

Ghyll Scrambling combines climbing up rocky mountain streams and waterfalls while navigating around pools and obstacles. It also involves jumping off the path or rocks into the pool and wading through the Lakeland rivers.

## The aims of this activity are to...

The aim of this activity is to:

- Introduce the skill of Ghyll Scrambling and using the necessary equipment.
- Allow each participant to experience Ghyll Scrambling.
- Encourage the participants to set goals and support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Learning Outcomes...

Upon completion of the activity, participants will have:

- Showed an ability to travel through a canyon using approved techniques to descend and ascend the terrain safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Progression...

Some participants may also:

- Improve the quality and consistency of their scrambling, swimming and hiking techniques.
- Take the initiative in evaluating their performance and that of the group. In addition, participants should also have developed in the following:
  - Interpersonal communication
  - Teamwork
  - Using initiative