



## Outdoor Education – Covid-19 Assessed Activities

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**Outdoor Education within Releasing Potential**

In response to Covid-19, National lockdown and students being on a 1 to 1 timetable, the Outdoor Management team have reviewed what can be offered during this time.

## Planning

Outdoor Education planning still needs to be done in line with the Outdoor Education Handbook (November 2020), If dates of the activity need to change due to the weather ie heavy rain and high winds expected, and the activity is biking (changing the activity would be better to reduce any requirement for first aid) that can be done, equipment required for the session will need to be arranged for the change of date with the site.

## Outdoor Activities

All activities are done on a 1 to 1 basis only.

Activities that can be offered from Monday 1<sup>st</sup> February 2021 by staff that are qualified are detailed below. Planning needs to be done and approved before the activity is carried out.

## All Staff Responsibility

The activities and the options will hopefully be able to be increased if lockdown restrictions are eased, Governing bodies guidelines change. All staff must demonstrate good practice when doing Outdoor Education by following the steps outlined in this document.

This does not replace The Outdoor Education Handbook (November 2020) so you will need to be familiar with both.

## Mountain Biking

### Staff Qualification:

For lowland terrain, Mountain bike Instructors Award Scheme MIAS L1 or L2 required or above.

Ratios: 1:1

### Planning:

Session planning will need to be done in advance and approved by the School Outdoor Education Manager

### Covid Points:

1. Releasing Potentials bikes only to be used.
2. Bikes to be checked and cleaned at the end of the session.
3. When loading and unloading bikes into vehicles wearing disposable gloves is preferred if this is not possible hand sanitizer is to be used before and after handling bikes.
4. The rear of vehicles to be protected with covers or tarpaulins and any mud/rubbish removed at the end of session.
5. When doing any mechanics or adjustments on a students bike disposable gloves should be worn.
6. All bikes must be cleaned with bike cleaner after use.
7. Helmets and gloves must be washed in Milton after every use

### Locations:

Havant – from students houses, Billy trail, Havant Thicket route – no riding on footpaths.

Chichester – from students houses, Centurion way

### Considerations:

If you have planned to go riding please consider the following:

- **Where you are riding** – have you got a route in mind and a map
- **Weather on the day** – is it cold with ice on the ground as you would have a higher chance of falling off and requiring first aid.
- **Weather in previous days** – has it rained a lot, there will be more puddles, mud so will be a chance of slipping which will require more time cleaning the bikes.

## Cooking on a Gas Stove

### Staff Qualification:

- Mountain Leader (ML)
- Countryside Leader Award (CLA)
- Basic Expedition Leader (BEL)
- In house trained

**Ratio:** 1:1 teaching only

### Covid Points:

1. Only bacon or vegetation or equivalent to be cooked with pre sliced rolls or bread.
2. Food will need to be purchased and prepared on site in advance so there are two slices of bacon or vegetarian equivalent for staff/students and pre sliced rolls, this is to reduce staff need to go to the shops.
3. Staff/students must wear a mask when cooking/near to the food.
4. Disposable gloves need to be worn when handling food only.
5. Disposable gloves **must not be worn once gas cooker is on.**
6. Clearing up after cooking and once everything has cooled down disposable gloves will need to be worn.
7. You are responsible to ensure items are cleaned in the dishwasher and then put away.
8. If using stoves need to be cleaned after every use.
9. If you find a dirty stove please do not use this and inform the site manager.
10. You will need to have a separate bag to put rubbish in.

## Bushcraft & Open Fires

### Staff Qualification:

- IOL Bushcraft Competence Certificate or working towards (completed the training course)
- Forest School Level 2

**Ratio:** 1:1 Lighting a fire  
1:1 Bushcraft

### Covid Points:

1. Only bacon or vegetation or equivalent to be cooked with pre sliced rolls or bread.
2. Food will need to be purchased and prepared on site in advance so there are two slices of bacon or vegetarian equivalent for staff/students and pre sliced rolls or bread, this is to reduce staff need to go to the shops.
3. Staff/students must wear a mask when cooking/near to the food.
4. Disposable gloves need to be worn when handling food only.
5. Clearing up after cooking and once everything has cooled down disposable gloves will need to be worn.
6. You are responsible to ensure items are cleaned in the dishwasher and then put away.
7. You will need to have a separate bag to put rubbish in.
8. Any tools or fire lighting equipment will need to be wiped down by using antibacterial wipes or spray.
9. All equipment used needs to be out of action for 72 hours before it can be used again.

### Locations:

- Standsted
- Willow Farm
- Coastal Centre
- Allotment

## Archery - Target -Only

### Staff Qualification:

Archery GB Instructor Award

Ratio: 1:1

### Covid Points:

1. No sharing of any equipment
2. If staff need to set up students bows disposable gloves must be worn.
3. All equipment used needs to be wiped down while wearing disposable gloves using antibacterial wipes.
4. All archery equipment used needs to be out of action for 72 hours before it can be used again.

### Location

Stansted Only

## Lowland Walk

### Staff Qualification:

- Countryside Leader Award -CLA
- Lowland leader - LL
- British Expedition Leaders Award - BELA
- Mountain Leader Trained or above - ML

Staff with the above qualifications may operate on:

- Walks within 30 mins from a help point (road, car park, postcode)
- Rural rather than wild country
- Walks that go no higher than 600mtrs.

**Staff Qualification:** National Navigation Award Scheme NNAS Bronze

- Can deliver within 10 minutes car park or road with postcode

**Ratio 1:1**

### Covid Points:

1. No equipment must not be shared by students or staff.
2. Maps to be laminated so they can be cleaned after used with antibacterial spray.
3. Walks from the students house or school sites only.

## Street Walks

Session available to all staff

### Ratio 1:1

Session Idea – Munzee (down load app onto your phone) scavenger hunt game using your phone to find QR codes, similar to geocaching but uses QR code technology.

### Covid Points:

1. Student will need to have there own phone ideally.
2. If you need to break the two meter distancing rule staff to put a mask on and students recommended to do the same.
3. Do not share a phone with a student touch their phone or give them yours.

## Hot Drinks

Providing students with hot drinks during their sessions.

### Covid Points:

1. Staff will need to make hot drink flasks on the school sites only
2. Staff will need to wear masks when making up flasks and a clean working area
3. Hands will need to be cleaned in the kitchen prior to making the flask and afterwards.
4. Would recommend that flasks are used for one type of drink only for example hot chocolate
5. Flasks must go through the dishwasher before they can be used again