

Pioneering

Standard Operating Procedure Cataract Scout Park

Version 3

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Location

Pioneering is run in Australiana Village and the taps in the Activity Sheds or by the Wooden Huts, are used to fill water balloons

Aims of the Pioneering Activity

- To implement 'challenge by choice' by:
 - enabling participants to expand their comfort zones, take initiatives and stretch their limits. (Necessary information and details are provided so that all participants can make their own informed decision whether to participate in the activity and to what point.)
 - respecting each individual's limits, strengths and weaknesses so that no participant is 'forced' to do anything outside their wishes.
 - encouraging others no matter their decision.
- To learn basic knot tying skills and the uses for such skills.
- To use teamwork to complete the challenges set for the participants.

Pre-Activity Checks

- Check weather forecast as below.
- Ensure all equipment is accounted for.
- Check all equipment before the activity begins to ensure that it is safe, clean and in working order.
- Check the activity site for hazards (fallen trees, branches, excessive leaves, snakes, etc.).
- Ensure **liability forms** have been signed and participants are present during the Essential Briefing.

Weather conditions appropriate

- A BOM Weather check should be done first thing in the morning.
- Activity cannot be conducted during storms, heavy rain, lightning or severe winds. It is at the discretion of the Program Coordinator whether the activity continues or not. In the case of a severe weather warning being issued for the area, the Program Coordinator must document justification of their decision.
- Specific consideration must be given to:
 - Water on climbing surfaces making them slippery.
 - Mud/sand/softfall causing damage to equipment.
 - General health and wellbeing of the group (it is extremely important to consider the effects of the weather on the participants, not only the infrastructure and equipment).

Medical

- Obtain briefing from Supervising Adult/ Teacher on particular medical needs for each group.
- Instructor must carry a first-aid kit at all times, located in the kitchen of the office. NB: Instructor must have current first-aid qualifications.

Supervision

- 1 Qualified Activity Instructor
- 1 Supervising Adult/ Teacher

Equipment

- 12 wooden poles
- 14 ropes
- 2 'ballista helmets' with elastic cords attached
- 50 water balloons and/or 20 tennis balls

Activity Setup

- Ensure all equipment is accounted for and in good working order.
- Lay out all equipment in front of the log seats at Australiana Village.

Qualified Activity Instructor's Role

- The Qualified Activity Instructor must be signed off on induction and competent in running a pioneering session before taking responsibility for the session.
- They must ensure all essential briefings have been conducted before the activity commences (see 'Essential Briefing' below).
- They should assist with the tying of knots and ensure that the participants are supervised, if necessary, when filling the water balloons.

Essential Briefing

Supervising Adult / Teacher's Role:

- A Supervising Adult/Teacher works in conjunction with a Qualified Activity Instructor and does not assume responsibility for technical aspects of the activity.
- They are responsible for supervising participants waiting in the designated area and should be aware that they have a duty of care to all participants.
- They are expected to:
 - Be a role model and exemplar for the participants and follow all safety rules.
 - Assist with the tying of knots and/or supervision of filling the water balloons.
 - Supervise the participants during the activity.
 - Provide positive reinforcement and support for all levels of achievement.

Participant Briefing

It is the responsibility of the Qualified Activity Instructor to ensure that all participants have understood and adhere to the Essential Briefing before commencing the activity. It is the decision of the Activity Instructors regarding whether or not a participant is safe and ready to take part in the activity.

General

- Introduce yourself and the activity to the participants.
- Explain that, when lifting or holding the wooden poles, they should be aware of splinters and ensure that no one is hit with the poles during transportation as they can be heavy.
- You may like to speak about the history of Australian pioneers and how they had limited resources and used what the environment provided for them to build things.
- You may like to mention to the participants that most knots were developed for specific purposes, and ask them what some of those knots might be used for in everyday life today (shoe laces, footballs, tying things to roof racks or trailers etc.)
- Ensure that all participants are situated so they can clearly see your knot tying demonstration.

Knot tying demonstration

- Position two wooden poles across each other so that all participants can see them clearly. (See image 1)
- Explain that there are two knots they will be using and why it's important to use these specific knots.
- Demonstrate the correct technique for tying a clove hitch on the end of the bottom log (see image 2). Ensure that the participants' understand the correct technique.
- Demonstrate the correct technique for tying a square lashing (see image 3). Ensure that the participants' understand the correct technique.

