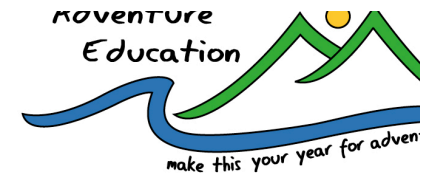


# Low Ropes Course



Document last updated by Jenny Lantry & Paul Melling 02/02/12

<b>PURPOSE</b>	<p>Personal challenge.          Develop leadership skills.          Group/shared responsibility, problem solving, co-operation, team building.          Practical application of problem solving and management models.          Enhancing skills and factors inherent in successful teamwork.</p>	<b>OUTCOMES</b>	<p>Sense of achievement and meeting challenge, building both team and self esteem.          Shared responsibility, trust in peers and safety awareness          Enjoyment and 'fun factor'          'Real life' consequences for planning, co-operation, communication etc.          Create an activity and an atmosphere where an element of perseverance is required for success.</p>
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<b>EQUIPMENT CONCERNS</b>	<p><b>Required</b>          Correctly fitting Helmets for all participants and instructors where appropriate          Full inspection of the equipment to be carried out before using it, any damaged equipment to be fixed or reported to a Senior Instructor          Gloves can be used where appropriate</p>	<b>ENVIRONMENTAL CONCERNS</b>	<p><b>Required</b>          Ensure that participants are appropriately dressed for the activity and weather conditions          Keep noise to a minimum          Extra care to be taken if equipment is wet</p>
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## General Safety procedures

- Thorough safety briefing to include dangers associated with hard surfaces.
- Introduction to emphasise responsibility for each other, spotting etc.
- Tutors to be positioned to back up / help / replace spotters.
- Briefing for splinters, trapped fingers and back strain when lifting/lowering planks.
- Activities to be sited in designated operating areas
- Noise to be kept to a minimum
- Tasks should be left in a neat and tidy manner

Minimum Leader Qualification	In house assessed	Minimum Assistant Qualification	Responsible Adult
Max group size with Leader	12	Max group size with Assistant	20

Leaders must have an up to date and relevant First Aid

<b>Hazards</b>	<b>Who's at risk</b>	<b>Control measures</b>	<b>Risk (minima manageable, unacceptable)</b>
Muscle Strain	Leader & Participants	Use warm ups at start of sessions and monitor groups abilities	Minimal
Equipment Failure	Leader & Participants	Check the course on arrival Minor damage/wear & tear to be dealt with as it arises Do not use any damaged equipment Report any damage to Senior Instructors	Minimal
Trips, slips & falls	Leader & Participants	Check shoelaces. Clear area of obstructions. No running inside area or on equipment Brief Group on hazards around the course and obstacles	Minimal
Falls from the course	Leader & Participants	Leader to have a sound knowledge of equipment and individual hazards. All leaders to have completed an induction and updates if appropriate. Use responsible spotters on more difficult elements.	Minimal
Hitting heads	Participants	All people inside the low ropes area to wear helmets including Leaders and assistants	Minimal
Injuries on the equipment eg rope burns	Leader & Participants	Wear long sleeves and long trousers. Close supervision and advise on more difficult sections	Manageable
Weather related	Participants	Appropriate clothing, waterproofs and footwear to be worn The course becomes slippery when wet, ensure the group is more cautious	Manageable

This Risk Assessment is renewed in January each year as a matter of course, but is also reviewed & amended subject to any changes that occur to Ardwhallan Outdoor Education Centre's Normal Operating Procedure.