



Outdoor Adventure Activities Descriptions

Outdoor Adventure Activities are grouped into the following seven system level categories, and one additional level of description for some activities.

Please click on the appropriate category to see the detailed descriptions.

- Water
- Rock (natural)
- Rock (artificial)
- Rock / Water
- Artificial Activity Structures
- Land
- Other
- Additional Activity Details

These list of activities are part of the basis of both the Participation and the Incident Report Form.

On the survey they are listed alphabetically.

To gain additional information on the Incident Report Form, some activities ask for more detail. These descriptions are found at the bottom of this document.

Water	Description
Bell Boating	Watersport that involves a team (usually up to 12) paddle a twin-hulled, catamaran-like boat called a bell boat. They use single bladed paddles and are steered by a single oar by the helm.
Canoeing	Watersport that involves using a single-bladed paddle, usually in an open-topped craft. Typically associated with Open Canoeing and could include being rafted together.
Dragon Boating	Watersport that involves the use of a large craft, often accommodating between 10-20 people. It is paddled using single-blades, and steered by a single stern steering oar.
Kayaking	Watersport that involves using a double-bladed paddle, in a closed-top craft. Typically associated with general purpose, white water, or touring kayaks. Participants may choose to use a spraydeck.
Kite surfing	Watersport where an individual stands on a board and is propelled across the water using a kite. Also known as kiteboarding.
Multi-craft Paddlesport	Watersport activity which intentionally incorporates several different types of craft within the one group. This would often be part of an introductory session and be in a more sheltered or very-sheltered environment. Typical craft involved may be kayak, sit-on-top kayak, paddleboard, or canoe.
Packrafting	Watersport that involves the use of a lightweight inflatable craft, which normally uses a double-bladed paddle. This is often combined with other activities such as walking or biking, as the packraft can be easily packed and carried.
Paddleboarding	Watersport that involves using a single-bladed paddle, on a board that they are able to stand on. These may vary in size and stability, and can be either inflatable or hardboards. They may choose to not stand whilst paddling, due to skill and stability. Also referred to as SUP or Stand-Up Paddleboarding.
Powerboating	Water-based activity that involves the use of engine-powered boats, usually for speed and exploring waterways. It could be conducted in a variety of boat types, both planing and displacement.
Raft Building / Improvised	A team activity that takes place on the water, and involves the construction of a floating structure that is then able to be paddled by the group. It typically uses materials such as barrels, lengths of wood/poles, and rope.
Rowing	Watersport that involves the use of oars (rather than paddles) to propel the craft through the water. The craft may be in a range of lengths and crew sizes.
Sailing (Dinghy)	Watersport that uses small open sailboats, which are generally light-weight, easily rigged and launched, and can be sailed in a variety of locations. This includes single-handers and double-handers, and they do not have a fixed keel.
Sailing (Multihull)	Watersport that uses sailboats which have two or three hulls. This includes single or double handers, and they will require slightly different sailing techniques compared to single hull craft.

Sailing (Keelboat)	Watersport that uses small sailing boats which are designed to be sailed by two or more people. Usually larger than dinghies or multihulls, they will have a weighted keel under the hull (sometimes this will be retractable). It often bridges the gap between dinghy sailing and yachting.
Sea Kayaking	Watersport that involves using a double-bladed paddle, usually in a closed-top craft which is specifically designed for the open sea or large bodies of water. They are generally longer, thinner, and have options for storage of equipment (usually with bulkheads).
Sit-on-Top Kayaking	Watersport that involves using a double-bladed paddle, on an open-decked craft. Often known for good stability and suitability for beginner paddlers.
Snorkelling	Watersport that involves swimming, using a diving mask, snorkel and usually swim fins. It allows the participants to explore under the water's surface without diving deeply.
Surf Kayaking	Watersport that uses a specially designed kayak to surf ocean waves. It is a dynamic activity, which requires controlled moves using the steepest part of the wave.
Surfing	Watersport where an individual uses a board to travel along a wave, back towards shore. This may be standing, kneeling, or lying down.
Swimming (planned)	This is a planned/organised activity, where it is part of the activity programme.
Whitewater Rafting	Watersport that uses an inflatable raft to carry a group of participants down a river. It usually follows sections of rapids, using the river features to create a thrill for the group.
Wind surfing	Watersport that requires an individual to stand on a board and use a sail to harness the power of the wind, to travel across the water.
Winging	Also known as wing surfing, it is a wind propelled water sport that incorporates elements of kitesurfing and windsurfing. Whilst standing or kneeling on a board, individuals hold a wing-shaped sail that they use to move them across the water.
Yachting	Watersport that involves the use of larger vessels which have at least one sleeping cabin, that could use a combination of sail-power and motor-power to travel.

