

Team Rescue

Standard Operating Procedure Cataract Scout Park

Version 3

Contents

• Location	Page 2
• Aims	Page 2
• Pre-Activity Checks	Page 2
• Medical	Page 2
• Supervision	Page 3
• Equipment	Page 3
• Activity Set-up	Page 3
• Qualified Activity Instructor's Role	Page 3
• Essential Briefing	Page 4
• Supervising Adult / Teacher's Role	Page 4
• Participant Briefing	Page 4
- General	Page 4
- Scenario	Page 4-5
- Lifting Safely	Page 5
- Helmet	Page 5-6
• Debriefing	Page 6
• Pack-up	Page 6

Location

Team Rescue is located in an area off the Trenchard Miller track, in between the High Ropes and Low Ropes courses.

Aims of the Team Rescue 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 use teamwork and leadership skills to complete a task.

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 on 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

- 4 wooden beams
- 2 stretchers
- 2 tents (to represent persons as casualties)
- 30 helmets*

Activity Setup

- Place one of the stretchers and two of the beams on the tyres closest the road.
- Place the tent (the 'casualty') on the tyres on the other side of the zipline.
- Place the other stretcher (with tent inside) and the other two beams on the corner of the balance triangle.
- Place the helmets in a plastic box on the black rubber mat in front of the Activity.
- Ensure that the tyre on the 'balance beam' is perpendicular, not parallel, to the beam.

Qualified Activity Instructor's Role

- The Qualified Activity Instructor must be signed off on induction and competent in running a Team Rescue session before taking responsibility for the activity.
- They must ensure all essential briefings have been conducted before the activity commences (see 'Essential Briefing' below).
- They should ensure that the participants undertake the course in a safe manner.
- They should keep track of the score for each team so that they can calculate the number of 'burpees' each team has to perform at the end of the session.
- If the stretcher or casualty touches the ground the Qualified Activity Instructor will have to decide on what action to take, such as:
 - add a significant amount of points to their score, or
 - send them back to the beginning of the course to start again.
- If several of the team members have 'died', the Qualified Activity Instructor might like to give them something further to do, such as:
 - sending the 'dead' participants back to the beginning of the course to collect any beams that have 'fallen', or
 - allowing them simply to join the group again (by reincarnation).
- When both teams have reached the tyres in the middle of the course, the Qualified Activity Instructor may increase the challenge by asking the participants to react to different scenarios (*and award/remove points accordingly*), such as the 'casualty' is/has become:
 - Hypothermic (extremely cold)
 - Anaphylactic (allergic reaction)
 - Hypoglycemic (low blood sugar)
 - In Cardiac Arrest (heart attack)

Essential Briefing

Supervising Adult /Teacher's Role

- A Supervising Adult/Teacher works in conjunction with the Qualified Activity Instructor and does not assume responsibility for technical aspects of the activity.
- They are responsible for supervising participants 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.
 - Supervise the participants during the activity.
 - Provide positive reinforcement and support for all levels of achievement.

Participant Briefing

The following sets out the essential points that must be explained before any participant is allowed to attempt the activity.

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

General

- Introduce yourself and the activity to the participants.
- Explain the following:
 - Team Rescue is a team challenge and requires the involvement of all participants.
 - The aim is to complete the course with the casualty and all the rescue crew returning alive.
 - Participants must remain in the open areas and ask for permission before leaving, for whatever reason.

Scenario

- Explain the following to the participants:
 - They will be formed into two teams, each moving around the course in opposite directions.
 - They are to be like alpine rescue teams and members of each team must work together to get the stretchers with the casualties to the other ends of the course. The teams themselves do not compete with each other.
 - Approximately half way through the course, the two teams will meet and should work together to bypass each other safely.
 - Each time a participant uses the ground to steady themselves (i.e., don't fall off completely), a point will be added to their team's score.
 - If they fall off anything completely, they have 'died' and can no longer

- continue on the course itself but can help verbally.
- If any equipment touches the ground, it has 'fallen' and can no longer be used. It is **very** difficult to complete the course with only one beam and actually impossible with **no** beams.
- All points are team based and will be converted into burpees, pushups etc. for all members of the team after the session.

Lifting Safely

- Explain the following to the participants:
 - they should be careful with the beams as they are heavy and therefore should not be swung around quickly.
 - For safety reasons:
 - A minimum of **two** participants must **hold** the stretcher **at all times**.
 - A minimum of **two** participants must **drag** the stretcher.
 - A minimum of **four** participants must **lift** the stretcher.
 - The stretcher must remain below the waist **at all times**.
 - Points will be added to their teams score every time the above safety measure are not adhered to.
- Point out the following aspects of the course:
 - there are splinters in the logs and participants need to be careful if sliding on them.
 - The logs of the seesaw are very heavy and participants must be careful when navigating them.
 - nothing is to pass and no one is to climb, over the top of the tyre on the balance beam.

Helmet

- Explain that all hats and hair clips etc. must be removed and long hair tied in a low pony tail at the base of the neck.
- Explain 'happy turtle': if helmet is ever put down, it must be placed upright, and not on its 'shell', to avoid damage to the helmet.
- Hold a helmet up to the participants and show them how to identify the front by the Edelrid brand name.
- Show them the rear adjustment strap and how to tighten/loosen the helmet as follows:
 - open the clip on the strap so the strap moves freely,
 - ensure that the strap remains threaded through the clip,
 - keep the clip open and hold the strap in place whilst placing the helmet on your head,
 - pull the strap so it becomes tight on your head and then push the clip closed to secure it.
- Do a 'shake test': shake your head around or hold your head upside down to show the helmet can stay on even while the chin strap is not done up (the rear adjustment strap holds it on tight).

- Explain that there should be two fingers distance between their eyebrows and the lip of the helmet.
- Do the chin strap up and explain that, just like a bike helmet, participants should be able to run two fingers inside the strap from ear to ear to ensure that the helmet is neither too tight nor too loose and so the strap won't be able to pass over their chin.

Debriefing

As Activity Instructors we assist participants in 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 challenges.
- Discuss their teamwork and leaderships skills and how they might improve on them.
- Discuss the importance of teamwork, leadership and being able to listen.

Packing up

- Ensure all equipment is returned to the Equipment Shed.
- 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: Shanjal Terrey Hansford Date: 30/7/16
(Name and Signature)