

Brenin Adventures



High Ropes – Operational procedures

Staffing & Ratios

Appropriate qualifications:

- MT.UK MIA / SPA
- Instructor with site specific in house training & assessment, and shadowing experience, in line with ML.UK approved procedures

Ratio 1 instructor : 10 clients / 1: 12 working with a responsible adult assistant

Instructors working alone must have an effective way of communicating with the centre base.

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

Any suitable course, following site specific assessment.

Instructor equipment

Instructors should carry a folding saw to remove obstructions and manage the gorge environment.

Instructors should be equipped with:

- Harness
- Helmet
- 2 x 120cm sling
- First aid kit
- Knife
- 2 Prussik loops
- Hair bands
- 4 x Screwgate Karabiners
- Mobile phone
- Spare clothing [i.e. spare hat, warm jacket, survival blanket] appropriate to the conditions [in vehicle if close]

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 appropriate person/company.

Harnesses and helmets must be checked for fastening & fit at the start of the session.

Brenin Adventures

Participants must be warned to keep their hands clear of pulleys and not grab the rope on free sliding elements.

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

- Activity description / goals
- Safety rules
- Communication
- Procedure for getting on to and off the rope
- 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 on many elements by adding items to carry around the course - this reduces the speed of travel, increase the care taken, encourages teamwork & trust and reduces the exclusion of individuals from any tasks set.

Requirements

- Harnesses & helmets to be checked by the instructor.
- Chest harnesses to be used as appropriate.
- Loose hair to be tied back when climbing and belaying.
- Jewellery to be removed / taped over and necklaces removed / tucked in to clothing when climbing and belaying.
- Brief not to stand on ropes, drop helmets or leave on the floor the wrong way up.

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
Fall	Course checked before each use Harness worn correctly & checked. Chest harness as necessary Recognised belay method used, closely supervised Safety system managed by competent staff Group control
Entrapment of items	Course maintenance No loose clothing Jewellery removed / taped over Hair tied back
Entrapment in course elements	Course monitoring & maintenance Group control

Brenin Adventures

Slips, trips & grazes	Briefing & group control Helmets Suitable clothing Suitable footwear
Injury from jumping	Course monitoring & maintenance Group control
Rope burns	Briefing & group control Long trousers and sleeves
Equipment failure	Course maintenance Over-engineering of elements Elements checked before each use