

Low Ropes

Operating Procedures

Low Ropes is where most of our minor injury accidents happen.

Getting the “spotting” right is essential, to minimise accident and maximise safe enjoyment.

Equipment issue

- 8 white Helmets
- 7 short brown poles
- 2 six foot planks

Leader takes planks and poles returning at end of session unless asked to do otherwise

Safety Briefing

- Helmets to be worn at all times.
- Always make sure your spotter is paying attention.
- Briefing on ‘how to fall’, jump before you fall.
- Introduction and demo of each element.
- Importance of good communication.
- No running.
- All participants must have appropriate footwear and clothing.

Spotting

- Spotting is done by peers.
- Demonstration of how to spot given as part of intro, stance, how to react and hands up ready must all be included.
- Each person on the course must have a spotter.

Use of the course

- Check the site for glass, sharp objects or other hazards
- In adverse weather adapt the session according to the conditions.
- Set up planks as picture below and use wooden pegs in the vertical poles

