetsuit and all safety equipment, but you will still need to bring the following equipment with you, including your own footwear.

We do not recommend bring electronic devices and cameras in to the gorge as they are easily damaged by water and knocks. Our instructors cannot take any responsibility for these items even if you ask them to carry it for you!

You will be able to bring personal medication into the gorge, and this will be stored in the instructors dry bag.

- Swimming shorts / costume for wearing underneath wetsuit
- Boots / Shoes / Trainers that can get wet – these need to be attached well to your feet and have a thick sole (*No wellies or water shoes, see suggestions below*)
- Socks (*non cotton are better as they help to keep feet warm when wet*)
- Complete set of warm dry clothes, dry footwear and a Jacket to wear afterwards, possibly warm hat in case you feel cold.
- Bottle of Drink
- Snack and packed lunch (if a day activity)
- Large Towel
- Medical / Consent form
- Any personal medication



GROUP SIZES

We normally operate with a ratio of 1 instructor to max 8 persons.
Where groups are larger than this a second adult / instructor will be provided by the company.

We normally expect one adult, operating with a duty of care, to participate when we are working with under 18s.
Please contact us if this is not the case.

WET WEATHER PLAN

The programme and activity may be subject to change at short notice depending on river / water levels.

Should it not be possible to provide the booked activity, School Camp Ltd will provide an alternative activity. Any alternative option will, wherever possible, have the same challenge and sense of adventure as those they replace, and if the alternative activity is of a higher cost, then you will not be charged more. Please note that any change of programme, based on safety grounds, will not be considered a breach of contract.

MEDICAL / CONSENT FORMS

You will be required to complete a medical / consent form before you can undertake the activity.

This information provides us with the information to tailor your session, taking into consideration any medical conditions you or your group may have. The same form states that you understand and accept the nature of the activity and any associated risks.

All forms can be completed online and can be found in the 'Forms for Teachers, School & Groups' section of our website. This can be accessed by following this link: <https://www.schoolcamp.co.uk/forms-teachers-school-groups/>

- 1) Completed online booking form - Due at the time of booking**
- 2) Group consent & Final Information Form, accompanied by student list** (if you do not have your own activity consent forms then you can use our individual template to collect the required information) - **Due 10 working days / 2 weeks before your event**

The consent & Final Information form provides us with permission for individuals to participate in the event and provides us with a medical background, dietary requirements and informs us of your male and female split. This information will ensure that the correct food and equipment is brought to the event, and enables us to support you during the event. In addition, it authorises us to provide any emergency assistance you may require.

INSURANCE & REGULATIONS EFFECTING THIS PROGRAMME

Insurance Policy

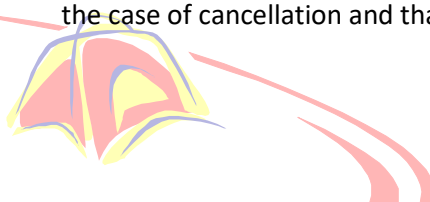
It is always reassuring to know that we have a comprehensive and outdoor activity specific insurance policy issued by Activities Industry Mutual. This provides public liability and product insurance of up to £10,000,000, which is above the industry standard.

You can download our Insurance certificate from the teacher downloads section of our website.

Personal Insurance

Insurance against personal loss resulting from the of loss of possessions, or financial loss resulting from your cancellation due to ill health, delayed transport arranged by you, extreme weather is not included or provided by the company.

We recommend that all customers take out an adequate insurance policy that will cover the full cost of their booking in the case of cancellation and that covered the value of the possessions to be brought on the trip.



Adventurous Activities Licence – AALA

School Camp Ltd holds Adventurous Activity licence (AALA) issued by the Health and Safety Executive (HSE). Our licenced activities include; Kayaking, Open Canoeing, Improvised rafting, Rock climbing, Abseiling, Gorge Scrambling, Coast steering, Orienteering, Hill Walking & Mountaineering, and Off Road Cycling.

You can download a copy of our AALA licence from the teacher downloads section of our website or you can check our licence on the HSE website via this link www.aals.org.uk/aals/provider_detail.php?ref_no=R1911

Risk Assessments and Managing Risk

Every activity we provide is fully risk assessed to the best of our ability. We risk assess each location and activity and provide the necessary equipment and run the activity in a way that minimised the risk to the individual. In addition, dynamic risk assessments are completed continually throughout our events by our qualified staff. There is always a small risk when spending time and participating in activities outdoors. Students have been known to get blisters and small cuts and grazes and these are swiftly dealt with by our instructors. Parents should be made aware of the nature of the activities to be undertaken so that they understand the risk. You can download our risk assessment pack from the teacher downloads section of our website.

Learning Outside the Classroom Accreditation

School Camp Ltd is accredited with a Learning Outside the Classroom (LOTC) quality badge. This independent inspection process verifies the procedures the company has in place as well as the quality of the educational programmes we deliver.

More information about the quality mark can be found at <http://lotcqualitybadge.org.uk/>

ACCEPTANCE OF RISK

There is always an element of risk when spending time and participating in adventures outdoor activities. Participants have been known to get minor rope burns, as well as small cuts, bruises and grazes. These minor injuries are considered normal and are swiftly dealt with by our instructors.

Parents / participants should be made aware of the nature of the activities to be undertaken so that they understand the risks of the activity before providing their participant consent.

We feel that participants participating in our water sports understand about the existence and the symptom of Weil's disease. This infection is caught through contact with infected animal urine (mainly pigs and rodents) and is generally in contaminated water. It is typically contracted through open cuts and scrapes or through the lining of the nose, eyes and mouth. We recommend that participants cover all cuts and abrasions and avoid swallowing the water and that they wash their hands carefully before eating and drinking. Anyone experiencing flu like symptoms after contact with water should contact their doctor.

Whilst we feel duty bound to inform you of this disease, please be assured that according to British Rowing the chance of contracting the disease from recreational water is very small, that School Camp Ltd does not use locations that we feel may carry risk of Weils Disease, and that we have never had a recorded case of the disease.

