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## Ghyll Scrambling

### **INTRODUCTION**

Ghyll Scrambling is a powerful team building and personal development activity run as a wet or dry session. It can be either a full or half day session.

### **VENUES**

Tilberthwaite Ghyll, Stickle Ghyll, Black Beck, Church Beck

Any other venue must be approved by the Head of Centre or deputy.

### **STAFFING**

- Ratio: The normal instructor/student ratio.
- Staff should have knowledge of the venue. Mountain Leader Award and water safety awareness or suitable in-house training.

### **EQUIPMENT**

Centre provides all specialist equipment.

### **OPERATING CONSIDERATIONS**

- Consideration given to helmets, harnesses, buoyancy aids, footwear and wet suits according to conditions and venue.
- Groups should take appropriate clothing for the conditions and venue.
- Weather forecast, water levels and any dam release dates to be checked with awareness of implications.
- Awareness that the dynamic of a location can change and the implications this could cause.