



# PROCEDURE

## Baden-Powell Scout Centre— Low Ropes



Issued with the authority of the Head of Risk and Commercial Manager of Scouts Australia NSW

		Head of Risk Signature	
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# Baden-Powell Scout Centre– Low Ropes

## Contents

1	Location .....	3
2	Aims of Low Ropes.....	3
3	Pre-Activity Checks .....	3
	Weather conditions appropriate .....	3
	Medical .....	3
	Supervision (per 20 participants).....	4
	Equipment .....	4
	Activity Setup.....	4
	Qualified Activity Instructor’s Role .....	4
4	Essential Briefing.....	4
5	Activity Instructions .....	5
	➤ Vine Walk.....	5
	➤ Proutys landing .....	6
	➤ Triangle Traverse .....	6
	➤ Trolley Ski’s .....	6
	➤ Spider Web .....	6
6	Outcomes.....	7
7	Debriefing .....	7
8	Packing Up .....	7

# 1 Location

- Starts at the Pioneer Flat and continues towards the Great North Walk trail.

# 2 Aims of Low Ropes

- 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 an 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 what their decision.
  - Learning knot tying skills and applying it to build a catapult.

# 3 Pre-Activity Checks

- Check weather forecast as below.
- Complete Activity Equipment Check as per the checklist. Check for any previous comments regarding equipment and, if any, ensure they have been addressed.
- 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 prior to this activity
- Activity **cannot** be conducted during storms, heavy rain, lightning or heavy winds at a Beaufort scale of 6+ (= 41-50km winds – large branches sway, umbrella used with difficulty).
- Specific consideration must be given to:
  - Water on climbing surfaces making them slippery.
  - Mud/sand/soft fall causing damage to equipment.
  - Total Fire Ban & Fire Danger Warning level must be assessed by Program Manager
  - 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 Camp management on particular medical needs for each group.
- Instructor must carry a first-aid kit at all times, located in the office and at the Pioneer Hut.
- **NB:** Instructor must have current first-aid qualifications.

## Supervision (per 20 participants)

- 1 Qualified Activity Instructor
- 1 Supervising Adult/Teacher

## Equipment

- 1m long rope with attached carabineer for Prouty's Landing
- 20 Low Rope Helmets (Black)
- 1 long rope for Prouty's Island Landing
- 1 Radio per instructor

## Activity Setup

- Proutys Landing requires a rope to be attached to the wire to swing from. Participants will leave from the "boat" and land on platform at other end of activity.
- Trolley Ski's need to be placed on pioneer flat with a rope placed on ground for the finish line.
- Spiders web needs to be checked
- All the gear is checked and in safe working order
- Ropes are checked
- Wires are free from rust
- Anchors are checked and sound

## Qualified Activity Instructor's Role

- The Qualified Activity Instructor must be signed off on induction and competent in operating the Low Ropes activity before taking responsibility for the session.
- The Qualified Activity Instructor must ensure all essential briefings have been conducted before the activity commences (see 'Essential Briefing' below).
- Demonstrate the correct lifting and carrying of participants if putting students on Spiders web.
- Provide positive support and encouragement for all levels of achievement.

# 4 Essential Briefing

## Supervising adult /Teacher's role

- Supervising Adults/Teachers work in conjunction with a Qualified Activity Instructor and Assisting Activity Instructor and do not assume responsibility for technical aspects of the activity.
- They are responsible for supervising participants during the low rope activity session and be aware that they have a duty of care to all participants throughout the entire activity.
- They are expected to:
  - Be a role model and exemplar for the participants and follow all safety rules.
  - Assist with the fitting of helmets and harnesses as necessary.

- Supervise the participants in the 'safe zone' during the activity.
- Provide positive reinforcement and support for all levels of achievement.

## Participant Briefing

- The following sets out all 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.
- Any actions by participants deemed unsafe or inappropriate will result in them being excluded from the activity.
- No one is to enter the activity area without appropriate supervision.
- Participants are to listen to the guide at all times and are to use the activity in the order set by the guide.

