

## Specific Safety Procedures – Low Ropes Course

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| <b>LRC1</b> | <b>Description:</b>   |
| LRC1.1      | Low ropes course involving traverse challenges/elements. Groups work in teams of three or more.   |
| <b>LRC2</b> | <b>Learning Outcomes:</b>   |
| LRC2.1      | Development of trust, team work and communication.  |
| <b>LRC3</b> | <b>Instructor:</b>  |
| 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.  |
| <b>LRC4</b> | <b>Site Knowledge:</b>  |
| 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”   |
| <b>LRC5</b> | <b>Participant Requirements</b>   |
| 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)  |
| <b>LRC6</b> | <b>Equipment:</b>   |
| 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).  |
| <b>LRC7</b> | <b>Ratios:</b>  |
| LRC7.1      | One Instructor to twelve participants maximum. (1:12)   |
| <b>LRC8</b> | <b>Weather:</b>   |
| 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:**