

Brenin Adventures

Low Ropes and Obstacle Courses



Operational procedures

Staffing & Ratios

Appropriate qualifications:

- In house induction

Ratio – as appropriate to course, aims & objectives of session, and age / ability of group

Weather limitations

It is possible to operate in all conditions.

Instructors must be aware that wet weather brings increased risk of slips. Both the ground and equipment become slippery in / after wet weather. In wet and/or cold weather ropes are more difficult to hold. Strong winds also have an impact on balance.

Venues

Broneirion

Other sites, following a site specific risk assessment, including travel kits

Participant equipment

Participants should be equipped with:

- Helmet
- Long trousers
- Long sleeved shirt / jacket
- Suitable footwear [trainers or boots]

General Procedures

Before the start of any session, instructors must be fully aware of any medical conditions that may affect participation, and any specific requirements of the group.

The instructor should check all elements to ensure that they are in good repair. Where any element requires attention it should be marked with hazard tape and not used until they have been repaired / replaced and signed off by management or third party inspector.

Helmets must be checked immediately before the group starts the course.

Ensure you brief the group fully. Your briefing must include;

- Activity description / goals
- Safety rules
- Check all equipment is correctly fitted
- Check supporting adult understands role

Group control is very important. The supporting adult needs to understand the site specific risks and their role & responsibilities.

Timed exercises pose a specific risk in that they encourage shortcuts and a lack of care. The level of challenge can be increased by adding items to carry around the course [buckets of water, a tray of tennis balls, blindfolds, etc.], which reduces the speed of travel and increase the care taken.

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The low ropes should be used to encourage teamwork & trust and reduce the exclusion of individuals from any tasks set.

For spiders' web elements, instructors should teach safe lifting techniques to reduce the risk of injury.

The risk assessment must be reviewed on arrival on site to take into account prevailing conditions and recent changes, and monitored throughout the activity session.

Risk factor	Control
Hypothermia / exposure	Appropriate clothing Modification of session to account for air temperature and group ability
Falls	Group management & control Course maintenance Course selection appropriate to age / size / ability Modification of challenge in/after wet weather Suitable footwear Spotting
Lifting	Group coached in lifting techniques Supervision Spotting
Slips & trips	Course maintenance Briefing & group control Course selection appropriate to age / size / ability Helmets Suitable footwear
Rope burns	Briefing & group control Long trousers and sleeves
Entrapment of items	Course maintenance No loose clothing Jewellery removed / taped over Hair tied back
Injury from jumping	Briefing & group control
Equipment failure	Course maintenance Over-engineering of elements Elements checked before each use