

## LOW ROPES

<b>LOCATION / ENVIRONMENT</b>	OYC Low Ropes Course			
<b>RELEVANT QUALIFICATIONS</b>	<b>Lead Instructor:</b> OYC Certified Low Ropes Instructor <b>Assistants:</b> OYC certified volunteer			
<b>NGB GUIDELINES</b>	Not Applicable			
		<b>LIKELIHOOD OF OCCURRING IN NEXT YEAR</b>	<b>IMPACT IF OCCURS</b>	<b>OVERALL SCORE</b>
		1 = Low, 2 = Med, 3 = High		
<b>POTENTIAL RISKS</b>	<ol style="list-style-type: none"> <li>1. Slips, trips, falls</li> <li>2. Head or impact injuries</li> <li>3. Scraped shins</li> <li>4. Injury to arm/wrist</li> <li>5. Rope Burns</li> </ol>	<p style="text-align: center;">2</p> <p style="text-align: center;">2</p> <p style="text-align: center;">2</p> <p style="text-align: center;">2</p> <p style="text-align: center;">2</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">2</p> <p style="text-align: center;">1</p> <p style="text-align: center;">2</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">4</p> <p style="text-align: center;">2</p> <p style="text-align: center;">4</p> <p style="text-align: center;">2</p>
<b>WHAT EVENTS ARE LIKELY TO CAUSE THE ABOVE RISKS?</b>	<ol style="list-style-type: none"> <li>1. Slippery platforms. Poorly maintained course. Insufficient briefing. Unnecessary equipment lying in low ropes area.</li> <li>2. Running in the activity area. Falling onto another part of the course or other participant. Poorly maintained equipment.</li> <li>3. Not dismounting before they fall and abrading legs on wire rope. Frayed wire rope.</li> <li>4. Participants falling off elements.</li> <li>5. Participants demonstrating poor technique on rope swing.</li> </ol>			
<b>WHAT MEASURES HAVE BEEN TAKEN TO MINIMISE THE RISKS?</b>	<ol style="list-style-type: none"> <li>1. Ensure surfaces are not slippery prior to use. Warn participants about the possibility of injury from platform and elements. Participants instructed to remain off course unless asked. Participants briefed on appropriate behaviour – no pushing, shoving. Remove any unnecessary equipment from area.</li> <li>2. Participants instructed not to run within low ropes area. Participants to wear helmets on and around the course. Move rope swing platforms well clear of other activities when not in use. Helmets to be checked and fitted before entering low ropes area.</li> <li>3. Helmets to be worn at all times while inside the perimeter of the course.</li> <li>4. Full briefing on dismounting rather than falling. Check of the wire ropes, fixtures and fittings prior to use and full check once a month.</li> <li>5. Instructors to spot participants when necessary.</li> <li>6. Describe correct rope holding technique prior to using rope swing.</li> </ol>			