## Helmet

- Hold a helmet up to the group and show the front (Edelrid) and the back (number).
- Show where the rear adjustment is, and how to tighten/loosen the helmet by opening the clip and moving the tail through then closing the clip when it is at the correct tightness.
- Do a 'rock n roll' or clown – Shake their head around or hold their head upside down while holding hands out in front (to catch the helmet should it fall off your head) to show the helmet can stay on while the chin strap is not done up.
- There should be 2 fingers distance between the participant's eyebrows and the lip of the helmet.
- Instruct the volunteer participant to do the chin strap up – just like a bike helmet and they should be able to run two fingers from ear to ear so the helmet is not too tight, not too loose and so the strap doesn't pass over the chin.
- Everyone (including teachers, and other adults) must wear a helmet once they reach the road.

# 5 Activity Instructions

## ➤ Vine Walk

**Objective:** get from one tree to the other without touching the ground. Use the vines and other participants to help.

- Safe spotting technique- hands up waiting participant on element, ready to gently guide them back onto the wire, min 2 spotters per participant. Must be watching from the moment someone is on the wire till they get off
- Only 2 participants on the wire at any one time
- Increase challenge – blindfolds. Participants can start at either end and have to cross over in the middle.

## ➤ Proutys landing

**Objective:** Group has to leave their sinking ship and get to the island without touching the ground. Whole group has to be standing on the island together

- If anyone touches the ground, whole group starts over (if time permits or they can have a couple of lives).
- When swinging, hold up high and take a small jump across (move ship to make this easier/harder depending on group)
- One person on the rope

## ➤ Triangle Traverse

**Objective:** get from one tree to the other, and the next without touching the ground. Use the white “vines” to help you balance.

- Safe spotting technique- hands up waiting participant on element, ready to gently guide them back onto the wire, min 2 spotters per participant. Must be watching from the moment someone is on the wire till they get off
- Participants can start at either end and have to cross over in the middle.
- Increase challenge – blindfolds. Participants can start at either end and have to cross over in the middle.
- Variant for younger students – Rope up far above head height and attach 3 drop down ropes for them to hold on too

## ➤ Trolley Skis

**Objective:** Using the skis - get to the finish line as fast as possible without falling off

- Each person must maintain contact with a rope at all times.
- If someone falls off the entire team gets sent back to the start (if time permits)

Please note: (You can either have them race each other or make it a race against the clock)

## ➤ Spider Web

**Objective:** To move the entire group through the web, so that no one touches the web (with any part of their bodies or clothing).

- Nobody is allowed to touch the web.
- Once a web opening has been used, it cannot be used again.
- If the web is touched during the passage through, the entire team must return to the start.

- A person who has completed a passage cannot go back around to the start side to help. They must stay on the completed side of the web.
- If passing a participant through a hole above waist height then there must be at least 2 strong people on each side of the web to pass them through safely. Be careful not to drop them once passed through. Someone has to take charge of the head at all times. Participants are not allowed to carry anyone past chest height of the shortest person on the lifting team.

NOTE: The guide of the group is responsible for participant safety. Duty of care is ultimately up to the guide at the activity and therefore setup of the activity needs to be checked by the guide before their session. Regardless of who set it up and how many sessions have been run before yours.

## 6 Outcomes

- Achieving their set goals and aims.
- Problem Solving: Challenge of the equipment, learning how to tie knots, decision making and overcoming perceived limitation of self.
- Communicating: Positive support and encouragement of others, safety.
- Values: Commitment, respect and trust for others, trust in instructor, self and equipment.
- Fun: Enjoying time in the outdoors doing different activities as well as building of friendships.

## 7 Debriefing

- How well did they work together as a team
- What helped/didn't help
- Any surprising strengths about self or others in the team
- If they failed how did they feel, high of achieving after a failure?
- Any leaders in the group emerged

## 8 Packing Up

- At the end of a session the all elements need to be removed.
- Make sure all equipment is put away neatly
- Fill out logbooks in pioneering hut
- Fill out any accident and Near Miss Report Form and hand it to the Assistant Manager or Centre Manager.

