

Activity Information Guide



Kit needed for Activities

Each activity requires each of you to bring:

- A spare set of clothes that you don't mind getting wet / muddy. Not your best clothes! This includes tracksuit bottoms, leggings, t-shirts, sweatshirts etc.
- 1 pair of old trainers / beach type shoe (water activities)
- 1 pair of shoes / trainers (dry activities)
- Swim wear & towel (for wet activities)
- Sun cream & sun hat or woollen hat & gloves (depending on weather)
- **Packed Lunch & Drink (Full Day Activities only)**

Any other specialist clothing or equipment you need will be issued to you when you arrive. Please do not bring expensive items or jewellery on your trip. If it goes missing there is little we can do.

Activities

The outdoor industry is proud of its excellent safety record as are we in Caerphilly County Borough Council. The Adventurous Activities Licensing Authority has issued Caerphilly CBC with separate licences to deliver Adventurous Activities.

All activities carry some risk. However, we do our best to minimise that risk.

We do this by using:

- Trained and experienced staff
- Safety equipment designed for the activity that is constantly monitored
- Sites suitable for the activities concerned
- Activities suitable for the age and ability of participants
- The most likely injuries to occur during participation in the outdoor activities are minor cuts, scrapes and sprains.

All instructors are trained first aiders and carry effective first aid equipment.

They are also trained to deal with emergency situations.

If the above information is not sufficient or if you require clarification, please feel free to contact Caerphilly Adventures and ask to speak to an Outdoor Activity Instructor.

