

'Self-Led' Low ropes Operating Procedure



Visiting organisations may task their staff/adult members to lead their own groups on the Thornbridge Outdoors Low Ropes course but need to consider various things, including:

- Are suitably experienced, skilled and knowledgeable adults available to run the activity?
- Do the adults leading the activity have a suitable first aid qualification?
- Is adequate insurance in place?
- Are adequate emergency procedures in place should an accident occur?



Who Can Run It	<ul style="list-style-type: none"> • Whilst it is the responsibility of the visiting organisation (typically the headteacher/manager) to task appropriate adults to lead the activity we ask that all leaders have attended a low ropes induction course and are familiar with the course.
Normal Working Ratios	<ul style="list-style-type: none"> • Whilst staffing levels will depend on the age and needs of the participants we suggest a maximum of 12 participants to each adult leader.
Minimum Age limit	<ul style="list-style-type: none"> • Where a group of participants are a similar age: <ul style="list-style-type: none"> ◦ 4 years old • If accompanied by older group members in a mixed age group: <ul style="list-style-type: none"> ◦ 3 years old
Adult leader PPE	<ul style="list-style-type: none"> • Helmet
Client PPE	<ul style="list-style-type: none"> • Helmet
Activity Specific Hazards & Issues To be considered in conjunction with Risk Benefit Assessments	<ul style="list-style-type: none"> • Pre inspections: <ul style="list-style-type: none"> ◦ Please visually check the elements prior to use. ◦ If you have any concerns regarding any element please do not use it and inform a Thornbridge Outdoors staff member. • Slippery Surfaces: <ul style="list-style-type: none"> ◦ All surfaces can be slippery, especially when wet or frozen, and may need careful spotting and managing. • Landing zones: <ul style="list-style-type: none"> ◦ Please be aware that there are not clear and padded extensive landing zones adjacent to the elements as there are in parks. Participants wearing helmets, inducted leaders, appropriate footwear and spotting as appropriate are key to participant safety. • Numbers per section: <ul style="list-style-type: none"> ◦ Some challenges are one at a time e.g., Criss Cross. Most are maximum of 6 participants on each section so that the section doesn't become overloaded. • Handlines: <ul style="list-style-type: none"> ◦ Participant not letting go as expected during a fall, can cause an awkward fall e.g., onto their back e.g., on the Mohawk walk.





	<ul style="list-style-type: none"> • Jumping on elements can generate significant forces which may cause damage or breakage. Please ensure participants do not jump up and down whilst on the course. • Sudden swinging backwards and forwards can be caused by participants loading handlines suddenly. This can be managed with spotting, and group management.
Equipment required	<p>Required:</p> <ul style="list-style-type: none"> • First aid kit <p>Optional:</p> <ul style="list-style-type: none"> • Review cards • Tray • Snooker balls • Hoops • Ruler • 2 small buckets (same size) • Cups with holes • Large bucket of water • Plank • Blindfolds • Sit mats




Element specific notes:

	<p><u>Burma Bridge Part 1 – Safety</u></p> <p><u>Tips</u></p> <p>-Be mindful of participants leg length in case they fall astride the cable</p>	<p><u>Notes and Ideas</u></p> <p>-If completed easily, can they do a full turn midway, or walk backwards, or blindfolded.</p>
	<p><u>Burma Bridge Part 2 – Safety</u></p> <p><u>Tips</u></p> <p>- As above</p>	<p><u>Notes and Ideas</u></p> <p>- As above</p>

	<p><u>Island Crossing - Safety Tips</u></p> <ul style="list-style-type: none"> - May need a spotter in case a participant lets go of the rope. - Wooden platforms can be moved around to suit group's ability. 	<p><u>Notes and Ideas</u></p> <ul style="list-style-type: none"> - There are additional platforms in the low ropes store if needed.
	<p><u>Walkway – Safety Tips</u></p>	<p><u>Notes and Ideas</u></p> <p><u>Extra challenge</u></p> <ul style="list-style-type: none"> - The gap that has to be stepped across is the same size as the 'step across' on the Sky Ropes. - Can the group rearrange themselves into an order e.g., alphabetical order with surnames while off the ground
	<p><u>All Aboard – Safety Tips</u></p>	<p><u>Notes and Ideas</u></p> <ul style="list-style-type: none"> - Can the group work together to all be off the ground at once using the rocks.
	<p><u>Criss Cross – Safety Tips</u></p> <ul style="list-style-type: none"> - One at a time - Be aware this can be a strenuous activity, keeping the body as upright and forward as possible can reduce strain on the arms, and aid stability. - Spotters needed at both sides in case of sudden fall. - Be aware of suddenly swinging forwards or backwards (spotter getting headbutted, or jarred wrists). 	<p><u>Notes and Ideas</u></p>

