

SAFETY ACTION PLAN

ACTIVITY: LOW ROPES
LOCATION: LOW ROPES COURSE

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...

- ➡ Pass internal training and assessment program
- ➡ Current first aid certificate

RESTRICTIONS

Recommended 8 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 |
|---|--|---|--|---|--|
| Loss of Process | - More than one person on an obstacle - Too many team members | - Optimum numbers for effective learning and participation is 5 to 15 people, including 4 spotters for each participant | Group Leaders | Before | Suspected major injury <ul style="list-style-type: none"> - All to vacate area - Group leader to coordinate first aid - Group leader to arrange for ambulance or extra assistance - Inform host of incident immediately and fill out appropriate forms - Assess if activity can continue |
| | - Improper briefing/instructions | - Ensure the whole group is listening during briefing | Group Leaders | Before | |
| | - Lack of understanding of objectives - Too complex for group | - Brief group clearly and adapt objectives to suit the groups age, mental and physical capacity - Outline the goal of the activities | Group Leaders | During | |
| | - Not physically appropriate for the team - Negative comments by bystanders | - Ensure the team is physically capable of the challenges - Give guidelines to bystanders regarding opinions | Group Leaders TS Instructors | During During | |
| Bumps, bruises, scrapes, strains, sprains | - Falling off an element - Poor Supervision - Team mates not "spotting" properly - Jumping over obstacles | - Use the acronym S.O.S "step off safely" when describing how to dismount the element - Participants MUST be "Spotted" when on obstacles | Participants + Group leaders | Before | Other/ Minor Injury <ul style="list-style-type: none"> - Group leader to administer first aid |
| | - Draping rope around neck | - Clear brief about use of equipment, including being aware of group members, and the risks of carrying rope around their neck | Participants + Group leaders | Before & During | |
| 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 - Extreme environmental event (Flooding, Earthquakes, Lightning & High Winds) | <ul style="list-style-type: none"> - Move to an indoor Activity during "bad weather" - Ensure the group has adequate clothing - Move to emergency meeting area | TS instructor Participants + Group leaders TS instructor | Before Before & During In the event | |
| Psychological harm | - Being bullied or forced to participate | <ul style="list-style-type: none"> - Challenge by choice - Group encouragement | TS instructor Participants + GL | During | |

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**