



Canyoning



About the activity

An exciting new activity! This exhilarating expedition takes you walking, scrambling, swimming and hiking through ravines, rivers and plunge pools, on a journey of a lifetime.

Activity aims

The aim of this activity is to:

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

Progression opportunities

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

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated 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.
- An understanding of associated hazards, be able to assess risks and understand 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.

Associated vocabulary

Words relevant to safety	e.g. hazard, personal protective equipment, risk assessment, safety area.
Words relevant to equipment	e.g. throw line, wetsuit, helmet, wet shoes.
Words relevant to the activity	e.g. swimming, hiking, scrambling, ravines, plunge pool, navigate hazards, challenging, expedition.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.