Rock (natural)	Description
Abseiling (natural surfaces)	Specifically focused only on abseiling outside on natural surfaces. If it occurs within a wider climbing session, then selecting Rock Climbing (natural) would be more appropriate.
Bouldering (natural surfaces)	Un-roped movement on rock surfaces outside. Whilst this may take place as part of a structured rock climbing session, this should only be selected if it was the named activity taking place. This would normally mean that crash pads are used/provided.
Caving / Mining	Navigating and exploring underground cave systems, which can be naturally occurring or man-made (e.g. Mines). It can involve walking, crawling, climbing, swimming, and using ropes or ladders to navigate various features. If the activity is taking place in a purpose-built cave system, then please select Caving (artificial).
Rock Climbing (natural surfaces)	Rock climbing outside on natural surfaces. This may include activities such as bottom roping, top roping, abseiling or lead climbing. If the incident occurred whilst bouldering, but part of a wider rock climbing session, then please select this activity. This would not be considered within the mountain environment.
Rock Hopping / Weaselling	Above ground activity that incorporates scrambling, climbing, and cave-type squeezes. Often undertaken around boulder fields.
Sea-level Traversing	Rock based activity that involves moving along coastal cliffs and the intertidal zone, sometimes using ropes, harnesses and other safety equipment.
Summer Mountaineering	Mountaineering activities, when no snow or ice is present. This may include, but not limited to, multi-pitch rock climbing, scrambling, short roping or short pitching. It will require a level of technical skill, judgement and decision making beyond Walking (Hill, Moorland, Mountain).
Via-Ferrata	A climbing/hiking route that has permanent fixings to facilitate the journey and increase safety. This often consists of a metallic wire anchored to the rock through specific pitons, ladders, bridges and hooks. The group need to use specific personal equipment such as harness and via ferrata kit to undertake the activity.
Winter Mountaineering	Mountaineering activities, when winter conditions such as snow and ice are found in the UK. This may include, but not limited to, winter mountaineering, snow, and ice climbing. It will require a level of technical skill, judgement and decision making beyond Winter Walking (Hill, Moorland, Mountain).

Rock (artificial)	Description
Abseiling (artificial / purpose-built)	Specifically focused on abseiling on surfaces or structures that are not a rock crag. This may be indoors or outdoors. If it occurred as part of a wider climbing session, then please select the relevant climbing activity.
Bouldering (artificial / purpose-built)	Un-roped movement on climbing surfaces that are not a rock crag. This may be indoors or outdoors, and the use of crash pads would normally be present. Only select this if bouldering was the named activity taking place - if it was part of the overall climbing session then please select the relevant climbing activity.
Climbing (artificial / purpose-built)	Climbing on surfaces that are not a rock crag. This will usually be roped, and could be indoors (Climbing Wall) or outdoors (Climbing Tower). It may include other activities such as tree climbing, and if bouldering was part of the climbing session then please select this.

Rock / Water	Description
Canyoning	Descending a canyon or gorge, navigating the various features along the way. This will normally include getting wet, and may include abseiling, swimming, sliding, jumping and scrambling.
Coasteering	A mixed activity that involves journeying along a coastline at sea level. It includes activities such as swimming, climbing, jumping and scrambling over rocks. As it occurs at the point where the sea meets the land, the conditions can be variable and challenging.
Gorge / Ghyll Walking	Ascending a river or stream that is narrow, navigating the various features along the way. This will normally include getting wet, and may include climbing, swimming, squeezing, jumping and scrambling.

Artificial Activity Structures		Description
Caving (artificial / purpose-built)		Navigating and exploring enclosed cave systems, which will be purpose built for the activity.
Freefall Descent Device		Activity that allows participants to experience a free fall safely and efficiently. Examples of this may be a Powerfan or Quick Flight.
Ropes Course (assisted belay system)		A ropes course activity that requires the use of an assisted belay system to maintain participant safety. Examples of this may be Crate Stack or Jacobs Ladder.
Ropes Course (individual safety system)		A ropes course activity that uses an individual safety system to maintain participant safety. Examples of this may be a continuous belay system, a smart belay system, or a cows-tail course.
Ropes Course (low ropes)		A ropes course activity that does not require the use of a rope or technical safety system to maintain participant safety. Spotting and group management may still be important. Examples of this may be Low Ropes, Adventure Course, or Challenge Course.
Ropes Course (other)		Any other ropes course element/activity that doesn't fit into the previous categories.
Zip Line / Aerial Runway		A ropes course type activity that involves the attachment of individuals to a cable/wire, where gravity is used to enable them to travel down the cable from a higher point to a lower point. If this is part of a wider ropes course type system, then please select the appropriate Ropes Course activity.

