



RGU SPORTS CLUBS ADVENTUROUS ACTIVITIES POLICY

1.0 GENERAL

This policy outlines the expectations, responsibilities, and procedures for the safe planning and delivery of adventurous activities undertaken by sports clubs. It is designed to ensure that all activities are conducted with appropriate risk management, clear oversight, and a strong culture of safety, in line with best practice principles (e.g. Safe Adventures).

2.0 DEFINITION OF ADVENTUROUS ACTIVITIES

Adventurous activities are those that involve a higher level of inherent risk due to environment, equipment, or participant exposure.

Examples include (but are not limited to):

- Rowing and water-based activities
- Climbing, mountaineering and bouldering
- Snow sports (skiing, snowboarding)
- Open water swimming / polar plunges
- Cycling events on open roads
- Any activity involving significant travel or remote environments e.g. travel to a championship and club tours.

3.0 KEY PRINCIPLES

All adventurous activity must adhere to the following principles:

- **Safety First:** Safety takes priority over performance, cost, or convenience.
- **Proportionate Risk Management:** Controls must reflect the level of risk.
- **Visibility:** All activities must be declared and approved in advance.
- **Competence:** Activities must be led by appropriately trained or experienced individuals.
- **Shared Responsibility:** Clubs, leaders, and participants all have a role in safety.

4.0 ACTIVITY APPROVAL AND VISIBILITY

4.1 Mandatory Declaration

All adventurous activities must be declared in advance, including:

- Formal fixtures and competitions.
- Informal or club-organised trips.
- “Unofficial” activities associated with the club e.g. cold water plunge.

4.2 Approval Requirements

Activities must be approved by an appropriate staff member prior to delivery.

Appropriate members of staff include the President of Sport and Physical Activity, Club Development Officer, Programme Development Manager and Head of Sport.

Approval will be based on:

- Risk assessment.
- Leadership competence.
- Suitability of location and conditions.

No adventurous activity should take place without prior approval.

5.0 RISK ASSESSMENT

A risk assessment must be completed for all adventurous activities. This should consider:

- Environment (weather, terrain, water conditions)
- Participant experience and capability
- Equipment and safety measures
- Travel and logistics
- Emergency response (including Emergency contact details, nearest medical facilities, communication plan (mobile signal, meeting points), procedure in case of injury or incident)

The general risk assessment for clubs to complete can be found [here](#).

6.0 LEADERSHIP and COMPETENCE

6.1 Activity Leader

All activities must have a named leader responsible for safety.

6.2 Requirements

Leaders must:

- Have appropriate experience or qualifications.
- Understand the activity-specific risks.
- Be capable of making decisions in changing conditions.
- Have the contact details of everyone participating in the activity.

Where required, external qualified instructors must be used.

7.0 PARTICIPANT RESPONSIBILITIES

Participants must:

- Follow all safety instructions and take responsibility for their own safety.
- Disclose relevant medical or health conditions to the activity leader.
- Act responsibly and not engage in unsafe behaviour.

Individuals who act in a way that increases risk may be removed from participation.

8.0 TRAVEL CONSIDERATIONS

All travel associated with adventurous activity must comply with the [Travel Policy](#).

Additional controls may apply where:

- Travel is long distance.
- Fatigue is a risk.
- Conditions (e.g. winter) increase hazard.

9.0 EQUIPMENT

All equipment must:

- Be appropriate for the activity.
- Be in safe working condition.
- Be used correctly.

Specialist equipment must only be used by competent individuals.

10.0 UNOFFICIAL ACTIVITIES

Clubs must notify staff of any unofficial adventurous activities.

While these may not be funded, the following still applies:

- Activities must be conducted safely.
- Basic information (location, participants, leader) must be shared.
- Clubs remain accountable for conduct and safety.



11.0 INCIDENT REPORTING

All incidents, near misses, or concerns must be reported as soon as possible.

This includes:

- Injuries.
- Unsafe behaviour.
- Equipment failure.

Reporting enables continuous improvement and learning.

12.0 INCIDENT REPORTING

This policy will be reviewed annually or following any significant incident.

Clubs may be subject to review where:

- Concerns are raised
- Policies are not followed
- Incidents occur

All incidents, near misses, and feedback will be used to inform continuous improvement of practice, guidance, and oversight.

Failure to comply with this policy may result in:

- Withdrawal of activity approval.
- Disciplinary action.
- Restrictions on club activity.

Appendix 1:

[Risk Assessment Template](#)