

SKAD26 (SQA Unit Code - F1GM 04)

Facilitate recreation in the outdoors



Overview

This unit is about providing recreational experiences in the outdoors.

The unit is divided into parts.

The first part describes the three things you have to do. These are:

1. establish a climate conducive to recreation
2. facilitate outdoor experiences to meet the recreational needs of participants
3. manage the physical and emotional well-being of participants

The second part describes the knowledge and understanding you must have.

This unit is for experienced staff working in the outdoors who are capable of working without direct supervision. Typical contexts will be working with adults, children and young people for example in an activity holiday centre or during a travelling holiday in the UK or overseas to deliver recreational outcomes.

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Performance criteria

You must be able to:

Establish a climate conducive to recreation

- P1 relate to the participants in a way that encourages fun and enjoyment within the boundaries of safety
- P2 ensure the participants have a good understanding of how to use the equipment and clothing
- P3 provide a location and resources which are appropriate to the participants' needs
- P4 encourage the participants to enjoy and get the most from the recreational experience
- P5 reassure the participants about any aspects of the experience they may be concerned about
- P6 approach all tasks in a way which gives the participants confidence

You must be able to:

Facilitate outdoor experiences to meet the recreational needs of the participants

- P7 provide activities which are challenging but non-threatening to the participants
- P8 set realistic goals for the group and individual participants
- P9 ensure the participants have the skills they need to deal with the immediate activities
- P10 support, manage and encourage the participants in a way which optimises their experience
- P11 provide the participants with the opportunity to review the recreational experience
- P12 provide participants with information about how to pursue the activity in the future

You must be able to:

Manage the physical and emotional well-being of participants

- P13 follow organisational, legal and relevant governing body requirements for the activity
- P14 manage risk to keep the activity as safe as necessary taking account of the benefits of risk taking
- P15 foresee the onset of physical and emotional danger, including adverse conditions
- P16 encourage participants to safeguard individual and group safety
- P17 encourage positive behaviour and deal effectively with unacceptable behaviour
- P18 take action to prevent or limit harm
- P19 recognise the physical and emotional limits of individuals and enable them to maintain dignity and self-respect
- P20 maintain and vary ground rules according to legal, organisational and

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client requirements

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Knowledge and understanding

You need to know and understand:

Health and safety

- K1 relevant health and safety legislation, including that covering activity centres
- K2 legislation covering working with children
- K3 organisational procedures and requirements
- K4 principles of the duty of care
- K5 definition of 'health' as it covers emotional/psychological health
- K6 activity centre licensing regulations and equipment manufacturers' guidelines
- K7 technical knowledge, e.g. national governing body guidance relating to activities
- K8 knowledge of relevant operating and emergency procedures regarding safety
- K9 the types of contingencies which are likely to occur: weather, accident and emergency, forced changes and how to plan for these
- K10 types of hazards and untoward incidents which may occur and what to do about them
- K11 knowledge of incidence and the effect of adverse meteorological conditions
- K12 reactions of individuals under stress
- K13 physical and psychological needs of individuals
- K14 the importance of information on conditions and the environment and how to use such information
- K15 why participants need to be fully briefed on the experience and its aims and objectives
- K16 the necessary ground rules and health and safety procedures which must be established and followed and the legal requirements which underpin these
- K17 the types of equipment and special clothing which the participants must have and how to ensure that they meet their individual needs
- K18 how to ensure participants fully understand what they have been told
- K19 the types of transport arrangements for a variety of activities and how to organise these

Establishing a climate conducive to recreation

You need to know and understand:

- K20 key features of a recreational experience from the participants' point of view and from the point of view of the organisation
- K21 types of attitude and behaviour which the candidate should display to ensure the recreational experience is successful
- K22 locations and resources which are likely to maximise the participants' recreational experience

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- K23 how to encourage participants to join in and get the most from the experience
- K24 aspects of the experience about which participants may have concerns and how to reassure them
- K25 the skills which the candidate needs to carry through their tasks competently and how to approach these with confidence

You need to know and understand:

Facilitating outdoor recreational experiences

- K26 why it is important introduce activities which are challenging but not threatening
- K27 how to balance the challenging aspects of the experience against what the participants may see as threatening
- K28 how to identify and set goals which are realistic for the group and its individual members
- K29 the skills which the participants will need to deal with their immediate activities and how to ensure they have these
- K30 the importance of group control and management in optimising the participants' learning experience and how to manage and control the group
- K31 methods of motivating and encouraging the range of participants
- K32 the importance of reviewing the experience with the participants - what they and the candidate will get from such a review
- K33 How participants can be further involved in the activity if they wish

You need to know and understand:

Managing physical and emotional well-being

- K34 the importance of both physical and emotional welfare
- K35 how to identify signs of physical and emotional danger for the participants
- K36 why it is important to influence the participants to safeguard the physical and emotional welfare of others
- K37 the importance of the types of positive and unacceptable behaviour listed and how to deal with these effectively
- K38 the types of action to take to limit or prevent physical and emotional harm
- K39 aspects of the candidate's own behaviour which will demonstrate and reinforce respect for the natural environment and the group's dynamics
- K40 how to respond to the types of adverse physical conditions listed
- K41 how to recognise when individuals are reaching their physical and emotional limits and how to maintain their self-respect and dignity in these situations
- K42 standard emergency procedures
- K43 circumstances in which the candidate should renegotiate ground rules, how to do so and the limits to observe
- K44 the types of untoward incidents which may occur and how to respond to these

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Additional Information

Scope/range related to performance criteria

1. **participants**
 - 1.1. adults
 - 1.2. children and young people
 - 1.3. groups whose members do not know each other
 - 1.4. people with particular needs in relation to the activity

2. **adverse conditions**
 - 2.1. difficult terrain
 - 2.2. difficult water conditions
 - 2.3. weather

3. **positive behaviour**
 - 3.1. communication
 - 3.2. involvement
 - 3.3. mutual support
 - 3.4. problem solving
 - 3.5. enthusing

4. **unacceptable behaviour**
 - 4.1. behaviour causing physical harm
 - 4.2. behaviour causing emotional harm
 - 4.3. behaviour causing damage

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