

Ingleborough Hall

Land based activity – Operating Guidelines

8 Low Level Activity Guidelines for Visiting Staff / Leaders

8.6 Local Walks

Walled lanes and valley floor footpaths; low level hill walks with specific route approval from HOC. (Other than Norber and Crummackdale, Waterfalls, Attermire, Turbary Road)

Hazards

In addition to the hazards that you identify at the time, please note the following:

Steep slopes and crags exist throughout the area. They can present problems of slipping and falling. Exercise great caution in descent and in poor visibility. NEVER allow anyone to run downhill; control is quickly lost and injury guaranteed. Position a member of staff at the front and within the group to maintain control. Keep off scree slopes.

Limestone pavement can be treacherous in wet weather when it is particularly slippery. In addition many clints (blocks) are loose, and the grikes (cracks) are breakingly deep. Traverse these areas with caution.

Barbed wire exists on a number of fences and walls alongside footpaths. Brief your group beforehand so that they can take extra care, especially when congregating at stiles and gates.

Streams and ponds are an attraction to youngsters. DO NOT allow swimming in pools. There may be underwater hazards. Wet rocks will be slippery. Footwear MUST be worn when paddling due to glass, rusty tins and sharp rocks. Local streams can rise rapidly and unexpectedly after heavy or continuous rainfall. Be aware that streams and rivers are powerful in spate; youngsters will be swept off their feet long before adults. Footbridges can also be slippery, and can become dangerous and/or impassable in high water conditions. Be prepared to turn back and follow a 'dry' alternative route.

Getting lost in some areas can be dangerous, due to featureless moorland, steep slopes and crags, and extensive limestone pavement. For this reason you must keep to your approved route. You *must not* go over the fell wall to Gaping Gill, or up onto the Moughton or Sulber areas, or cross between Long Lane and Crummackdale unless you have specific approval from the Head of Centre. See note on A65 under *Traffic*.

Caves, open shafts / potholes exist throughout the limestone areas. They can appear suddenly, or be concealed in shakeholes or amongst boulders. Some are over 100 metres deep. There are no fences or warnings. Cave entrances can appear inviting but can have pitches (drops) immediately inside. DO NOT allow running ahead, or hide and seek games, or unsupervised activity in these areas. NEVER throw stones down open shafts, even if you cannot see any ropes. There may be cavers down below who have descended from another

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entrance. *Keep out of all caves* unless you are an accredited Cave Leader and are running an approved caving session.

Traffic can appear very suddenly on the narrow roads in the area. Be alert and keep your presence on the tarmac to the minimum. Mountain bikes, farm vehicles and machinery can be encountered on tracks and lanes. In woodland areas keep a look out for forestry work including unstable log piles. Note that the A65 is extremely dangerous and should NEVER be used as part of your walk (either planned or unplanned). If crossing the A65 take extra care. Motor bikes often exceed 80 mph on this road. There is a tunnel en route to Clapham Station.

Operating guidelines

Clothing for staff and students should include sweater and waterproofs, and if appropriate hat, gloves and scarf.

Please abide by the Country Code, remembering to close gates, NEVER to climb drystone walls, to leave no litter, and not to disturb wildlife and farm animals. Carry out regular checks to ensure that everyone is accounted for. If you encounter problems consider retracing your route or phoning the Centre for advice.

Staff

Leaders should have prior personal experience of the route, and be confident in their ability to manage the walk safely. First aid competence is required, and a *first aid kit and polythene survival bag must be carried*. This is the absolute minimum. In poor or forecasted deteriorating weather a Group shelter should be carried. Spare clothing and a mobile phone may well be useful.

The maximum number of students in a group is 20, although this is reduced to 15 if your route leaves the valley floor. There must be a minimum of two staff with each group, increasing to three if the group exceeds fifteen.

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