

NET CATCH (LEAP OF FAITH)

Goal – Purpose of the activity.

Here at Camp Cooby we have a challenge rope course which requires participations to use dexterity, strength, balance and complex physical movements to successfully traverse the element or course of elements. Challenge courses are often used for experiential learning, personal challenge or team building purposes but also for entertainment. Challenge ropes courses are designed to present physical and mental challenges to individuals and groups.

Our Net Catch Activity is based within our challenge rope course. The participant is required to climb the timber pole to reach the platform. Decision time. Once decided, you face the leap and will need to summon all your courage to overcome the voices in your head that are telling you not to do it. The aim is to jump from the platform and grab a hold of a rope that zip lines across the element, stopping half way, which gives the participant a chance to jump into a net. The rest of the team are on the ground below with plenty of encouragement and support for each challenger.

Once you have made the leap you will be lowered back to the ground safely by the instructor. A real BUZZ!

Net Catch (leap of Faith) is a “High Element” *and* is an element for which safety can no longer be achieved by spotting and requires a *belay system* using harnesses and specialist safety equipment or other established methods or systems.

Participants

Participants are those persons who undertake the activity, and who are not a leader or assistant leader for the activity. Dependent Participants are persons owed a duty of care by the activity provider who is reliant upon the activity leaders for supervision, guidance and instruction to support the person's participation. All participants are to be considered Dependent Participants for this activity.

There will be a 1 active participant who will be belayed by the Activity Leader.

Leadership and Qualifications

Activity leaders should have or be able to demonstrate:

- **Core Good Practice Guide Leader General Competencies (Appendix M Core Good Practice Guide)**
- **Specific competencies as outlined in the Challenge Course Good Practice Guide Appendix 9**

Leaders may demonstrate their competency through any of the 4 recognised pathways:

- **Training Qualification and/or Training Course**
- **Outdoor Sector and/or Organisation Accreditation Scheme**
- **Leader Registration Schemes**
- **Peer Recognition and Verification Process**

Participant/Leader Ratios

Ratio 1:20 + 1 School Staff Member (Assistant Leader) for school groups.

Activity Leader is to provide Level 1 (Direct Supervision), Assistant Leader (school personnel) is to act as a responsible person and manage the behaviour of non-participants.

Operational Procedures

Location: Ropes Course

Participants are briefed by the Activity Leader the expectations of the group. Linking in with their values discussed at the start of camp. The group then is run through what to expect and do that day, depending on the weather and ability of the group.

Before each student's participation, a qualified or appropriately experienced staff member must fit the full-body harness and check to see it has been fitted correctly and that the attachment has been checked. The Activity Leader must also check the entire belay system, including the belay device, is correctly assembled and works appropriately. They should also have the system checked by another qualified leader.

A safety briefing is given and a demonstration of how the activity is conducted.

- Everyone must wear appropriate clothing and be sun smart with sunscreen, hat, etc.
- Participants must stay on the ground until instructed to start climbing the pole to the platform.
- The Activity leader must be responsible for belaying the participant while ascending the pole. They must be responsible for belaying when the participant leaps for the pole. They must be responsible for belaying the participant to the ground safely after the leap.
- The Activity Leader should use a backup safety on the belay rope. This can be provided by another leader or participant. This could be any device (prussik), that will jam the belay device in-case of a failure of the belay device.
- Once the participant has reached the top of the platform, the leader will ask the participant if the buoy needs to be moved in towards them or away from them for a greater challenge.
- When the buoy is in the appropriate distance and secured, the instructor will do a countdown from 3. The climber jumps on 1. The Leader may need to provide encouragement and support to enable the participant to “make the leap”.

- There should be good communication between the belayer and climbers at all times.

Post Activity

The facilitator will front load the participants before the debrief to think about how they may have improved on their values or maybe achieved a goal they set from them self or team before heading. They then will be challenged to apply those values/goals back at camp and home.

The psychological preparation of students is as important as the physical preparation, especially for students who are anxious about the activity. Under no circumstances should students be pressured by staff or peers to participate beyond their readiness.

Where a dynamic belay is in use, each challenge ropes team consists of a participant and a primary belayer. Where the primary belayer is a student, there must also be a backup belayer. Where a static belay is used, the participant must have a dedicated observer.

Ensure rope does not get tangled or caught when climbing up.

Ensure rope does not get caught on board platform.

If appropriate touch trapeze bar rather than grab to reduce risk of shoulder injury

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television.

The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or

<http://www.eldersweather.com.au/qld/darling-downs/geham>

Equipment and Logistics

Equipment, whether hired, borrowed or owned by the school or students, must be in a safe condition and suitable for the activity

Belay Devices

Belaying devices must meet Australian standards. Devices must be in good working order.

