



Sample Centre Activities Audit

In the right-hand column there are details of capabilities needed for full participation (e.g. "To Abseil"), plus the possibilities for modified participation ("To Participate") and other ways in which a disabled guest could join in the session ("Alternatives").

Beam House

Activity	Access Details	Centre specific Physical Requirements
<ul style="list-style-type: none"> Abseiling – onsite 	<ul style="list-style-type: none"> Travel to tower for approx 300m from main building rough uneven terrain, some slopes and steps, a challenging route There is no alternative route 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Abseil</p> <ul style="list-style-type: none"> Guests need to negotiate stairs to platform. They will need to be able to manage a rope with one hand and stabilise themselves with their lower limbs. <p>To Participate</p> <ul style="list-style-type: none"> Guests need to negotiate stairs to platform They will need to be able to sit in a harness. <p>Alternatives:</p> <ul style="list-style-type: none"> Guests can encourage friends from the ground
<ul style="list-style-type: none"> Archery – onsite 	<ul style="list-style-type: none"> Travel 100m from main building to base along tarmac, There is a small section of grass which wheelchairs have negotiated in the past with ease. 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Shoot</p> <ul style="list-style-type: none"> Guests need the strength and grip to hold, stretch and release a bow <p>To Participate</p> <ul style="list-style-type: none"> Assistance can be given to help with control <p>Alternatives</p> <ul style="list-style-type: none"> Guests can have almost total assistance or direct a friend by shooting for them
<ul style="list-style-type: none"> Body Boarding - offsite 	<ul style="list-style-type: none"> Access to beach via a coach Car Park is rough terrain An uneven rough walkway to sand The Beach is flat though the sand is not very firm, this has been difficult but managed in the past by wide wheeled wheel chairs When the tide is out it can be ¼ mile walk 	<ul style="list-style-type: none"> All Guests need to be water confident in breaking waves All Guests need to be able to acknowledge safety instructions. Guests Body and head will go into the water. <p>To Body Board</p> <ul style="list-style-type: none"> Guests will need to be able to balance their upper body on a foam board. Guests will need to be able to propel them selves with either upper or lower body <p>To Participate</p> <ul style="list-style-type: none"> Guests could be supported with this, although there is a concern regarding surf Buoyancy aids available if needed
<ul style="list-style-type: none"> Challenge Course – onsite 	<ul style="list-style-type: none"> Travel to base on foot on a loose stone surface Access by tarmac is possible. Approx 30m from main building 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Negotiate Course</p> <ul style="list-style-type: none"> Guests need to be able to support their weight while negotiating different challenging obstacles using their legs, arms and balancing <p>To Participate</p> <ul style="list-style-type: none"> Specific elements can be chosen to suit the ability of the guests and assistance can be provided <p>Alternatives</p> <ul style="list-style-type: none"> Due to the nature of the challenging environment, problem solving skills can be incorporated
<ul style="list-style-type: none"> Climbing – onsite 	<ul style="list-style-type: none"> Travel to tower for approx 300m from main building rough uneven terrain, some slopes and steps, a challenging route There is no alternative route 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Climb</p> <ul style="list-style-type: none"> Guests need to be able to hold body weight on at least one arm, with full use of lower limbs, or both arms and one lower limb. <p>Alternatives:</p> <ul style="list-style-type: none"> Guests can encourage friends from the ground
<ul style="list-style-type: none"> Coastal Walk – offsite 	<ul style="list-style-type: none"> Access to coast is by coach from Beam The walk goes through areas that are impossible to pass with a wheel chair, e.g. rough terrain, steep slopes and sty/s 	<ul style="list-style-type: none"> Participants must be able to walk for a good distance over the explained terrain, approx 6 kilometres in total. It is possible to adapt the walk so it is much shorter though the terrain would be the same. <p>To participate</p> <ul style="list-style-type: none"> Guests can join a shorter section of the course if unable to complete full walk. The terrain however is just a challenging

