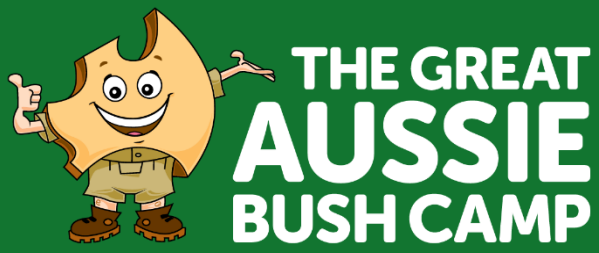

Trust Exercises SOP

Risk Profile

The following risks have been identified through GABC's risk assessment process:

a. Extreme Weather
b. Injury from participation/physical exertion
c. Fatigue/exhaustion/dehydration
d. Collision/entanglement with elements / structures / equipment/ people
e. Entrapment of hair, fingers, loose clothing, etc. in element or operating structure
f. Splinter injury from pole.
g. Injury from cables & cable clamps
h. Tear/ de-gloving injuries from rings and other jewellery
i. Slips/Trips/low to ground falls
j. Guest falling off elements.
k. Injury through activity; Entrapment/ crush injuries and rope burns
l. Injury through element collapse
m. Drowning – primary and secondary
n. Entrapment – in equipment, in water or underwater and surrounding wildlife

Implementation of the following operating procedures reduces the residual risk to a level as low as reasonably practicable given the intended purpose of the activity.

Control Measures

Deployment Requirements	
Instructor Qualifications	'Centre based training and assessment by competent person' Leader led complying with 'Leader Led Resource' Document
Instructor - Participant ratio	1:15
Total group size	15
Active Participation:	1: Varies depending on activity

1. Equipment Requirements

Per Activity Base:

- Props for team games and exercises

2. Guest & Instructor equipment requirements

Per Instructor & Guest:

- none

3. Specific Clothing Requirements

- Trousers or long shorts
- Flat soled shoes or boots unable to slip off
- Long hair tied back
- Jewellery removed where possible, or made safe

4. Session Preparation

a. Instructor to carry out a routine visual inspection of the element and activity area, checking the integrity of the whole element (to include poles, high lap splices, anchor points and guys, etc., as per 'Daily rope inspection Checks.doc'.

b. If built in a wooded area, check for fallen branches or unsafe trees.

c. If the Instructor has any concerns about the integrity and safe use of the element and activity area, then they should raise this with the appropriate Senior Staff Member, prior to any activity taking place.

d. On all days when the activity takes place, a record of the first routine inspection of the day should be logged for future reference.

5. Session Instruction

a. The instructor should decide on the content of the session based on the group, the aims and objectives and their dynamic risk assessment

b. The safety briefing must include the following: the importance of spotting, the safety area and the rules of the ropes course.

c. After the instructional briefing the instructor must be happy the following are understood: the use of each element, spotting, communication and dismounting the element.

d. Trust games must be used to develop mutual trust and teach good spotting.

e. Trust games must be dynamically risk assessed and the group's behaviour and age considered.

f. At all times communication between the spotted and the spotters should be encouraged.

g. The instructor should be aware that not all guests may be comfortable with the level of physical interaction in the session, and should adapt accordingly.

h. When doing trust fall games the instructor must pick an open space free from tree stumps and debris.

i. Instructors must demonstrate any elements that require specific techniques that are not immediately obvious and could lead to injury if performed incorrectly.

j. Instructors must be aware of child protection issues and can demonstrate techniques themselves, or have guests demonstrating, but must not mix guest/staff pairs.

k. No more than 4 elements must be in use at the same time

l. Participants and spotters must be supervised at all times and active spotting enforced.

m. Instructors should constantly dynamically risk assess, taking into account the session, group behaviour and the challenges they are setting.

n. Where there is more than one guest to an element, it can be hard for guests to balance and increase the need for effective spotting. Instructors must manage this increased need.

o. A variety of games or challenges should be used throughout the session to develop the session and meet the aims and objectives.

p. Instructors must supervise sufficiently to ensure the max user number for each element is not exceeded.

q. Positive active reviewing throughout must be used to allow guests to share/reflect on achievements and revisit aims and objectives.