

CHALLENGE COURSE SAFETY AND EMERGENCY PROCEDURES

All Challenge course facilitators are at least 18 years of age, certified in first aid and CPR, and have experience and knowledge with the Challenge course process, safety, and emergency procedures

Each Facilitator can supervise up to 12 persons on the challenge course at one time. In addition, the group will provide 2 observers (over 18 years old), per activity, to supervise and observe each of the 12 participants in the challenge area. Normally there is one activity occurring at a time so the observers can change when the activity changes. Observers will serve to help ensure that participants honor safety regulations. The observers will be instructed to their role by the course facilitator.

The Facilitator shall:

1. Advise campers and staff of safety practices and potential hazards of the Challenge area. Teach safety first supervision.
2. Remain at the challenge area while groups are present, and in position to continuously observe and quickly assist any climber.
3. Utilize the four point safety check before any participant ascends the challenge course.
4. Station observers so they can see climbers at all times and clear the area in case of emergency.
5. Conduct all challenge area rescues.

The Challenge course is inspected and maintained by the camp staff and Challenge Works Inc. only.

Use of the Challenge Course must be cleared with the site director in advance of stay. Additional use of the challenge course during your stay must be coordinated with the site director on a use by use basis.

Challenge course Rules and Safety Precautions

- Use of the Challenge course without a trained facilitator approved by the site director is strictly prohibited.
- Users of the challenge course must sign a waiver prior to using the course. Minors must have a parent/guardian signature. The site director or trained facilitator will review all waiver forms for signature prior to allowing guests on the course.
- Direction from the facilitator shall be strictly adhered to.
- No climbing allowed without safety gear and four point safety check.
- Inspections shall be done before any person has access to the course. Inspections will be done by the site director or trained facilitator, documented, and kept on file in the director's office. Inspections shall consist of ropes, cables, carabineers harness, helmets, area around Challenge course, and connection points.
- Only a trained Facilitator shall perform a rescue with another facilitator.
- Climbers shall wear closed toed shoes. Remove any loose clothing and tie hair back.
- Climbers will be instructed to a voice command demo before participating on the course.
- Campers should drink lots of liquids before coming to the challenge course to help prevent dehydration.
- Campers should have adequate sun protection to prevent burning.
- Campers should remain under shade to prevent heat exhaustion and exposure.

Direct any questions you may have about the Challenge Course to the Site Director.

SPOTTING

Spotting is the most important safety method for initiative activities and low-ropes course elements. The main role of the spotter lies in protecting the climber's head, neck and upper body should a fall occur. Spotters should understand that although they should always be in a position to support a falling climber, it is usually very difficult to literally "catch" a falling body, even from a small height.

TEACHING SPOTTING TECHNIQUE

Teaching spotting to participants is one of the most challenging aspects of the ropes course. The technique itself is not complicated; the difficulty lies in the fact that would-be spotters do not understand their importance until they actually have to spot a falling person. Following is a list of some of the important aspects to remember when teaching spotting:

- Spotters should mimic the movements of the climber, positioning himself or herself to anticipate any falling action.
- Spotters should always be focused on the climber.
- Spotters should anticipate a fall at any time.
- Spotters should be aware of the special dynamics of each element (i.e. swinging from a rope).
- Spotters must understand how important their role is to both the physical and emotional safety of the climbers. Joking around and horseplay are not acceptable.
- A thorough knowledge of the four part verbal contract.

FOUR PART VERBAL CONTRACT

Whenever someone is about to fall, either in practice, or during an activity, (e.g. 'Willow in the Wind'), a certain set of communication **MUST** occur between the spotter(s) and the Faller. This creates another avenue to ensure safety during the activity.

PERSON	CALL	DESCRIPTION
FALLER	"Spotter(s) Ready?"	With this question, the Faller is saying he/she is ready to fall and in the correct position.
SPOTTER(S)	"Ready"	When the Spotter is in the correct position and 100% focused on the Faller this is said in a clear, firm voice to ensure that the Faller knows they are ready.
FALLER	"Falling!"	The Faller is committed and waiting for the final go ahead from the Spotter(s).
SPOTTER(S)	"Fall On"	Means – 'go ahead and I/we will support you and keep you safe.'

SPOTTING INSTRUCTION SEQUENCE

Prior to beginning any low ropes course/initiative activity which requires spotting, each group should complete a spotting instruction sequence. Below is a suggested sequence, although there are several different activities and techniques that can be used to teach spotting.

1. Explain the meaning of spotting.
2. Start with Human Spring activity (demonstrate first).
 - In pairs, participants face each other standing close together.
 - With feet together and hands up palm out, lean in towards each other.
 - Hands meet and then they push each other back to the standing position.
 - If they feel comfortable with this, take a small step back and repeat process.
 - Continue with this until pair reaches their personal comfort level.
3. Demonstrate the proper spotting technique to the group.
 - One leg in front of the other.
 - Knees flexed to absorb impact.
 - Hands up and ready to support. Thumbs tucked along fingers.
4. Allow the group to practice moving in the spotting position.
5. Demonstrate the two-person trust fall sequence.
 - Faller's position: crossed arms to chest, body stiff and straight, feet together.
 - Four-part verbal contract.
 - Spotter's hand position: aimed directly at Faller's shoulder blades
 - Spotter's body position: first close to Faller, then increasing angle of the fall as Faller becomes more comfortable.
6. Allow participants to pair off and practice the two-person trust fall sequence.
7. Explain and complete the activity Willow in the Wind.
 - 8 - 14 participants stand in the spotting position, shoulder to shoulder in a circle with one person standing in the falling position in the center of the circle.
 - Following completion of the four-part verbal contract, the center person, remaining rigid, may fall in any direction. The Spotters in the circle stop the faller and redirect him or her to another arc of the circle. This fall-catch sequence continues in a *gentle* fashion until it becomes obvious that both the Faller and the Spotters are comfortable (stress the gentle aspect - It is not a pinball game!).
 - Allow each member of the group to have an opportunity to try this activity.