



## Headwear

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This policy covers all headgear worn for religious, or race reasons (as defined by the Equality Act 2010)

- PGL use of a helmet within many activities is to protect the participants from minor bumps, however, in Motorsports and Mountain Biking, helmets are required, and the individual must choose to either wear the helmet provided, or not participate in the activity.
- If the headgear can be worn with a helmet over the top; provided the helmet is still performing its designed function and the headgear is not changing the shape of the head or creating lumps or irregular pressure points, then this is permitted.
- If the guest requires a private space in which to remove their religious headgear and put the helmet on, we will provide this space, along with appropriate fitting instruction. Fitting should be checked carefully and sensitively by the instructor once on the head and before participation in the activity.
- In all other activities (land and water) it is possible to waive the requirement for a helmet; this may impact on the level of participation in the following activities:
  - Abseiling / Climbing - One person only, to reduce the likelihood of impact from others
  - Kayaking (flat water) - Change in session structure to avoid proximity to others and proximity to banks
  - Canoeing on the Ardèche – Walking around rapids
  - Sailing – Instructor-helmed boats only
- A written site specific 'risk assessment' identifying the additional controls must be completed in all cases where the decision to allow a participant not to wear a helmet has been approved.
- Requests for individuals to wear their own helmet must be approved in advance by PGL.
- In all cases, the individual and their legal guardian (whomever is in loco parentis whilst at PGL) should be made aware of the change in the level of risk and the new control measures.