Building the ballistae

- Ask the participants to split into two groups and ask each half to:
 - position six wooden poles. (See image 4)
 - tie a clove hitch and square lashing where each wooden pole crosses another.
- Ask for at least two participants from each group to fill up water balloons.
- Ensure all knots are being tied correctly by walking around and checking or helping where necessary.
- If necessary, help lift the ballistae into position (see image 5).

- Ensure the three supporting ends of the wooden poles are secured together with a tripod lashing (see image 6) before attaching the buckets via the elastic cord.
- Ensure the two ballistae are facing each other and are approximately 10-20 metres apart.

Using the ballistae

- Ensure that two people are always supporting the upright back legs with one person holding each side.
- One person at a time places a water balloon in the bucket, pulls back on the bucket and releases it to fire the water balloon towards the other group.
- The participants who are waiting for their turn can either line up behind their ballista or stand in the 'firing range' between the ballistae.
- Once all the water balloons have been fired, ensure all the rubbish is picked up and placed in the bin.
- Ask each group to safely dismantle the ballistae and return all equipment to the starting position.

Debriefing

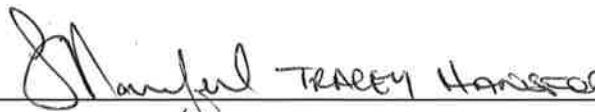
As Activity Instructors we guide the participants in the direction of understanding and realizing what they have achieved and how it can apply in everyday life. A debrief works best if the participants feel they can contribute most of the input and ideas themselves.

- Address aims (see page one) and discuss the participants' successes and/or challenges.
- Discuss the teamwork and trust elements of the activity and how it can apply to everyday life.

Packing Up

- Ensure all equipment is returned to the Pioneering Hut in Australiana Village and all rubbish has been put in the bin.
- Inform the Program Coordinator of any issues or problems regarding equipment as soon as possible.
- If necessary, an Incident, Accident and Near Miss Report Form should be completed and handed to the Program Coordinator at the earliest convenience. *(The form is located in green instructor folders or in the office).*

Approved by:

 **TRACEY HANSFORD** Date: 30/7/16

(Name and Signature)



Image 1

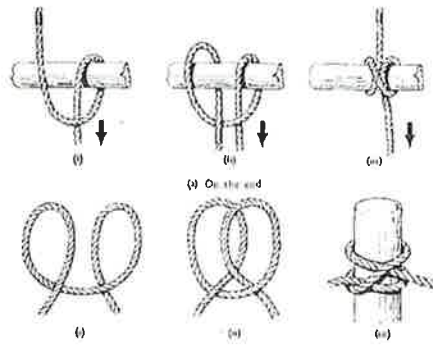


Image 2

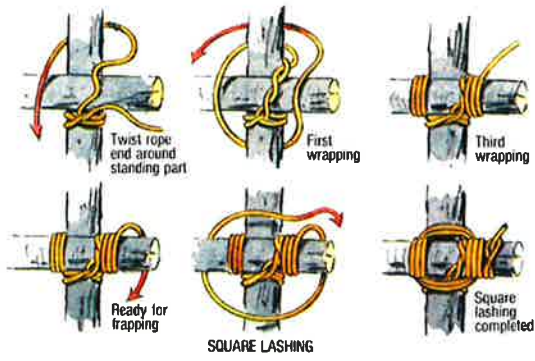


Image 3



Image 4

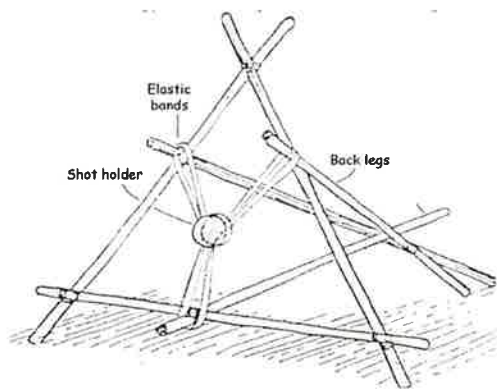


Image 5

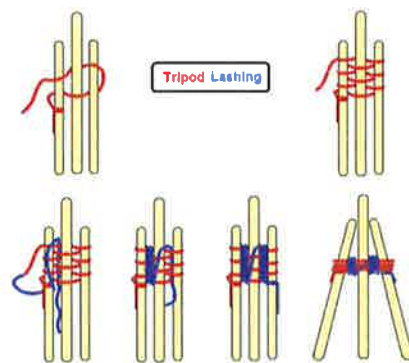


Image 6