

GROUP LEADER...

- ➡ Group leader to run after being trained by TS Instructor
- ➡ Disclose relevant medical conditions
- ➡ Fulfil responsibilities in SAP below
- ➡ Responsible for overall group management

PARTICIPANTS...

- ➡ Shoes

INSTRUCTOR...

- ➡ N/A Group Leader Run

RESTRICTIONS

Recommended 1.2m and over

RATIOS (not including instructor)

1 adult : 12 students

What could go wrong? 'The potential harm'	What would cause it to go wrong? 'The hazard'	How could we prevent it from going wrong? 'The mitigation'	Responsibility of?	When will it be done?	Emergency Plan
Bumps, Bruises, Scrapes, Strains, Sprains	<ul style="list-style-type: none"> - Improper briefing/instructions - Poor supervision - Improper use of equipment 	<ul style="list-style-type: none"> - Ensure the whole group is listening during briefing - Ensure hand placement isn't over the edge of the pipping 	Participants + Group leaders	Before	<i>Suspected major injury</i> <ul style="list-style-type: none"> - All to vacate area - Group leader to coordinate first aid
Damage to Equipment	<ul style="list-style-type: none"> - Improper briefing/instructions - Poor supervision - Improper use of equipment 	<ul style="list-style-type: none"> - Ensure the whole group is listening during briefing - Group Leader to discourage improper use of equipment 	Participants + Group leaders	Before	<ul style="list-style-type: none"> - Group leader to arrange for ambulance or extra assistance
Exposure to Elements (sun, wind, temperature)	<ul style="list-style-type: none"> - Long periods out in the sun or wind and rain without correct clothes 	<ul style="list-style-type: none"> - Move to an indoor Activity during "bad weather" - Ensure the group has adequate clothing 	Participants + Group leaders	Before Before & During	<ul style="list-style-type: none"> - Inform host of incident immediately and fill out appropriate forms
Psychological Harm	<ul style="list-style-type: none"> - Being bullied or forced to participate 	<ul style="list-style-type: none"> - Challenge by choice - Group encouragement 	TS instructor Participants + Group Leaders	During	<ul style="list-style-type: none"> - Assess if activity can continue <i>Other/ Minor Injury</i> <ul style="list-style-type: none"> - Group leader to administer first aid

Please note: The Instructor may cancel this activity at any time if conditions outlined in this SAP are not able to be achieved or maintained. *Serious Hazards are highlighted*