

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Zip Wire

Minimum Instructor Competence:
SPSA

Date Reviewed: 1/03/18
Next Review Date: 1/03/19
Completed by: Clive Richley
Competence: S.P.A.
Is the activity acceptably safe if managed as below? YES
Signature: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

- 1) Falling
- 2) Objects falling from above
- 3) Abrasion injuries
- 4) Dislodging objects onto others
- 5) Entrapment in sling/safety devices
- 6) Impact injury from landing in lake
- 7) Drowning
- 8) Injuries during the approach to activity site
- 9) Getting lost during the approach
- 10) Sunburn

How to manage/reduce/minimise these risks safely (corresponding numbers)

Staff operate within the NGB guidelines and hold a First Aid certificate

- 1) Use approved harness, safety line and rope work techniques
- 2) Wear an individually fitted helmet and be aware of other people at the venue
- 3) Briefing to keep body parts clear of ropes and metalwork
- 4) Instructor to point out and protect any loose objects
- 5) Briefing to cover correct use and prevention of entanglement
- 6) Correct tension to be checked and maintained on decent rope
- 7) Use of correctly fitting buoyancy aids and throw line to be issued to water safety instructor
- 8) Issue of joining instructions warning of hazards and group safety brief
- 9) Issue to joining instructions
- 10) Use of sun block when necessary

Activity Instructors must ensure that full emergency escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office.

Summoning Help: A call-out person is appointed before the activity takes place. This person is Contacted on completion of the activity. If not contacted, they will take appropriate action.

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ACTIVITY: Zip Wire

MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Clothing suitable for the expected weather conditions
- 2) Suitable footwear for use on the zip wire
- 3) Suitable footwear for the approach walk
- 4) Individually fitted helmet
- 5) Individually fitted harness
- 6) Day sack to carry spare clothing, swimwear, towel, food and drink

Participants are to report all defects or damage of equipment to the activity instructor immediately

Instructor:

- 1) Company first aid kit
- 2) Bivy bag or survival shelter
- 3) All relevant safety equipment
- 4) Throw line
- 5) Sun block cream
- 6) Extra fluids and water in hot weather

Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.