

Blackwood Special Schools Outdoor Education Centre Inc.

LOW ROPES

Low Ropes Location

- The Blackwood Special Schools Outdoor Education Centre Inc. Low Ropes Activity Site

Low Ropes Description

- The Low Ropes are a set of individual challenging Elements.
- The Low Rope Elements are designed to:-
 - Aid Co-ordination
 - Develop Teamwork
 - Take the students beyond their Comfort Zones
 - Improve Communication
 - Create New Skills
 - Encourage a greater development of Confidence

Age Suitability

- All Ages.

Staff Ratio

(Remember Blackwood Special Schools Outdoor Education Centre Inc. Staff cannot be considered as part of your Staff : Student Ratio at any stage during your Blackwood Experience.)

- 1:6 - leaders/teachers/adults to campers (a minimum of 2 Visiting Staff must be accompany Low Ropes)

Blackwood Special Schools Outdoor Education Centre Inc. Staff Experience

- Blackwood Special Schools Outdoor Education Centre Inc. Staff have previous experience in preparing, implementing, leading and reviewing the Low Ropes.
- They are confident of their own experience & ability to safely implement Low Ropes Elements.
- Blackwood Special Schools Outdoor Education Centre Inc. Staff have experience in Low Ropes.
- Blackwood Special Schools Outdoor Education Centre Inc. Staff are aware of the intricacies involved in implementing the Low Ropes including, but not limited to:-
 - Equipment required
 - Students causing problems during the activity
 - Risk Management & Emergency Procedures
- All other Logistical requirements for Low Ropes.

Group Leaders Experience

- Must have previous experience in supervising groups in outdoor recreation activities.

Student Participant Experience

- Ability & Willingness to safely be involved in the Low Ropes Elements.
- Awareness of others and safety guidelines relating to the Low Ropes.

Blackwood Special Schools Outdoor Education Centre Inc. Responsibilities

- To ensure the Activity is appropriate for the age, ability & experience of the visiting students.
- To safely & confidently implement the Low Ropes.
- Take responsibility for the technical and related safety of participants engaged in the activity.
- Confirming Weather conditions with Group Leaders prior to preparing the Low Ropes.
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A destination for exploration

- Briefing participants about the nature and purpose of the activity, about potential hazards and appropriate safety procedures and instructions to be followed.

Group Leaders Responsibilities

- The Group Leader will be responsible for the supervision and behaviour of campers on the activity, at all times and for first aid.
- Assessing first aid requirements, identifying campers at risk
e.g. asthma and appointing the first aider
- Informing other Visiting Staff of their roles in the behaviour, supervision and instruction of campers.
- Monitoring the welfare and fitness of Campers and other Visiting Staff.
- Checking the suitability of clothing and equipment carried by Campers and other Visiting Staff.
- Undertaking a head count prior to, during and after the Low Ropes Elements.
- Implementing sun safe strategies for all Campers & Visiting Staff.
- Recording all incidents - including near misses - on the Incident Notification Form and / or patient Care Report and advising the Blackwood Special Schools Outdoor Education Centre inc. Staff and their School Principals.
- Assuming all Blackwood Special Schools Outdoor Education Centre Inc. Staff Responsibilities - as listed above - if leading the Activity without Blackwood Special Schools Outdoor Education Centre Inc. Staff support.

Visiting Staff Responsibilities

- To carry out tasks as directed by the Group Leader and / or Blackwood Special Schools Outdoor Education Centre Inc. Staff.
- These may include - but are not limited to:-
 - Monitoring the welfare and fitness of campers;
 - Assisting the Group Leader and Blackwood Special Schools Outdoor Education Centre Inc. Staff;
 - First aid responsibility;
 - The supervision and behaviour of campers; and
 - Adhering to the safety rules.

