



Stream Scrambling

Stream scrambling

► I will have to put a spare change of clothes and a towel in the shower room before we go, so I can have a shower afterwards if I get wet



Stream Scramble

- ▶ My instructor will tell me what clothes to wear
- ▶ I might have to wear a waterproof coat and trousers over my clothes
- ▶ I will need to wear wellies



Stream Scramble

► I'll need to wear a helmet, it might feel tight, but it will keep me safe





Stream Scramble

- ▶ When I get to the stream, I will hear the water flowing, it might be quite loud
- ▶ The water will probably be cold
- ▶ I will probably get wet feet
- ▶ If I don't want to get wet, then I can tell my instructor

Stream Scramble

- I need to make sure I stay with the group and that I listen to the instructor
- The rocks may be slippery, and I might find it hard, but it's ok to take my time. My instructor will help me





Stream Scramble

- ▶ Once we have finished the stream scramble we will walk back to the mini-bus and drive back to White Hall to have a warm shower
- ▶ It's a great achievement to have been involved in the session