

**The Mill Adventure Base Activity Clubs – briefing sheet**

Mill Adventure Base provides a number of adventurous activities, both on and off-site. All activities carry an element of risk and are run and supervised by appropriately qualified and experienced staff in accordance with procedures agreed by the Adventurous Activities Licensing Authority where required.

* All necessary safety equipment is provided. This equipment is regularly checked and maintained.
* All participants should come suitably prepared for the activity. Where necessary protective clothing will be supplied, however a **complete** change of clothing, including footwear should always be brought along, plus a towel if undertaking water activities.
* **Jeans are not suitable for any activity.**
* No one will be expected to participate in any activity that is beyond his or her capabilities.
* Whilst it is not essential to be a swimmer to participate in water activities, it is imperative that the instructor is aware of anyone with poor swimming ability or low water confidence.
* Remote supervision may be employed during non-activity times, within strict boundaries.
* Any activity/programme that requires transport will use an appropriate and approved form.
* Anyone who is considered to be under the influence of alcohol/substances will be removed from site.
* It is illegal to smoke at any NCC site and in any NCC vehicles.

# On-site Activities

**Climbing Wall/Abseil, High/Low Ropes Course, Team Games, Artificial Caving System, Archery**    
Loose fitting clothes are required for ease of movement; trainers (old) are ideal footwear

**Canoe/Kayaking/Sailing/Raft Building**

**Health Notice** - the quality of inland waters can be of concern, particularly during the summer months. Participants should avoid immersion, report any ill effects to a doctor and contact The Mill Adventure Base.

**Off-site Activities**

**Mountain biking/Orienteering**

Good footwear, long sleeved top and long trousers required. Cycle helmets will be supplied and must be worn by all participants in mountain biking.

# Rock Climbing/Abseiling/Weasling Loose fitting clothes are required for ease of movement; trainers (old) are ideal footwear.

# Caving/rock and water based activities Old, warm clothing is essential. An oversuit, helmet and lamp are provided if needed. A change of clothing is essential. The caves we use in Derbyshire have Radon gas present; this is monitored by PICA under Health & Safety Legislation.

**Canoeing/Kayaking/Duckying**

Rivers in Nottinghamshire and Derbyshire are used, suitable to the ability of the group.