Participant Responsibilities

- Adhering to the safety rules and directions of:-
 - Blackwood Special Schools Outdoor Education Centre Inc. Staff
 - Group Leader
 - Visiting Staff

Safety Equipment, Inventory & Clothing Requirements

Blackwood Staff	Group Leader	Visiting Staff	Participants
Safety Assessment	1 st Aid Kit	Sunscreen	Hats
Set Up Low Ropes	All Medical Details	Snacks	Appropriate Clothing
Full Supervision	Water	Water	Water
Safety Briefing	Appropriate Clothing	Appropriate Clothing	Solid Footwear
Everyone should wear solid footwear at all times eg. sandals/runners - Thongs, Sandals & Gumboots are NOT appropriate			

First Aid Requirements

- The Group Leader MUST carry a first aid kit at all times.
- There MUST be a qualified first aider within the visiting staff - not necessarily the Group Leader.
- Insect repellent and stingoes is a good idea.

Safety Briefing & Emergency Response

- 👤 Have FUN
- 👤 Low Ropes is a CHALLENGE by CHOICE Activity:-
 - 👤 If you choose not to participate on one Low Ropes Element - that's OK
 - 👤 If you choose to stop & step off half way along a Low Ropes Element - that's OK
- 👤 You DO NOT Run
- 👤 You DO NOT Jump off any of the Low Ropes Elements - you step off
- 👤 YOU MUST help other people on the Low Ropes Elements by SPOTTING
- 👤 NO - ONE is allowed to commence any Low Ropes Element without a minimum of 2 SPOTTERS
- 👤 SPOTTERS are:-
 - 👤 Your safety support who ensure you are safe during the Activities
 - 👤 Walking Sideways along the Low Ropes Element
 - 👤 Moving with their hands up, palms open, at the shoulder height of the participant
 - 👤 Ready to assist the participant to regain balance or step off the Element
 - 👤 Focused only on the participant
 - 👤 Standing in front & behind the participant - keeping the participant in the middle at all times
 - 👤 Encouraging the participant to do their best
 - 👤 NOT FINISHED UNTIL THE PARTICIPANT HAS STEPPED OFF THE ELEMENT
- 👤 PARTICIPANTS CAN hold on to the SPOTTERS hands, or shoulders for extra support, assistance & balance.
- 👤 If a participant loses balance - the SPOTTERS:-
 - 👤 Gently help the participant to regain their balance and resume the Low Ropes Element; or
 - 👤 Gently help the participant step off and safely remove themselves from the Low Ropes Element.
 - 👤 SPOTTERS DO NOT THROW THE PARTICIPANT BACK ON THE LOW ROPES ELEMENT; and
 - 👤 SPOTTERS DO NOT STEP AWAY FROM THE PARTICIPANT AT ANY STAGE - ESPECIALLY IF THEY ARE LOSING THEIR BALANCE
- 👤 DO NOT disturb others who are engaged in the Activity
- 👤 IF THERE IS AN EMERGENCY SITUATION EVERYONE MUST STOP AND FOLLOW THE DIRECTIONS OF BLACKWOOD SPECIAL SCHOOLS OUTDOOR EDUCATION CENTRE Inc. STAFF / GROUP LEADER / EMERGENCY SERVICES

Low Ropes Call Signs

- 👤 When the participant is ready to begin their Low Ropes Element the following procedure MUST BE followed to ensure that everyone is Ready, Alert and willing to Assist or Participate:-
 - 👤 The Participant Asks:- **"ARE THE SPOTTERS READY?"**
 - 👤 All the Spotters Respond with:- **"YES, THE SPOTTERS ARE READY"**
 - 👤 The Participants then says:- **"I'M READY TO CLIMB"**
 - 👤 All the Spotters Respond with:- **"CLIMB WHEN READY"**
 - 👤 **IT IS NOT UNTIL THIS PROCEDURE IS COMPLETED CORRECTLY, THAT THE PARTICIPANT CAN CLIMB ONTO THE LOW ROPES ELEMENT & BEGIN THE CHALLENGE**

Activity Notes

- 👤 **The Low Ropes Activity can only be implemented by Blackwood Special Schools Outdoor Education Centre Inc Staff Members**
- 👤 *During the implementation of the Low Ropes Group Leaders and / or Visiting Staff may be requested to assist the Activity by running some Low Rope Elements for their students*
- 👤 *If this request is made Blackwood Special Schools Outdoor Education Centre Inc. Staff will demonstrate the activity & it's safety requirements to both the assisting staff & participating students*
- 👤 *Group Leaders & Visiting Staff can request NOT to assist in running Low Rope Elements if they are NOT confident or comfortable with the request from the Blackwood Staff Member*