Land	Description
Archery	Activity that uses a bow to shoot arrows at a target.
Axe Throwing	Activity that involves an individual throwing an axe at a target, attempting to hit the bullseye as close as possible.
Biking	Activity that involves riding bicycles in a range of different environments. Generally this is using mountain bikes and can involve the navigation of technical features.
Bushcraft	Activity that is focused on the development of practical skills to survive and thrive in the natural environment. Can be associated with survival skills, it often focuses on the use of natural resources to have food, water, shelter, and fire.
Field Studies	Activities that are primarily focused on learning about nature. May be connected to curriculum subjects, and can also be called environmental education.
Forest School	Is a long-term activity, that takes place in woodland or natural environments, and uses learner-centred processes to help create a relationship and connectedness with the natural environment.

Orienteering	Activity that involves navigating a course, usually using a map and compass, often in challenging terrain. This may be in locations such as forests, grounds, parks or hill sides.
Pony Trekking / Horse Riding	Riding a horse or pony across varied terrain.
Snowsports (Dry Slope)	Any snowsport discipline undertaken on a dry slope or indoor snow slope.
Snowsports (Piste)	Any snowsport discipline undertaken on a marked ski run/piste.
Snowsports (Touring)	Any snowsport discipline that is undertaken outside of the Snowsport Resort boundaries, requiring additional technical skills, judgement and decision making.
Team / Challenge Activities	These are activities that are usually designed to help create opportunities to develop teamwork, communication, problem solving and trust amongst the group. They usually require a minimum level of technical skill for the instructor, and will vary in their use of equipment. This is an activity that is likely to have multiple names.
Walking (Hill and Moorland)	Walking in non-mountainous high or remote country, often known as upland, moor, bog, fell, hill or down. These areas of remoteness are usually easily escapable in a few hours, and don't involve areas where movement on steep or rocky terrain is required. Such areas may often be subject to hostile weather conditions and require an element of self-sufficiency.
Walking (Lowland or Countryside)	Walking in low-level countryside and woodland environments. Navigation would normally follow paths or tracks that are clearly marked and visible. Generally the group should be no more than 3km away from a key access point.
Walking (Mountain)	Walking in wild country which may contain unavoidable steep and rocky ground where walkers are dependent upon themselves for immediate help. It does not include rock climbing or walking in winter conditions.
Winter Walking	Walking in high, remote, or mountainous country where the winter conditions of snow and/or ice are forecast. This must require the planned use of winter-specific tools and techniques. It is not dependent on a particular time of year, and should not be selected just because you went walking in February or that there was snow on the (for example) beach where you went walking. If it did not require the use of planned winter-specific tools and techniques then please select the appropriate Walking category.

Other	Description
Unstructured / Unsupervised Time	When the group are not meant to be supervised by provider staff. Could be considered free time, down time, or time that is not spent on/at an activity.

Additional Activity Details		Description – at the time of the incident
Rock Climbing (natural surfaces)	Rock Climbing (Group Session, inc. bottom & top ropes)	If the group are rock climbing in a normal group climbing session. There may be a variety of anchors used (e.g. gear, stakes, trees, chains etc.).
	Abseiling	If the group are descending a rope using a mixture of devices to control their speed and back-up their safety.
	Bouldering	If the group are un-rope and moving on rock. This could be to develop skills or warm-up before other aspects of the session.
	Sport Lead Climbing	Where members of the group are using fixed bolts and anchors to attach their rope to, whilst climbing up a rock face. There will be times that they are above their closest anchor. This could be either single-pitch or multi-pitch.
	Trad Lead Climbing	Where members of the group are using different types of gear (e.g. nuts, cams etc.) to secure into the rock and then clip their rope into. There will be times that they are above their closest bit of gear/anchor. This could be either single-pitch or multi-pitch.
	Dry Tooling	Where members of the group use ice axes and crampons to ascend a rock face (without ice or snow).
Climbing (artificial / purpose-built)	Climbing (Group Session, inc. bottom & top ropes)	If the group are climbing in a normal group climbing session. There may be a variety of belay styles used, including auto-belays (whilst supervised).
	Abseiling	If the group are descending a rope using a mixture of devices to control their speed and back-up their safety.
	Bouldering	If the group are un-rope and moving on climbing surfaces. This could be to develop skills or warm-up before other aspects of the session.
	Sport Lead Climbing	Where members of the group are using fixed bolts and anchors to attach their rope to, whilst climbing up a surface. There will be times that they are above their closest anchor.
	Dry Tooling	Where members of the group use ice axes and crampons to ascend a specially designed climbing wall.
Kite Surfing, Wind Surfing, or Winging	Foiling	This is where the board is equipped with a hydrofoil that lifts the participant above the water's surface. This will create a smooth, fast and drag-free ride.