

CANNINGTON ACTIVITY CENTRE



Kit List

No specialist clothing is required for participation on activities at Cannington Activities Centre. However, your group should be briefed on appropriate clothing for this type of environment.

Restrictions:

- Climbing harnesses are fully adjustable but have a weight limit of 120kg (19 stone). Harnesses will fit wearer's waist of up to 145cm (57 ins) and a leg girth of up to 100cm (39½ ins).

Clothing

Clothing should be appropriate for the expected weather, i.e. waterproof coat in heavy rain. Long sleeves (long sleeved t-shirt in summer) and trousers, rather than shorts, are recommended to avoid any friction burns from ropes or structures. Ideally trousers should allow freedom of movement and belts worn to avoid trousers falling down.

Scarves, Hats & Gloves (Only permitted when weather makes these necessary)

Scarves, if worn, have to be tucked away and must not be tied in a way that could cause a risk of strangulation. Hats can be worn under helmets, but only if the helmet can still be correctly secured. Gloves can be worn but may limit grip and therefore will need to be removed for some of the activities. Gloves can also become damaged by ropes and structures. Participants should be warned.

Footwear

Trainers, walking or work boots are the most suitable footwear. Footwear needs to be secured firmly to feet to avoid them being a danger to participants standing below high equipment. In wet weather, wellington boots are also suitable. Open toed shoes are unsuitable.

Piercing and Earrings

All visible piercings will need to be removed if they are a health and safety risk. Participants may need to put tape over any piercing that cannot be removed. Where possible, clothing should be suitable to protect any body piercing from snagging on equipment i.e. tops long enough to cover any navel piercing.

Other Jewellery

Necklaces and bracelets to be removed where possible. These tend to break if they get snagged so should be removed where possible or tucked out of the way. Rings must be removed if at all possible or taped over. Participants should be warned of the potential dangers; i.e de-gloving injury.

Fashions and Trends

Big fluffy boots which are currently popular should not be worn as they often do not have a heel cup. This makes them difficult to balance and provides limited support which could result in twisted ankles.

Trousers should be secured to ensure that they are not likely to fall down when climbing equipment on low and high rope courses.

Fingernails should be of a sensible length, as there is a danger of them becoming caught between structures.

Food and Drink

Lunch is not provided unless you have made specific arrangement. Individuals can bring their own packed lunch or use the College Restaurant or Walled Gardens Tea Rooms, both of which are within walking distance.

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