A destination for exploration

- 🐾 Blackwood Special Schools Outdoor Education Centre Inc Staff MUST BE:-
 - 🐾 Familiar with all the Low Ropes Elements
 - 🐾 Familiar with the Low Ropes Activity Safety Briefing
 - 🐾 Familiar with the set up & pack up of all the Low Rope Elements
 - 🐾 Familiar with Emergency & Risk Management Plans
 - 🐾 Currently 1st Aid Level 2 Qualified
- 🐾 Everyone MUST BE checked to ensure they have appropriate gear for the Low Ropes
- 🐾 Constantly check the health and wellbeing of all members of the group

Low Rope Elements

All the Equipment required to set up the Low Ropes is located in the Blue Wheelie Bin stored in the Tent Shelter. The lid of the Bin is LOCKED.			
Low Ropes Element	Set Up	Pack Up	
🐾 T.P Shuffle	🐾 Permanently Set Up		
	🐾 Used to introduce the Low Ropes & Safety		
🐾 Inclined Log	🐾 Permanently Set Up		
🐾 Turkey Tyres	🐾 Permanently Set Up		
🐾 Triangle Traverse	🐾 The Feet Wires are Permanently Set Up		🐾 Remove the Rope from the Tree
	🐾 Connect the Rope to the Cable in the Tree		
	🐾 Close Carabiner & Turn it upside down		
🐾 Snake Vine	🐾 Vine & Cables Permanently Set Up		🐾 Remove Turn Buckle from Northern End
	🐾 Place & Tighten Turn Buckle at Northern End		
🐾 Wild Woosey	🐾 Cables Permanently Set Up - but loose		🐾 Loosen the Turn Buckles on both Cables
	🐾 Tighten Turn Buckles on both Cables		
🐾 Burma Bridge	🐾 Connect Ropes to Trees using the Rapid Links	🐾 Remove the Ropes by opening the Rapid Links	
	🐾 Place & Tighten Turn Buckle at Western End	🐾 Remove Turn Buckle from Western End	
	🐾 Tighten or Loosen Ropes according to ability		
🐾 Multi - Vine	🐾 Tighten Turn Buckle at Eastern End	🐾 Loosen Turn Buckle at Eastern End	
	🐾 Climb Ladder and connect Ropes / Vines	🐾 Climb Ladder & remove Ropes / Vines	
	🐾 Ropes / Vines are coloured to hanging cables	🐾 Remove Carabiners with Ropes / Vines	
	🐾 Close Carabiners & Turn them all upside down		
🐾 Swinging Tyres	🐾 Climb up Ladder & connect Tyres to cables	🐾 Climb up Ladder & remove Tyres from cables	
	🐾 Tyre Ropes & Hanging Cables are coloured	🐾 Remove Carabiners with Tyres & Ropes	
	🐾 Close Carabiners & Turn then all upside down		
🐾 Postmans Walk	🐾 Tighten Turn Buckle at Eastern End	🐾 Loosen Turn Buckle at Eastern End	
	🐾 Connect Rope to Eastern & Western Trees	🐾 Remove Rope from the Trees	
	🐾 Close Carabiners with lock facing down		
🐾 Nitro Swing	🐾 Connect Rope into the Hanging Cable	🐾 Remove Rope from the Hanging Cable	
	🐾 Close Carabiner & Turn it upside down	🐾 Replace Platform & Timber against the Tree	
	🐾 Place Platform & Timber at a safe distance		

Environmental Considerations

- 🐾 Groups MUST implement Minimal Impact Practices throughout every Low Ropes Program
- 🐾 These include but are not limited to:-
 - 🐾 If you carried it in, you carry it out
 - 🐾 Don't feed or leave food for the animals
 - 🐾 Leave the Low Ropes Area better than you found it
 - 🐾 Always walk on the tracks and established paths
- 🐾 Keep the noise to a minimum

A destination for exploration