

Low Ropes Activity Plan

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1 OUTCOMES

- To promote and develop teamwork
- To develop a sense of trust between small groups
- To give participants the opportunity to complete an activity that may be both physically and mentally challenging
- To develop problem solving strategies for completing various tasks

2 ACTIVITY

2.1 OUTLINE

A Low Ropes session is held at the low ropes course in the first paddock approximately 300 metres from Farm Camp. A session can run from 45 minutes to 1.5 hours in length. Each session will include these elements and follow a similar outline:

- Students operate in groups of three for the activity.
- The aim of the activity is to get around the whole course without touching the ground and use their team to help them.
- Brainstorm the characteristics students might need to display in their team and what they might need from their teammates, e.g. trust, faith, support, encouragement
- Demonstrate the correct technique for spotting another person on the low ropes course.
- Students have time practising spotting each other through a series of trust activities.
- Demonstrate or explain each element of the low ropes course, including appropriate spotting techniques, depending on age group and ability.
- Time is spent undertaking the low ropes course in their teams.
- Individual, team or whole group challenges and time trials can be added to extend students' skills and teamwork.
- The session will be wrapped up with a debrief on the characteristics outlined at the start of the session before the group heads back to the campsite.

2.2 EQUIPMENT

All Camp Coolamatong instructors are familiar with the activity specific and safety equipment required for each activity. Each session the instructor will ensure:

- All equipment is set up, in working order and safe to use
- All first aid equipment is in working order and taken on the activity
- All communications are in working order, ample enough for use in an emergency and taken on the activity
- All participants, including school staff, have appropriate footwear and clothing

Instructor's Kit: Each instructor will also carry the following safety equipment:

- Whistle
- Mobile phone
- First Aid Kit

Participant Clothing: This will vary depending on the weather but needs to include the following:

- Clothes that are flexible and easy to move in
- Enclosed shoes, preferably runners

- Clothing suitable for the weather conditions (e.g. hats for sunny days & thermals for the cold)
- Any glasses or sunglasses should be secured
- Valuable or sentimental jewellery should be removed

2.3 COMMUNICATION

Camp Coolamatong staff carry mobile phone communications with them on every activity and there is coverage throughout the campsite property. This activity is within 300 metres of Farm Camp Dining Hall in the event of communications failure.

2.4 FIRST AID

Camp Coolamatong instructors all hold current certification in *HLTAID009 Provide Cardiopulmonary Resuscitation* and *HLTAID011 Provide First Aid* as a minimum. They will carry a First Aid Kit with them on all activities. The school staff members, if they are appropriately qualified, will be the first port of call for administering first aid. Camp Coolamatong instructors will administer first aid when:

- it is an emergency situation, or
- the school staff member is not trained and it cannot wait until the school's designated first aider can be found

3 PEOPLE

3.1 ACTIVITY INSTRUCTOR

All Camp Coolamatong instructors hold industry recognised First Aid and CPR qualifications (see 2.4) and have a current Working with Children Check (WWCC).

There must be a minimum of two staff at a low ropes session. One instructor will be provided by Camp Coolamatong, who will have experience delivering low ropes to industry standards. The second staff member will need to be provided by the school. The school staff member will be required to assist students who are struggling. Ideally, group sizes will be capped at 24.

3.2 SCHOOL STAFF MEMBER REQUIREMENTS

Camp Coolamatong provides instructors who are trained in the delivery of each activity. They will facilitate a session in a safe manner and instruct the students on the technical knowledge and skills they require to participate in the activity.

It is Camp Coolamatong and DET policy that the students must always have a school staff member present, whether this be a registered teacher or another approved school representative. The school staff member is responsible for student behavior, group management and the overall welfare of their students. The activity cannot commence if they are not present.

School staff members are encouraged to read this document and familiarise themselves with the activity and their responsibilities.

3.3 STUDENTS

School staff are responsible for getting informed consent from parents/guardians for all students who come on camp. It is also the responsibility of the school to inform Camp Coolamatong of any medical conditions or issues that will impact on the student's participating in the activity.

4 ENVIRONMENT

4.1 LOCATION

The low ropes course is situated on the Camp Coolamatong property on the Banksia Peninsula. It is located in the paddock immediately east of the Farm Camp approximately 300 metres from the Dining Hall. The location is accessible by tracks suitable for vehicles in the instance of an emergency, but it does not have any vehicle traffic going past.

4.2 WEATHER

Each session is assessed by the Program Manager prior to commencing; with participant skills, weather conditions and outcomes being taken into consideration. During the session, the Coolamatong leader may also use their discretion to modify or finish a session early based on conditions changing. Strong winds, wet and cold conditions and extreme temperatures may result in a session being cancelled or the activity modified in accordance with Coolamatong's Adverse Environmental Conditions Policy.