Harnesses

Providers of artificial climbing and abseiling activities must refer to manufacturers and installers to establish appropriate operating parameters. These parameters must address the correct fitting and attachment of harnesses. The harness must also ensure the student or staff member will remain secure in the event of an inversion. Harnesses must be regularly checked and replaced, if necessary, with a recommended maximum life span of five years.

Helmets

Helmets which meet Australian standards must be worn by all students and staff using high elements and by those belaying or observing from below. Caps must not be worn under helmets.

Ropes

Ropes used on a challenge rope course must be used in accordance with manufacturer recommendations and meet Australian Standards.

Before the activity commences, an experienced staff member needs to inspect the ropes.

The ropes' history and maintenance needs to be logged and the ropes must be stored in a cool, dry place free from ultraviolet light, chemical or physical hazards.

Shoes

Participants must wear covered and firmly fitting shoes with a non-slip sole.

First aid kits

First aid kits appropriate to the location and level of training must be carried.

Rescue equipment

Rescue equipment specific to the ropes course must be accessible at all times..

Clothing

Clothing is the individual's primary protection against severe and variable weather conditions.

Clothing lists need to be appropriate for the activity, environment and season. Items which are recommended not to be taken or worn (such as jewelry or rings) should be identified.

Glasses or sunglasses should be secured and long hair tied back to avoid being caught in belay devices or other equipment. Loose jewelry must not be worn and rings should be taped if not removed. Items of jewelry or rings which students remove should be placed in a secure location so they do not get lost.

All objects should be removed from pockets before participating. Gloves may be appropriate on elements involving a dynamic belay.

To protect against sunburn use broad-spectrum, water-resistant SPF 30+ sunscreen on all exposed parts of the body, applied according to the manufacturer's recommendations. Students who own sunglasses should be encouraged to bring and wear them when required.

Identification

Staff and students must be easily identifiable.

Staff must determine the most suitable system/s of identification, based on the assessment of the environment, students' skills, the type of activities to be undertaken and the age and number of students.

Levels of Challenge and Possible Variations

Safety Considerations

Sun Safety

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure.

Weather

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television. The most up-to-date information is available on the website of the Bureau of Meteorology at www.bom.gov.au/qld . Or <http://www.eldersweather.com.au/qld/darling-downs/geham>

Ensure all safety equipment is fitted correctly.
 Ensure clear instructions are given to participants.
 Ensure rope does not get tangled or caught when climbing up.
 Ensure rope does not get caught on board platform.
 If appropriate touch trapeze bar rather than grab to reduce risk of shoulder injury

Course construction and security

The construction of challenge ropes courses is an expert field and should be undertaken by qualified individuals and/or organisations specialising in the planning and construction of ropes courses.
 Contractors must provide written confirmation that the materials, equipment and installation meet current industry requirements.
 Staff must ensure that challenge ropes course elements are not accessible when unsupervised.

Maintenance

The owner of the course must carry out regular formal maintenance inspections which are fully documented and endorsed by an independent industry expert. Operators must be able to provide written evidence that a maintenance check has been conducted. Before each activity, the instructor should carry out a visual inspection of the course to ensure there are no obvious impediments to normal operation.

For more details please see corresponding RA

Emergency Management Procedure

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| A | Assess situation, call emergency services, assist those in danger |
| E | Evacuate students, staff and visitors, if appropriate |
| I | Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite |
| O | Organise resources, advise parents |
| U | Undertake recovery operations and return site to normal |

Risk Assessment

Danger.	Risk Description	Risk Level.	Management Strategies.	Residual Risk Assessment – after Management Strategies.
Environment.				
Sun Exposure	Sunburn Dehydration Heat Exhaustion/ Stroke	M	Participants advised on appropriate clothing and equipment. Clothing with sleeves must be worn. Participants carry minimum of 3L water. Refill stops. Particular pointers to apply sunscreen to backs of hands and inside thighs. (recommended minimum +30) Regular rest stops. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Briefs and debriefs as well as team planning should be conducted in the shade where available.	L
Winds	Falling branches Falling trees.	S	Monitor winds before departure. Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation. No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees & fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area..	L

			Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Assess students' ability to cope with increasingly difficult wind conditions.	
Rain	Wet Equipment Hypothermia Slips and trips	S	Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Pre-briefing and equipment list outlines appropriate clothing and wet weather gear. Participants are shown how to waterproof equipment. Group condition is monitored closely during wet weather. Group to be briefed on safe practice in wet conditions using extra caution. Students will wear firmly fitting, covered footwear with a non-slip sole. Participants will be instructed to be aware of the ground underfoot, & to avoid walking on damp/wet areas & to be aware of trees, branches & brambles, & not to run.	L
Bushfire	Burns Smoke Inhalation Death	H	Participants advised on appropriate clothing and equipment. Participants carry minimum of 3L water. Encourage peer reminders and monitoring. Review weather conditions prior to the activity. www.bom.gov.au/qld . Or http://www.eldersweather.com.au/qld/darling-downs/geham Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation. Fires may only be lit in specified areas. Fires should not be lit in windy conditions. Participants will be briefed on emergency procedures.	L
Dead Trees	Impact Injuries Canoe Damage	M	Participants are briefed about the dead trees and the likelihood of tree fall if hit. Participants are asked to care for equipment.	L
Steep Banks	Sprains & Strains	M	Appropriate path ways are chosen to avoid any difficulties. Students will wear firmly fitting, covered footwear with a non-slip sole.	L
Rubbish	Cut Feet Embedded Objects	S	Participants are expected to wear closed in shoes at all times.	L

Environmental Impact		M	Participants are to be briefed on specific environmental factors that concern Cooby Dam. Ensure rubbish is 'carried out'. Ensure that the designated landing areas are used and no landing zones are observed.	L
Wildlife		S	Participants are expected to wear closed in shoes at all times. Appropriate pathways are chosen to avoid potential wildlife Participants will be instructed to be aware of the ground underfoot, & to avoid walking through unmown areas & to be aware of trees, branches & brambles which may be home to various wildlife, & not to run. pathways are kept clear and mowed to ensure all wildlife can be seen and avoided. Participants will be instructed to give all wildlife a wide berth to avoid injury. Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.	L
People.				
poor belay technique	A student falls from height.	H	Pre-activity planning will consider whether the planned challenge ropes course session matches the maturity and abilities of the group. Leader must thoroughly check all equipment and ropes to ensure they have been setup correctly. An approved auto-locking belay device MUST be used to belay the "Leaper". Only the Leader must belay the Leaper. An approved method to Backup the belay device. The leader must use an approved belaying technique to ensure the Leaper is safe at all times: climbing the ladder, climbing onto the platform, leaping and being lowered to the ground. The Leader MUST take in the slack when the participant leaps from the platform. This will reduce the amount of fall when the participant leaps.	L
Inexperienced	poorly fitted harness, resulting in soft tissue or skeletal injury	S	All participants will wear correctly fitted helmets and harnesses. These are to be checked at the start of the activity and throughout the activity, especially when a harness is removed or adjusted. Pre-activity planning will consider whether the planned challenge ropes course session matches the maturity and abilities of the group.	L
Entrapment (equipment)	A student or staff member catches their hair, clothing or jewellery in equipment, causing injury or distress.	H	Staff will advise students that jewellery and rings must not be taken or worn, and suggest appropriate clothing (both in the pre-activity briefing and before the day of the activity). Staff will ensure that hair, clothing and jewellery are appropriately managed to avoid injury or mishap	L
Fear / psychological damage	Student or staff freeze	H	If a person freezes on a high element it is normally possible to talk him through. On a bottom top rope element (rock climbing Jacobs ladder milk crate stack and leap of faith) a person always has the option of stopping and coming down wherever he is.	L

Inconsiderate Participants	Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage	M	Participants will be briefed on the risks associated with the activity. Inconsiderate participants will be removed from the activity. Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.	L
Allergies	Environmental triggers (pollens, dust)	H	Check medical information, be aware of possible triggers.	
Equipment				
Faulty	Faulty equipment could result in further damage to equipment and increase risk of incident,	H	Staff will inspect all ropes equipment before and after activity. Leader must check and have the belay device checked to ensure the belay rope has been appropriately loaded into the belay device. If the device has not been loaded appropriately must be rectified. Any faulty devices must be replaced and reported. All equipment use will be logged. All equipment will be used and maintained according to the manufacturer's recommendations. Camp Staff are responsible for set up and pack down of all High Ropes equipment. Personal protective equipment checked for correct fitting & monitored throughout activity by the instructor	L
Leap of Faith	Various injuries	M	Briefing & supervision – ropes getting caught on blocks. If appropriate touch trapeze bar rather than grab to reduce risk of shoulder injury	L
Incorrect use of equipment.	Failure to use climbing holds, use of tower structure	M	Clear instruction about what holds to use, avoid using tower structure to climb.	L

Consequence					
Likelihood	Insignificant 1	Minor 2	Moderate 3	Major 4	Catastrophic 5
A (almost certain)	S	S	H	H	H
B (Likely)	M	S	S	H	H
C (Moderate)	L	M	S	H	H
D (unlikely)	L	L	M	S	H
E (rare)	L	L	M	S	S

Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk
M – Moderate risk
L – Low risk

CONSEQUENCE RATING TABLE		
1	Insignificant	No injuries, No financial loss
2	Minor	First Aid treatment, Low financial loss
3	Moderate	Medical treatment required, Medium financial loss
4	Major	Extensive injuries, High financial loss
5	Catastrophic	Death, Major financial loss