

Ingleborough Hall

Land based activity – Operating Guidelines

8 Low Level Activity Guidelines for Visiting Staff / Leaders

8.5 Waterfalls Walk (Ingleton)

Hazards

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

Narrow paths are present throughout the walk. You will need to exercise good group control, and walk at a pace that everyone can comfortably keep to. Do stop and carry out regular checks to ensure that you are not too spread out. NEVER allow anyone to run downhill; control is quickly lost and injury guaranteed. Position a member of staff at the front and back of the group.

Steep steps occur frequently. Exercise great caution in descent, ensuring that there is no pushing or indiscipline. Boot laces should be checked to reduce the chance of tripping. Rucsac straps should be worn on both shoulders to reduce sudden loss of balance. Position staff at the front and within the group to exercise control.

Steep drops into ravines are present throughout. Take heed of the warning signs and keep to the footpaths. Tree roots can present a trip hazard. DO NOT allow anyone to scramble on rocky outcrops or to climb fences. Brief your group of the hazards.

Slippery leaves / ice / snow all increase the above dangers. If you are in any doubt about the advisability of continuing, turn back or follow an escape route. Remember it is always going to be more hazardous on the descent.

Deep pools / fast water are an attraction to youngsters. The water is cold, the current is strong, and underwater obstacles exist. DO NOT allow paddling, swimming or jumping in. Nearby rocks will be slippery. Close and continuous supervision is essential.

High water / flood conditions can alter the character and seriousness of the walk. Some sections of the footpath can be underwater. Be aware that streams and rivers are powerful in spate; youngsters will be swept off their feet long before adults. Local streams can rise rapidly and unexpectedly after heavy or continuous rainfall. Flood pulses (a wall of water) have been seen in Swilla Glen, caused by intense localised thunderstorms high in Kingsdale. Know the weather forecast and be alert to changes. If necessary abandon the walk and turn back or follow an escape route.

Escape routes exist down the Kingsdale road (accessed by following the grass track above the cabin between Pecca Falls and Thornton Force) and down Oddies Lane (accessed from Twisleton Hall Farm or Beezley Farm). However both roads are narrow with blind bends. Traffic can appear very suddenly and at speed. Be alert and have someone at the front and

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rear of the group to warn drivers of your presence. It is normal to walk in single file on the right hand side of the road, facing oncoming traffic.

Operating guidelines

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

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.

Staff

Leaders should have prior personal experience of the area and route, knowledge of escape routes, and be confident in their ability to manage the walk safely and educationally. First aid competence is required, and a *first aid kit and polythene survival bag*. These items are the absolute minimum. Spare clothing may be useful. In poor or forecast deteriorating weather a Group Shelter should be carried. A mobile phone should be carried however consideration should be given to its vulnerability to cold weather and areas of poor coverage.

The maximum number of students in a group is 10 although smaller numbers are preferred. There must be a minimum of two staff with each group.

September 2018

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Waterfalls Walk – just below Beezley Falls

Flood Hazards



Figure 1: normal waterlevel



Figure 2: flood waterlevel