5 RISKS

5.1 RISK ASSESSMENT MATRIX

The following table outlines the specific risks associated with low ropes and the existing controls that are in place to manage these risks. This risk assessment matrix is not all encompassing. There may still be risks associated with being in the outdoors doing adventure activities that have not been documented.

Risk Description	Existing Controls	Rating				Actions
Describe the risk event, cause/s and consequence/s	Describe any existing policy, procedure, practice or device that acts to minimise a particular risk	Effectiveness of existing controls	Risk Consequences	Risk Likelihood	Risk Rating	Extreme/High - Do not proceed Medium - Ongoing review Low - periodic review
Anaphylaxis	At start of week briefing teachers are required to give Coolamatong staff details of any allergies and anaphylaxis.	Satisfactory	Major	Unlikely	Medium	Ongoing review required
	School staff need to carry epipens on all activities with anaphylactic students and be trained how to administer them					
	School staff liaise with Coolamatong kitchen staff at start of camp regarding students with allergies					
	School staff hand out morning & afternoon tea to so students with allergies are given correct food.					
Bites & Stings: Insects (mosquitoes, ants, bees,	Students are instructed to apply insect repellent before every activity session.	Satisfactory	Insignificant	Likely	Medium	Ongoing review required
	Students must wear close toe shoes at all times around the campsite.					

wasps, scorpions)						
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Bites & Stings: snakes	Students must wear closed toe shoes at all times around the campsite.	Satisfactory	Major	Possible	High	Constant review required
	During orientation and before any activity that uses the bush, students are briefed as to what to do if they see a snake.					
	When walking through the bush there should be a Coolamatong leader at the front.					
	When walking through the bush, groups must stick to the defined and clear tracks					
	Students are not allowed in the bush in groups of less than three.					
Cold Exposure	Students are briefed on what is appropriate clothing to wear according to weather	Satisfactory	Minor	Likely	Medium	Ongoing review required
	If multiple students are cold, leaders have the option to terminate session early to ensure that students get warm and dry.					
	Adherence to the Coolamatong Adverse Environmental Conditions Policy in dealing with managing, modifying and cancelling activities due to extreme weather.					
Drowning	Students are briefed on activity boundaries and told that the dams are out of bounds	Satisfactory	Severe	Rare	Medium	Ongoing review required
	There should always be a staff member nearby unfenced water areas when students are off in small groups and not supervised as one large group					
Falls & Trip Hazards	Students must wear closed toed shoes at all time when outside	Satisfactory	Minor	Likely	Medium	Ongoing review required
	Students are briefed on appropriate footwear for each activity					
	Students cannot commence any activity until both spotters are ready and in position.					
	Students must work in groups of 3 with 2 spotters and 1 person on low ropes element at any time.					
	Students briefed and coached on correct method for spotting					
	Debris is removed from paths as seen. If object is not removable by hand, an alternate path is taken					
	Periodic maintenance checks identify hazards associated with specific initiative elements to be addressed by maintenance					

Heat Exposure: - dehydration - heat stroke - hyperthermia - sunburn	Students must bring water bottles to all activities. Spares are available for those who don't have one.	Satisfactory	Insignificant - Minor	Possible	Medium	Ongoing review required
	During hot weather (term 1 & 4) extra water is taken out to refill water bottles.					
	All students must wear hats, sunscreen and appropriate sun smart clothing (term 1 & 4)					
	Adherence to Adverse Environmental Conditions Policy dealing with managing, modifying and cancelling activities due to extreme weather					
Lost Student	Students are asked to stay with their group at all times.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	When travelling between activities there should always be a Coolamatong leader at the front and a school staff member at the back.					
	Start of week briefing advises school staff that they need to provide group management and student supervision for all activities					
Sprains and Strains	Technique coaching is given during each of the activities.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	School staff should be aware of any existing injuries and are asked (during the start of week briefing) to notify Coolamatong leaders if these affect a student involvement with an activity.					
Injury due to Lightning strike	Adherence to the Adverse Environmental Conditions Policy dealing with managing, modifying and cancelling activities due to extreme weather.	Satisfactory	Major - Severe	Rare	Medium	Ongoing review required

5.2 EMERGENCY MANAGEMENT

It is a requirement that all Coolamatong Instructors must carry a mobile phone with available reception to make calls on. They must also carry a first aid kit. All Coolamatong Instructors have, as a minimum, current certification in *HLTAID009 Provide Cardiopulmonary Resuscitation* and *HLTAID011 Provide First Aid*.

In the event of a medical emergency, the Coolamatong instructor or School Staff member at the site of the emergency should call 000 if needed and will begin coordinating the handling of the emergency. The most senior member of Coolamatong staff should be notified as soon as practicable, and they will step in to manage the situation as required.

Refer to Camp Coolamatong's Emergency Management Plan for further details about procedures and incident protocol in an emergency.