

# Ingleborough Hall

## Land based activity – Operating Guidelines

### 8 Low Level Activity Guidelines for Visiting Staff / Leaders

#### 8.7 Stream / Village Study and Show Cave Walk via Nature Trail or Clapdale

##### Hazards

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

*Streams* are an attraction to youngsters. Wet rocks will be slippery. Footwear **MUST** be worn when paddling due to glass, rusty tins and sharp rocks. Close and continuous supervision is essential. **DO NOT** allow swimming in pools. There may be underwater hazards. 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. Note that just upstream of the Lake the Nature Trail track crosses a normally dry stream bed. This is Cat Hole Sike, and is extremely powerful and dangerous when in spate.

*Waterfalls* present additional hazards and should be avoided. There is one immediately downstream of the New Inn bridge; do not allow youngsters to go under the bridge. The upstream Clapham waterfalls are very dangerous due to loose rock walls. View safely from a distance.

##### **On the Nature Trail and around the Show Cave**

*The Lake* is cold and deep, and has underwater hazards that include currents, reeds, soft mud and rusty cans / broken bottles. Paddling and swimming are not allowed.

*Vehicles* do drive along the track to the Show Cave. They can appear suddenly around blind bends.

*Steep slopes* drop away sharply from the Nature Trail track; keep youngsters away from the edge in these areas.

*Barbed wire* exists close alongside the track between the Nature Trail and the Show Cave. Brief your group to take extra care.

*Cave entrances* exist adjacent to the track beyond the Show Cave; they can appear inviting but some have drops immediately inside, and / or deep water. *Keep out of all caves* (except the Show Cave) unless you are an accredited Cave Leader and are running an approved caving session.

*Stonefall* danger exists beneath cliff faces, including the Show Cave entrance and Trow Gill. Do not congregate for longer than necessary in these areas.

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*Getting lost* or deviating from the designated route can be dangerous, due to featureless moorland, steep slopes and crags, open shafts / potholes often concealed in shakeholes or amongst boulders, and extensive limestone pavement. The approved route is from Clapham up either (a) the Nature Trail and along the track to the Show Cave, or (b) the track to Clapdale Farm, and then down the signed footpath to the Show Cave track. Both routes can be extended from the Show Cave along the valley floor track to Trow Gill but no further. Return can be by either (a) or (b). You *must not* go above Trow Gill, or up over the fell wall to Gaping Gill, or anywhere off the approved route, unless you have specific approval from the Head of Centre.

### **In the village**

*Traffic* can appear very suddenly on the narrow roads, often at speed. There are few pavements. During weekends especially the roads can be busy with tourists. Be alert and keep your presence on the tarmac under control. Bikes, lorries, tractors, quadbikes and farm machinery can be encountered. 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 but it is dangerous in high water conditions.

*Road bridges* in Clapham are narrow and on blind bends, notably by the New Inn. Take extra care, especially if crossing the road. Also note that the road from the New Inn round to the garages has a totally blind bend; keep to the outside of the bend, opposite the Inn.

### **Operating guidelines**

Clothing for staff and students should be appropriate for the prevailing and forecasted conditions. Keep out of farm yards and private property unless on a pre-arranged visit. Carry out regular checks to ensure that everyone is accounted for. It is worth pairing youngsters together, operating a 'buddy' system for safety.

### **Staff**

Leaders should be confident in their ability to manage and supervise youngsters safely in a rural environment. First aid competence and the carrying of a first aid kit and survival bag is desirable but not essential within the Clapham village due to the close proximity of the Centre, and ready access to telephone and assistance. They are essential is venturing further afield (i.e. towards Clapham Station or up the Nature trail). Additionally, a mobile phone should be carried if venturing beyond the immediate proximity of the village, however, consideration should be given to its vulnerability to cold weather and areas of poor coverage, particularly when on the Nature Trail.

A staff student ratio of 1: 10 is recommended. If heading along the Nature Trail beyond the Lake a minimum of 2 staff is recommended.

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**Route to the Show Cave**

**Leave Ingleborough Hall via the side gate**



**Follow the road ahead keeping the church on your right hand side.**

At the end of the road, turn right.



**The entrance to the Nature Trail is immediately ahead. Clearly marked 'TRAIL & CAVE'**

Follow this through the trees, passing the lake on your right. Continue on the track. Upon exiting the trees the Show Cave is 400m further on your left.

Be aware of the blind bend immediately before the Trail entrance.

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### **Alternatively, if the Nature Trail is shut, use the route via Clapdale Farm**

Continue on the road for approximately 100m and turn right on to the track. Upon reaching the farm go through the gate ahead and turn immediate right (signposted Cave) heading steeply downhill. You will now reach the Nature Trail track where it exits the trees.

Mark this point for your return

