

ACTIVITY PROCEDURE & STANDARD

LOW ROPES – WOODHOUSE PARK

Linked Documents

- On Ground Generic Risk Assessment
- Off Ground Element Specific Risk Assessment

Session Aim

This session encourages communication and cooperation and helps children build confidence, developing balance and coordination as they navigate their way through the course, supporting and spotting for each other as they complete.

Session Outcomes

- Learn to spot effectively and manage risk for others
- Develop balance and coordination skills
- Plan and communicate with team members
- Only the low rope elements to be used for the low rope activity

Course Elements

- **See Saw**, Participants walk up the see saw to the fulcrum point when its tipped they carry on until the end, other members of the group must keep away from moving parts.
- **Stepping logs**, Participants step from the see saw to the first log they then have to go from one to another.
- **Tension Traverse**, participants traverse across the foot cable whilst holding onto the hand rope for balance.
- **Multi vines**, Participants traverse across the element using the horizontal foot cable and holding onto the most appropriately position vine, keep hands high to aid balance.
- **Postmans Walk**, Participants traverse across the element using the horizontal foot cable and hand rope.
- **Wobbly Log**, Participants walk across this element , balance is essential.
- **Balance cable**, A very hard element, Participants walk across this element, Balance is essential.
- **Heebie jeebie**, Participants traverse across this element holding onto the angled rope.

Team Challenge elements

- **All Aboard**, The participants have to swing from one platform to the other ,different size platforms are provided , so the group can progress onto smaller ones. Make sure the platforms are on level ground and stable.
- **Spiders web**, The group has to pass each member from one side to the other through the spiders web, once one hole has been used it cannot be used again, Spotting by the group is extremely important on this element.

Ratio, Supervision and Ages

Max Group Size: 12 + 1 supervising adult

Activity restrictions: Minimum age 5 years.

Equipment for session (*Optional items)

Session Requirements

- Helmets

Participant requirements

- Appropriate clothing for conditions

Group requirements

- First Aid Kit

Session Requirements

(Timings are for guidance only, all items included below must be adhered to, further guidance on coaching, setting up the activity and training activities is included in the Technical Support Document)

| Time | Requirements |
|--------------|--|
| Pre Session | Set up the equipment for the activity. |
| 0 mins | Meet the group <ul style="list-style-type: none">○ Check the group have suitable clothing for the weather conditions |
| 5Min | Safety Briefing <ul style="list-style-type: none">○ One person only on each obstacle.○ The use of spotters○ Helmets must be worn at all times○ Dangers of walking on ropes/wires○ Dangers of trapping fingers on certain elements○ Environment – Watch out for other sessions going on. |
| 15 Min | Main Session Content <ul style="list-style-type: none">○ Explain the different elements○ Demonstrate how to spot effectively.○ Divide into groups, to include spotters○ Start groups at different points around the course, use leaders to help with group control.○ Ensure safe use of each element. |
| 85 Mins | Review <ul style="list-style-type: none">○ Conduct a suitable active review |
| Post Session | <ul style="list-style-type: none">○ Collect all equipment from participants and report any damage○ Return all equipment to Reception after the session has finished. |