

Specific Safety Procedures – Low Ropes Course

LRC1 Description:

LRC1.1 Low ropes course involving traverse challenges/elements. Groups work in teams of three or more.

LRC2 Learning Outcomes:

LRC2.1 Development of trust, team work and communication.

LRC3 Instructor:

LRC3.1 Knowledge and understanding of the process of group dynamics and review techniques.

LRC3.2 Working knowledge of spotting techniques involved in ropes course and ability to demonstrate and enforce such techniques effectively.

LRC3.3 Ability to demonstrate acceptable and non-acceptable procedures for specific elements.

LRC3.4 In house training in the form of at least one full training day plus the observation and critical assessment of at least two low ropes sessions. (Previous experience may also be taken into consideration).

LRC3.5 Instructor must be passed out by InsideOut management (or other appropriately experienced individual) and logged in the low ropes pass out book.

LRC4 Site Knowledge:

LRC4.1 Point out danger areas such as roots etc.

LRC4.2 Assess dangers associated with damp (slippery) beams etc. and restrict activities accordingly.

LRC4.3 The ropes course should be inspected for damage/ vandalism on a monthly basis and a report should be made in the “Ropes course inspection book”

LRC5 Participant Requirements

LRC5.1 All jewellery, rings and watches which could cause injury must be removed.

LRC5.2 Long hair should be tied back to prevent entanglement.

LRC5.3 Clear explanation and demonstration of spotting techniques to be employed must be given and understood.

LRC5.4 Participants must work in groups of three or more.

LRC5.5 Only one active participant on any one element at any time. (Plus at least two spotters)

LRC6 Equipment:

LRC6.1 Anybody within the ropes course boundary fence must wear a helmet at all times.

LRC6.2 Appropriate footwear must be worn. (E.G.:grippy sole).

LRC7 Ratios:

LRC7.1 One Instructor to twelve participants maximum. (1:12)

LRC8 Weather:

LRC8.1 Awareness of the implications of the weather. E.G: strong winds or wet and slippery beams

Risk Assessment – Low Ropes Course

Hazards

Identify significant hazards which could cause harm:

1. Instructor.
2. Site selection.
3. Participants.
4. Equipment.
5. Ratio.
6. Weather.

How

How might the hazard cause harm?

1. Insufficient knowledge of safety procedures.
2. Injury due to fall.(Particularly head, neck, back and ankles.)
3. Group behaviour and approach.
4. Helmets not worn, (or worn incorrectly) ropes course faulty.
5. Instructor cannot control situation.
6. Slippage causing injury.

Risk

Evaluate risks arising from each hazard (High, Medium, Low).

1. medium.
2. medium.
3. High.
4. Low.
5. Low.
6. Low.

Action

Prescribed risk management strategies to remove hazard or reduce risk

1. Instructor trained and passes out for low ropes. (L3,LRC3)
2. Dangers pointed out. (L4, LRC4)
3. Group Safety briefing. (L5, LRC5)
4. Helmets worn correctly, site inspected. (L6, LRC6,LRC4.3)
5. Effective group management/ ratios. (L3.4, LRC7)
6. Suitable clothing, access restricted. (L5, LRC4.2, LRC8)

Monitor

How are risk management strategies monitored?

1. Instructor pass out system.
2. Course report. / site inspection book.
3. Participant Evaluation forms. / incident book.
4. Near-miss folder.
5. Incident book.
6. Weather forecast supplied. / incident book

7.Review

Review date of this assessment: