

# R187 - Increasing Awareness of OAA

| Year 10<br>R187                    | TA 1 - Provision for different types of outdoor and adventurous activities in the UK  | TA 2 - Equipment, clothing and safety aspects of participating in outdoor and adventurous activities  | TA 3 - Plan for and be able to participate in an outdoor and adventurous activity  | TA 4 - Evaluate participation in an outdoor and adventurous activity   |
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| Students will know and remember... | <p>National Governing Body - each outdoor approved activity area will have an NGB with a website, and these should be used as points of reference. In some cases individual activities, within a category area may have their own NGB</p> <p>National Sports Centres - examples include Holme Pierrepont, Tollymore, and Plas y Brenin</p> <p>Voluntary Organisations - for example Scouts, Guides, Cadet and Duke of Edinburgh</p> <p>Local providers - includes local and commercial sports centre providers, such as (e.g. Go Ape)</p> | <p>Safety equipment – life jacket buoyancy aid for kayaking, helmet and harness for rock climbing</p> <p>Specialist equipment – canoe and paddle for canoeing or a compass for orienteering</p> <p>Safety clothing – specialist footwear (such as walking boots and rock shoes), as required for the activity to meet safety requirements</p> <p>Specialist clothing – examples of the use of specialist clothing could include: o Water sports – appropriate use of wetsuits o Snow sports – appropriate use of snowshoes or skis, helmet</p> <p>General clothing – that the participant could provide themselves such as wellington boots for use when gorge walking, sports clothing for assault course participation or trainers for certain water sports, as well clothing such as windproof/ waterproof jackets</p> <p>GPS and signalling devices – electronic maps, personal beacons, emergency position radio beacons</p> | <p>Health and Safety – activity that is suitable for the participants; requirement for a first aider</p> <p>Personnel – ratio of leaders, qualifications of leader</p> <p>Licensing – the licencing requirements of the activity centre/location</p> <p>Supplies – appropriate nutrition for duration of the activity, including ideal foods/fluids to take with you</p> <p>Location – terrain suitable for the experience of the participants and the activity</p> <p>Timing of activity – duration; time of day</p> <p>Shelter – overnight accommodation requirements; requirement for shelter from adverse weather</p> <p>Contingency plan – consideration of alternative route(s)</p> <p>Outdoor activity planning needs to include a risk assessment identifying potential hazards and managing the risk during the activity, may include:<br/>Unstable terrain - awareness of potential terrain that could cause injury, or change</p> | <p>Mental benefits - include self-confidence, enjoyment, motivation, problem solving, challenging</p> <p>Physical benefits - include health and fitness, outdoors, fresh air, sunlight</p> <p>Social benefits - include communication, team working, problem solving</p> |

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|  |  | <p>Transport – snow mobiles, over land vehicles</p> <p>Waterproof technology – communication devises, casing for technology; watch or Activity Tracker</p> <p>Different types of technology and their safety purpose for participants: Comfort - reduced weight of equipment and properties of clothing which minimises the risks of exhaustion</p> <p>Safety - to including information on how technology can keep participants safe, this can include rescue scenarios and contacting emergency services</p> <p>Communication – signalling devices</p> <p>Information – weather reports, location information and maps</p> | <p>due to environmental or climate changes</p> <p>Inappropriate equipment - checking equipment for damage</p> <p>Inappropriate clothing - considering the activity being completed, such as not wearing jeans when skiing</p> <p>Animals - be mindful of wildlife in activity area location</p> <p>Insects - hazards of bites and stings<br/>To include an emergency procedures plan for the approved activity areas and consideration of the locations the activity would take place in Plans should include action to be taken in the event of:</p> <p>First aid - an injury/illness</p> <p>Rescue - including how communication/contact will be made and maintained</p> <p>Safe practice - following instructions, awareness of emergency procedures, ensuring correct clothing/ equipment</p> <p>Communication Skills - verbal, non-verbal, specific activity terminology</p> <p>Decision-making skills/problem solving skills</p> <p>Identifying - clarifying any issues, gathering facts and the cause of any issues, generating possible solutions, comparing pros and cons of options, selecting best option to resolve any issues</p> |  |
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|                |   |  | Team-working skills - reliability, active listening, active participation, collaborative working, treating others with respect   |   |
| So they can... | <p>Describe the outdoor activity areas with clear and relevant examples, regarding regional provision.</p> <p>Describe the outdoor activity areas with clear and relevant examples, regarding national provision.</p> | <p>Identify a wide range of appropriate equipment and clothing required for each outdoor activity. Consider clear and detailed reasons why specific clothing and equipment are required.</p> <p>Produce a comprehensive list of safety aspects and technology for safe and effective outdoor and adventurous activities.</p> <p>Show a clear understanding of the impact on terrain environment and climate on the outdoor and adventurous activities.</p> | <p>Produce an appropriate and comprehensive plan, including a risk assessment, which considers most of the requirements for an effective and safe outdoor and adventurous activity session.</p> <p>Confidently demonstrate a wide range of well developed, relevant skills and knowledge during an outdoor and adventurous activity.</p> <p>Care for and use equipment in an effective way and follow safe practice independently.</p> | <p>Comprehensively discuss the areas that went well and not so well in the outdoor and adventurous activity</p> <p>Describe most of the benefits from participation in the outdoor activity they undertook.</p> <p>Explain how the benefits can encourage participation, whilst providing a wide range of reasons as to why they are of value to an individual.</p> |