

## Hospice of the Valleys National 3 Peaks – General Information

### The Challenge

The **National Three Peaks Challenge** is an event in which participants attempt to climb the highest mountains of Scotland, England, and Wales, within 24 hours.

The three peaks are:

- Ben Nevis / *Beinn Nibheis* (1,345 m or 4,413 ft), the highest mountain in Scotland
- Scarfell Pike (978 m or 3,209 ft), the highest mountain in England
- Snowdon / *Yr Wyddfa* (1,085 m or 3,560 ft), the highest mountain in Wales

### Safety and Risk Management

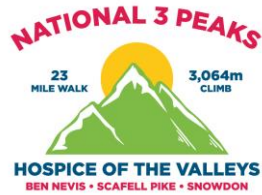
Parc Bryn Bach has an excellent safety record and is committed to maintaining high standards throughout all aspects of its operations.

The aim of risk management at Parc Bryn Bach is to ensure that all activities fall into a 'Low Risk' category and that the centre complies with current legislation. Whilst adventurous activities will never be risk free, it is hoped that by regularly reviewing safety procedures and adhering to recommendations from governing bodies, observing staff and staff being up to date by continued personal development our excellent safety record will continue.

The National 3 Peaks Challenge has been fully risk assessed by Bryn Bach Adventure Activities Teams. The instructors leading the challenge will carry out continuous dynamic risk assessments during the challenge to ensure the safety of all those taking part.

### The Risk Assessment Process for Parc Bryn Bach

- Centre (or other) staff leading the activities are physically able, suitably qualified or experienced within the context of the activity specific guidance.
- They are deemed competent in assuming the responsibility for making the risk assessment at the site and time of the activity.
- Accompanying staff are physically able, but not necessarily expert (or competent) in the activity.
- The weather forecast and its implications on the activity planned have been given due consideration and the venue selected is deemed suitable.
- The age, ability and fitness of the group has been assessed and measured against the requirements of the activity.
- The instructor in charge must always be ready to modify or abandon the activity should circumstances dictate. Wherever possible re-arrangements should be notified



to the centre.

- The group leader is deemed competent to maintain group control and organisation.

### Group Leadership

The National 3 Peaks Challenge will be led by two Adventure Activity Instructors from Parc Bryn Bach, both instructors will hold a Mountain Leader qualification and have previous experience of all three mountains. The instructors will also have vast experience of leading and managing groups in the mountains.

### Emergency Procedure

Parc Bryn Bach has a robust emergency procedure to safeguard all participants and staff. During the challenge the instructors will be in regular contact with staff at the parc and with the lead hospice of the Valley staff. Should the instructors fail to contact either person when expected or for any duration of time considered 'out of the ordinary', staff will initiate the emergency procedure protocol.

During the challenge both instructors will carry a 'Instructor Incapacitated Emergency Procedure Card' with instructions for participants on what to do in an emergency, including how to call Mountain Rescue.

### Overnight stay in fort William

The challenge will involve an overnight stay in Scotland, the group are booked into Fort William Backpackers Bunkhouse. For more information, please copy the following link: [www.fortwilliambackpackers.com](http://www.fortwilliambackpackers.com)

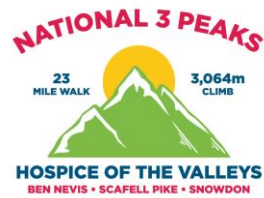
### **National 3 Peaks Challenge - Terms and conditions**

It is a requirement by Parc Bryn Bach Adventure Activities Team that all persons participating in the National 3 Peaks Challenge must agree to adhere to the terms and conditions of the challenge.

Please read and sign the confirmation and consent form and return to **Amanda Chard**.

### Terms and Conditions

This list is not an exhaustible list and common sense must be always used.

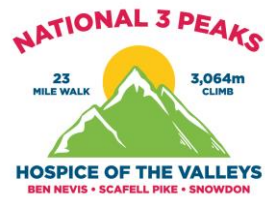


- All participants will participate MUST ensure they are physically fit and able to take part in the challenge.
- It is the participants responsibility to ensure they are physically fit and well to take part in the challenge.
- If the instructors from Parc Bryn Bach deem anyone not physically capable of starting or completing the challenge, you will be required to leave the challenge as directed.
- Should any participant feel they are unwell or suffer an injury before or during the challenge they must inform the instructors immediately and follow any advice/guidance made.
- Participants MUST disclose any medical/allergies/injuries to the instructors prior to the challenge taking place.
- Should the instructors deem it necessary the participants will be split into two groups, you will be required to remain in your designated group unless directed otherwise.
- All participants will be required to carry their own equipment (Section 4)
- Take responsibility for their own safety by listening to the instructions given by the centre instructor and accompanying staff.
- Safety will NOT be sacrificed for speed. If you have any concerns, please voice them in a calm manner and discuss with the team at the earliest opportunity.
- If any anytime prior to or during the challenge the instructors deem conditions/weather/other issues too dangerous for the challenge to continue, all participants MUST except their decision and follow their instruction.
- Should any participant display and dangerous or threatening behaviour they will be directed to leave the challenge and if necessary, arrange their own transport home.
- During the walks participants are required to always follow the instructor's directions/advice.
- You MUST always adhere to the country code unless in an exception of an emergency.
- Should any participant have any concerns with regards to their instructor they are able to bring the issues to the instructor's attention either directly with them or indirectly through [Amanda Chard](#).

### Countryside Code

#### [Respect everyone](#)

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space



- follow local signs and keep to marked paths unless wider access is available

Protect the environment.

- take your litter home – leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo – bag it and bin it in any public waste bin or take it home
- care for nature – do not cause damage or disturbance

Follow advice and local signs.

- the arrows show the legal and recorded rights of way for different user group.

For further information visit [www.countryside-code.org.uk](http://www.countryside-code.org.uk)