<ul style="list-style-type: none"> Excursion – offsite 		
<ul style="list-style-type: none"> Fencing – onsite 	<ul style="list-style-type: none"> Access to the in door base is along tarmac and gravel paths, with one step to negotiate onto smooth fencing area Access to the outdoor base is along a gravel path or through the house where ramps can be provided to assist with steps. Approx 10m from main building 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. Guests will be required to wear full head, chest and hand protection <p>To Fence</p> <ul style="list-style-type: none"> Guests need strength and grip in one arm to hold foil (sword), fence with opponent and be able to move themselves around the piste (court). <p>To Participate</p> <ul style="list-style-type: none"> Guests need to be able to hold foil, support and move the foil.
<ul style="list-style-type: none"> First Aid Award – onsite 		
<ul style="list-style-type: none"> High Level Ropes Course – onsite 	<ul style="list-style-type: none"> Access to base is along tarmac and can be easily accessed Approx 100m from main building 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Fully participate</p> <ul style="list-style-type: none"> Guests need to be able to wear a harness Guests need upper body strength and control to manoeuvre around course Need to be able to access the top of the course <p>To Participate</p> <ul style="list-style-type: none"> Guests can be escorted by a helper depending upon the access arrangements
<ul style="list-style-type: none"> Initiative Exercises – onsite 	<ul style="list-style-type: none"> The activity bases are arranged around site with varying difficulty to access. 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>Fully accessible – programme tailored to suit needs</p>
<ul style="list-style-type: none"> Motor sports – onsite 	<ul style="list-style-type: none"> Access is by rough, muddy and uneven grass. Has proven difficult by wheel chair in the past. Approx 100m from main building 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Ride/Drive</p> <ul style="list-style-type: none"> Guests need to be able to access the vehicle and be able to balance on bikes. They need to steer and operate throttle/brakes using both hands and feet Guests need to be able to balance support their own body weight on quads and motorbikes <p>To Participate</p> <ul style="list-style-type: none"> An instructor can walk along side the quad bike controlling the kill cord. Instructions can be given from this position <p>For safety reasons there can never be more than one person on a vehicle</p>
<ul style="list-style-type: none"> Mountain Biking – offsite 	<ul style="list-style-type: none"> Access is by riding a bike along a grassy surface and then walking down steps with bike. 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Mountain Bike</p> <ul style="list-style-type: none"> Guests need to be able to ride a standard mountain bike Guests need to be able to control handle bars, manipulate brakes and balance
<ul style="list-style-type: none"> Orienteering – onsite 	<ul style="list-style-type: none"> Usual course follows route over muddy undulating ground through woods. It is possible to set up an alternative course accessible to all. 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>Fully accessible – programme tailored to suit needs</p>
<ul style="list-style-type: none"> Rifle Shooting – onsite 	<ul style="list-style-type: none"> Travel 100m from main building to base along tarmac, There is a small section of grass which wheelchairs have negotiated in the past with ease. 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Rifle Shoot</p> <ul style="list-style-type: none"> Guests will need to have strength to charge rifle, the dexterity to load pellets and have the ability to pull the trigger <p>To Participate</p> <ul style="list-style-type: none"> Guests can just fire a supported rifle and have it recharged/reloaded with help
<ul style="list-style-type: none"> Speed Sailing – offsite 	<ul style="list-style-type: none"> Access to beach via a coach Car Park is rough terrain An uneven rough walkway to sand The Beach is flat though the sand is not very firm, this has been difficult but managed in the past by wide wheeled wheel chairs When the tide is out it can be ¼ mile walk 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Speed Sail</p> <ul style="list-style-type: none"> Guests will need to be able to stand with balance They will need to be able to grip and haul the sail rope They will need sufficient upper body strength to sustain the force of the wind <p>To Participate</p> <ul style="list-style-type: none"> Guests will need to be able to stand with balance on the board An instructor will be able to assist with the up haul of the sail <p>The guest would need to be able to maintain the sail position once moving</p>
<ul style="list-style-type: none"> Stunt Kites – offsite 	<ul style="list-style-type: none"> Access to base is by coach from Beam Access from the coach is via a rough, uneven path to common land. Difficult to negotiate 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Fly Kite</p> <ul style="list-style-type: none"> Need to be able to use your upper body to control the kits <p>To Participate</p> <ul style="list-style-type: none"> Guests can be assisted to fly a kite Padded wrist straps are available for assisted control

<ul style="list-style-type: none"> Surfing – offsite 	<ul style="list-style-type: none"> Access to beach via a coach Car Park is rough terrain An uneven rough walkway to sand The Beach is flat though the sand is not very firm, this has been difficult but managed in the past by wide wheeled wheel chairs When the tide is out it can be ¼ mile walk 	<ul style="list-style-type: none"> All Guests need to be water confident and wear a wetsuit All Guests need to be able to acknowledge safety instructions. There is the possibility of a guests head going into the water. <p>To Surf</p> <ul style="list-style-type: none"> Guests need to be able to swim/push themselves and a surfboard through surf Guests need to be able to orientate themselves in the water to remain afloat Guests need to be able to propel the board with the surf and keep contact/control over the surfboard. <p>To Participate</p> <ul style="list-style-type: none"> Guests need to be able to lie on a surfboard Guests need to be able to orientate themselves in the water to remain afloat With help they can be propelled to catch a wave and surf.
<ul style="list-style-type: none"> Trapeze – onsite 	<ul style="list-style-type: none"> Easy access to base along a road Approx 400m from main building 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Trapeze</p> <ul style="list-style-type: none"> Guests need to be able to climb a vertical pole and access a very small platform on top of the pole Guests need to be able to leap off a platform and grasp a trapeze bar <p>To Participate</p> <ul style="list-style-type: none"> Guests can climb the pole and try to access the platform and leap off at any point <p>Alternatives:</p> <ul style="list-style-type: none"> Guests can encourage friends from the ground
<ul style="list-style-type: none"> Tunnel Trail – 	<ul style="list-style-type: none"> Does not exist yet 	
<ul style="list-style-type: none"> Wave Skiing – offsite 	<ul style="list-style-type: none"> Access to beach via a coach Car Park is rough terrain An uneven rough walkway to sand The Beach is flat though the sand is not very firm, this has been difficult but managed in the past by wide wheeled wheel chairs When the tide is out it can be ¼ mile walk 	<ul style="list-style-type: none"> All Guests need to be water confident and wear a buoyancy aid, helmet and wetsuit All Guests need to be able to acknowledge safety instructions. There is the possibility of a guests head going into the water. <p>To Wave Ski</p> <ul style="list-style-type: none"> Guests must be able to maintain sitting position Guests must be able to manoeuvre into a wave ski from the water Guests need to be able to grip and manipulate a paddle, this needs both hands <p>To Participate</p> <p>Guests must be able to maintain sitting position and orientate themselves in the water</p>
<ul style="list-style-type: none"> Zip Wire – onsite 	<ul style="list-style-type: none"> Access is mostly along tarmac, there is a small field that needs to be crossed to get there, it is possible to carry somebody for this short distance Approx 100m from main building 	<ul style="list-style-type: none"> All Guests need to be able to acknowledge safety instructions. <p>To Zip Wire</p> <ul style="list-style-type: none"> Guests must be able to wear a harness and helmet Guests must be able to release themselves from the system using at least one hand Guests need to be able to access the launch platform