
First Aid Information

We request that each group bring its own First Aid requirements suitable for the size of group.

Whilst you are participating in adventure activities a first aid kit will be carried at all times by your instructor. Your instructor will take charge of any situation which occurs during your activities and will organise any necessary first aid and/or call the emergency services. All instructors are in radio contact with a Qualified First Aider.

Whilst you are in the Living Springs buildings, or in the surrounding areas on unsupervised recreation, and whilst there is Living Springs staff still on duty, there will always be a qualified first aider available; however the group leaders have responsibility to respond to any accident in the first instance.

Outside of these hours (i.e. overnight) your group will have access to the first aid room to administer basic first aid and deal with any minor incidents. In the event of a more severe incident, please use the emergency contact numbers provided to you on your arrival, or call the emergency services directly.

Please make Living Springs aware of any incidents / accidents which occur outside of supervised times to enable us to complete an accident report form and provide any help or assistance. Living Springs' staff will complete an accident report form for any situation which occurs whilst under our direct supervision.

In case of Emergency Call 111

(from inside Living Springs dial (1) 111)