

KS4 adventurous activities

Choose one or more of our adventurous activities to challenge students' team work and problem solving skills.

PHSE guidance; Health & wellbeing, Relationships, Physical education; take part in outdoor and adventurous activity challenges

Orienteering

1 day course available all year

Route finding in Epping Forest using both signs from nature and maps & compasses.

Challenge yourself to navigate the woodlands of Epping Forest on your own and not get lost!

Bushcraft

1 day course (April - Oct only)

Have you got what it takes to survive on a desert island? Can you build a shelter to protect yourself or light a fire if you have no matches?

Shelter building

Half day course available all year

Work in groups to plan and build a shelter in the forest in which you could stay overnight using only natural materials. Before beginning to build carry out a risk assessment of the activity and have opportunities for self-assessment and reflection during the day.

Team building challenges

Half or full day course available all year

A mystery package of fun, outdoor challenges to test your resilience, team work and bravery! Tower building, swamp crossing, rope balancing, animal handling and many more.





EVENT SPECIFIC RISK ASSESSMENT



Visit details: KS4 adventurous activities

Carried out by: Suntrap

Date: Jan 2019

Issue	How to manage it
Understanding/behaviour	Class teacher to advise Suntrap staff of any student who may need extra support out in the forest to help them to follow instructions. School to ensure that there is appropriate adult: children ratios as required.
Medical conditions	It is school's staff responsibility to ensure they bring and administer medication needed for any particular student. Suntrap staff to check that school staff brings medication out into the forest. All adults to be made aware of any medical conditions. Suntrap staff will carry a first aid kit.
Getting lost	Keep within sight of teacher/adult & observe boundaries as directed by the staff.
Choking/Poisoning	No eating outside unless directly instructed by Suntrap staff.
Falling branches	During extreme weather conditions Suntrap staff will make an assessment to ensure it is safe to enter the forest.
Injury from horses/dogs or bikes	Group to be instructed to stand to the side, be quiet and still when horses, dogs or bikes are near.
Accident when crossing the road	Group to be instructed on follow safe procedures for crossing roads (Suntrap Line). No one to walk across the cattle grid.
Injury through falling & throwing	Climbing of trees and throwing sticks/stones prohibited.
Injury from collapsing shelter	Students to be instructed to not enter their shelter until a member of Suntrap staff has deemed it safe. Branches should not be added to the shelter while someone is inside.
Getting wet/cold	Clothing should be appropriate for weather conditions. i.e hat, coat and gloves. Wellies should be worn when walking through stream.
Soil borne disease	Students instructed not to put fingers in mouth during/after activities which include handling plants, soil and sticks. Hands should be washed with warm soapy water before eating lunch/snack.
Injury from picking up branches/sticks	Students instructed to do the following: Only lift heavy branches with 2 or more people, check they have adequate space before turning with long branches, do not take live branches off trees.
Risk of burns	Fires are only to be lit under adult supervision. Once lit, groups sit on their mat away from the fire pit. Water and a fire blanket are kept on hand to extinguish any fires that become unmanageable. First aid kits will include burn dressings. Students with long hair will be instructed to tie it back, or tuck it into t-shirt.
Fire getting out of control	Wind direction and speed may be unsuitable for fires, in which case an alternative activity will be found.
Food allergies	Teacher to ensure no students have allergies to any food cooked on the fire.