	<p><u>Postman's Walk – Safety Tips</u></p> <ul style="list-style-type: none"> - Max. 6 children at any one time. - Be aware of suddenly swinging forwards or backwards. 	<p><u>Notes and Ideas</u></p>
	<p><u>Scramble Net & hanging Vines – Safety Tips</u></p> <ul style="list-style-type: none"> - Brief the group to keep their feet on the metal cable (i.e. not to climb the net) 	<p><u>Notes and Ideas</u></p> <p>If completed easily, they could try missing out every other vine or more.</p>
	<p><u>Twitch Ladder - Safety Tips</u></p> <ul style="list-style-type: none"> - The ladder can tilt sideways when unevenly weighted. - Beware of participants jumping as it can launch others into the air. 	<p><u>Notes and Ideas</u></p> <ul style="list-style-type: none"> - Small participants can get on in the middle if it is too high at the ends.
	<p><u>Zip Line – Safety Tips</u></p> <ul style="list-style-type: none"> - If participants are getting a push off from others, this must be done with care so that they do not reach the far tree. - Spotting required to avoid person on swing hitting the tree. - Ensure the swing is locked away at the end of the session 	<p><u>Notes and Ideas</u></p>
	<p><u>Tunnels – Safety Tips</u></p> <ul style="list-style-type: none"> - In the darker tunnel the joins between the tunnels have exposed edges. Participants to take care and not rush through these sections. 	<p><u>Notes and Ideas</u></p> <ul style="list-style-type: none"> - Shorter tunnel to the left to build up confidence for the longer, darker tunnel on the right.

	<p><u>Loch Ness Monster Tyres- Safety Tips</u></p> <ul style="list-style-type: none"> - Some tyres collapse when weighted. 	<p><u>Notes and Ideas</u></p>
	<p><u>Tyres & plank crossing – Safety Tips</u></p> <ul style="list-style-type: none"> - Care taken not to hit anyone with the plank - Ensure that the plank is safely rested on a tyre before being weighted. 	<p><u>Notes and Ideas</u></p> <ul style="list-style-type: none"> - Can the group all get across without touching the ground.
	<p><u>Mohawk Walk Safety Tips</u></p> <ul style="list-style-type: none"> - Spotters are essential, especially when children are making a move from the end of the rope to the tree. -Participants are often reluctant to let go of the rope when they lose balance and swing into the tree. 	<p><u>Notes and Ideas</u></p>
	<p><u>The Diamond walk – Safety Tips</u></p> <ul style="list-style-type: none"> - Use 2 people to complete the task. Face one another and push against the other persons hands. (Must be able to let go quickly if needing to step down). - The platform in the middle can be very slippery. 	<p><u>Notes and Ideas</u></p>

	<p><u>Postman's walk 2</u></p> <ul style="list-style-type: none"> - 6 participants maximum at a time. - 2/3 of the way along the handline crosses the foot wire and participants often find it difficult at that point. 	<p><u>Notes and Ideas</u></p>
	<p><u>Swinging Tyres -</u></p> <ul style="list-style-type: none"> - Avoid getting feet stuck inside a tyre, so participant can step down easily if slipping. - Spotters not recommended as they may get hit by swinging tyres. - Be aware some participants get stuck if their legs swing apart too far. 	<p><u>Notes and Ideas</u></p>
	<p><u>Straw shelter</u></p>	<p><u>Notes and Ideas</u></p> <ul style="list-style-type: none"> - A place to review the activity, or warm up. - Review prompt cards are available