

# SKAD27 (SQA Unit Code - D1P2 04)

## Facilitate adventurous experiences



---

### Overview

This unit is about leading people through adventurous experiences in the outdoors. Examples may include rock climbing, white water canoeing, gorge walking, high ropes or a combination of activities such as expeditioning in wild or remote country.

The unit is divided into two parts.

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

1. prepare for adventurous experiences
2. prepare participants for adventurous experiences
3. supervise and facilitate adventurous experiences
4. conclude and review adventurous experiences

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.

# SKAD27 (SQA Unit Code - D1P2 04)

## Facilitate adventurous experiences

---

### Performance criteria

*You must be able to:*

#### **Prepare for adventurous experiences**

- P1 identify the aims of the experience, as they relate to the participants' needs, abilities and potential
- P2 assess the participants' likely adventure thresholds
- P3 design the experience to meet the aims, and challenge, but not exceed, the participants' adventure thresholds
- P4 make sure the experience is in line with the policies, procedures and resources of the organisations involved
- P5 select, research and, if necessary, reconnoitre and prepare the location and equipment for the experience
- P6 identify the external influences and hazards relevant to the experience
- P7 make sure that the experience is within your competence to manage
- P8 make sure that effective but flexible safety parameters have been established

*You must be able to:*

#### **Prepare participants for adventurous activities**

- P9 communicate the aims and value of the experience to the participants
- P10 enable the participants to help plan and manage the experience and develop a sense of ownership
- P11 communicate the safety parameters for the experience and the location
- P12 encourage mutual trust, support and openness in the group, about concerns, apprehensions, strengths and weaknesses
- P13 prepare the participants to cope with both anticipated and unforeseen circumstances, and to solve problems by themselves as far as possible
- P14 agree with participants the responsibility of leaders and participants for reporting hazards accidents and near-misses, and for assessing and managing risk
- P15 ensure that participants understand and can follow the emergency procedures

*You must be able to:*

#### **Supervise and facilitate adventurous experiences**

- P16 continuously monitor the level of challenge and adventure in relation to participants' adventure thresholds and their ability to cope
- P17 adjust the level of challenge and adventure by measured interventions which maximise the likelihood of achieving the aims of the experience
- P18 maintain the participants' attention to hazards, safety parameters and agreed responsibilities for the experience and location
- P19 encourage the noting of events and exchanges which may be used with participants both during and following the experience to get the best out of the experience

## SKAD27 (SQA Unit Code - D1P2 04)

### Facilitate adventurous experiences

---

*You must be able to:*

#### **Conclude and review adventurous experiences**

- P20 encourage the participants to assess whether the experience and location have achieved their physical and other objectives and the aims of each participant
- P21 assess with the participants whether the adventure threshold of each participant has been respected, agreed safety parameters observed and responsibilities discharged
- P22 enable the participants to give feedback which helps them to learn from their experience, reinforces progress and maintains morale
- P23 identify any significant learning points for yourself, which may indicate future actions

# SKAD27 (SQA Unit Code - D1P2 04)

## Facilitate adventurous experiences

---

### Knowledge and understanding

*You need to know and understand:*

#### **Health and safety**

- K1 relevant legislation and guidelines for the type of experience planned including those of the organisation and National Governing Bodies, where these apply
- K2 the special environmental considerations and hazards which may be encountered during the adventurous experience,
- K3 other types of hazards which are likely to occur, for example, in the planned activities, in the equipment used, and in participant behaviour
- K4 appropriate methods of risk assessment and risk management, including: environmental conditions and changes, physical, emotional and psychological factors, criteria for modifying or abandoning the experience, published national and local safety rules, organisational guidelines and prior experience

