

# LOW ROPES COURSE



## BEFORE USE

- The entire course must be walked to check for any obstructions/damage
  - Check all obstacles for the suitability and safety of your group
  - Be aware that this course is in a natural environment and the ground is uneven
  - Make sure everyone wears appropriate footwear and suitable clothing
  - Remove any jewellery/watches that may catch on the equipment
  - Set up the equipment following the instructions provided
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## DURING USE

- Young people must be supervised when using the facility
  - Stay within your capability, do not do anything that you're uncomfortable with
  - Think about how many times you can complete it, rather than how quickly
  - Users should be 'spotted' by someone supporting them along the route
  - If you feel you are losing your balance, step down from the route or seek assistance DO NOT jump down
  - Remember, surfaces may be slippery, especially when wet
  - Each section and platform is only to be used by one person at a time
  - Do not bounce on the cables
  - Do not interfere with people while they are on the equipment
  - Have Fun!
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## AFTER USE

- Please leave everything as you found it for future users
- Clean and return the helmets to the storage box
- Report any issues to the County Office



## HOW ABOUT?

- Why not work as a team to complete the course while transporting a pioneering pole that must not touch the ground?
- Can you transport a bucket or cup of water from end to end without spilling any?
- Could you lead someone blindfolded along the course?

*Please remember to include any variations in your risk assessment.*