
Doctor's name, address, telephone number:

Medical conditions / allergies. (If none then state none):

Name: _____



Adult Groups in Adventurous Activities

A guidance card for Adults in Scouting taking part in adventurous activities where groups are wholly adult.

Adult groups taking part in adventurous activities

- Before taking part in adventurous activities, you must read the factsheet "Adult Groups in Adventurous Activities". This sets out what Rules apply, as well as common areas of guidance.
- Where any participant is aged under 18, the group must be led or supervised by someone who is Authorised under The Scout Association's Authorisation Scheme, or a suitable commercial provider. Details are contained in the fact sheets "Scout Led Activities Index" and "Commercially Led Activities Index".
- Put the needs of novices, or those with little experience first.
- Taking part in adventurous activities contains hazards which may present you with the risk of personal injury – "Be prepared".
- Make sure you know how the activity will be organised. Do not assume someone else is looking after you.
- If "jargon" or technical terms are used which you do not understand, stop and ask.
- Ask how changing conditions or situations will effect the activity.
- If you have a medical condition (e.g. diabetes, epilepsy, heart or breathing disorders), make sure that the co-ordinator knows about it.
- Do not pretend to know more than you do.
- Ask about the objectives and how they will be reached.
- Ask about emergency and escape procedures.
- Know how to use safety equipment. If you don't know, ask.
- Stay in your allocated group.

Do not be over ambitious. It is no disgrace to turn back or stop if you are not certain. As an adult, it is your choice.

Training is key! Opportunities for training and progression in adventurous activities may be available from your Area/County, and from external organisations. Contact your Assistant Area/County Commissioner (Activities) for advice and information.