*You need to know and understand:*

#### **Preparing for adventurous experiences**

- K5 the value of adventure and challenge and the benefits which participants can get from such experiences
- K6 the difference between real and perceived risk
- K7 the meaning of the 'adventure continuum' from comfort to panic zones
- K8 how to assess the range of participants' likely adventure thresholds
- K9 factors to bear in mind when choosing adventurous experiences for participants
- K10 how to balance the participants' abilities and concerns with the perceived risk of the experience
- K11 the importance of clear and sound safety parameters
- K12 why the details of the planned experience must be checked with a responsible colleague and the procedures to follow
- K13 familiarity with and appropriate personal experience in the specific adventure activity which is planned
- K14 reasons for choice of particular location, approach and equipment

*You need to know and understand:*

#### **Preparing participants**

- K15 the agreed safety parameters for the activity and why these must be clearly explained to the participants
- K16 why it is important to encourage, not coerce, participants into adventurous activities
- K17 the meaning of 'informed consent' in the context of adventurous activities
- K18 the importance of encouraging participants to take control of their own experience and how to balance this with the safety parameters
- K19 the importance of mutual support and trust within a group of participants and how to encourage this

## SKAD27 (SQA Unit Code - D1P2 04)

### Facilitate adventurous experiences

---

- K20 the importance of preparing participants to cope with unforeseen circumstances
- K21 how to encourage and prepare participant to use basic problem solving techniques
- K22 how to agree responsibilities for assessing and helping to manage risk
- K23 why it is important for participants to feel free to express feelings of apprehension and creative imagination
- K24 why it is important to demonstrate and inculcate a strong environmental ethic
- K25 why it is beneficial for participants to express feelings, exploit them creatively and reflect on their experience during and after any adventurous activity

*You need to know and understand:*

#### **Supervising and facilitating adventurous experiences**

- K26 styles of leadership which are appropriate to leading adventurous experiences
- K27 the importance of carefully monitoring the level of risk throughout the experience and maintaining activities within agreed safety parameters - how to do so
- K28 the importance of keeping interventions to a minimum
- K29 the situations in which it may be necessary to intervene during the experience
- K30 the situations in which appropriate help will have to be called upon and the procedures to follow to do this
- K31 the importance of delegating responsibility to participants and how to do so effectively
- K32 the importance of reviewing the experience with the participants and the types of occurrences to note during the experience which could be used during later reviews
- K33 safety procedures and guidelines
- K34 the importance of fostering judgement and self-confidence amongst participants
- K35 ranges of likely group behaviour and interaction

*You need to know and understand:*

#### **Concluding and reviewing adventurous experiences**

- K36 how to deal with end-of-adventure experience emotion amongst participants
- K37 how to make an environmental impact assessment
- K38 how to assess and weigh relative success and relative failure against aims and objectives
- K39 the range of available methods to evaluate all aspects of the adventurous experience

# SKAD27 (SQA Unit Code - D1P2 04)

## Facilitate adventurous experiences

---

### Additional Information

#### Scope/range related to performance criteria

1. **aims**
  - 1.1. recreation
  - 1.2. education
  - 1.3. personal, social and spiritual development
  - 1.4. potential for further development
  
2. **participants**
  - 2.1. adults
  - 2.2. children and young people
  - 2.3. groups whose members do not know each other
  - 2.4. established groups
  
3. **experience**
  - 3.1. single activities
  - 3.2. complex multiple activities
  
4. **location**
  - 4.1. within the site boundary
  - 4.2. in remote areas
  - 4.3. overseas
  
5. **aims**
  - 5.1. recreation
  - 5.2. education
  - 5.3. personal, social and spiritual development
  - 5.4. potential for further development

# SKAD27 (SQA Unit Code - D1P2 04)

## Facilitate adventurous experiences

---

**Developed by** SkillsActive

---

**Version number** 1

---

**Date approved** May 2006

---

**Indicative review date** May 2012

---

**Validity** Current

---

**Status** Original

---

**Originating organisation** SkillsActive

---

**Original URN** SA44ND27

---

**Relevant occupations** Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

---

**Suite** Outdoor Programmes; Expedition Leadership and Management

---

**Key words** adventurous, experiences, leading, facilitating, outdoors, prepare, supervise, conclude, review, participants