



Blue Light Lanyard High-Rope Standard Operating Procedures

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Authorised By:	Brendon Crompton

Purpose

This policy shows you the safe practice of the Blue Light High Ropes course. This policy needs to follow Blue Lights SMS. All staff and contractors need to follow this policy when using the Blue Light High Ropes course. This is a “living document” and may be changed following new safe practice guidelines or new equipment standards.

Responsibilities

Blue Light Rock & Ropes

Scope

Traverse along a range of different elements on the high ropes course tethered to the cable using lanyards.

Location

Blue Light Youth Center Papakura – High Ropes Course.

Instructor Competency

Blue light internal competency signed off. Refer to Appendix (A).

Adult Helper Competency

Physically and mentally able to follow and demonstrate duties outlined in adult induction for belaying or pastoral care

Participant Competencies

Under - 150kg (about 330.69 lb.)



Technical Advisors

Internal TA: Dominic Crow - 0220326887

Technical Expert: Peter Cammell - 0274905218

Ratios

Maximum of 12 students to one instructor.

Minimum two adult accompanying group.

If there are any participant with different abilities or students with behavioural challenges which may alter them completing the activities safely the instructor consults with the lead instructor to decide as to whether another instructor / helper is required. At any point during the activity if the instructor believes there could be extra risk the instructor should stop the session and consult with the lead instructor to bring on additional support.

Risk Management

Refer to AMP. *Appendix (B)*

If instructor feels session is unsafe, they have full authority to call a halt to the activity.

This can be but not limited to:

- Weather: Heavy rain, High winds, and thunderstorms
Refer to 30/30 rule- If you hear thunder within 30sec of seeing lightning we shut high ropes for 30min. 30min restarts after every time if this occurs again.
- Participants not listening or physically unable or medical issues
- Equipment or facilities unsafe

Call Lead instructor over if ever unsure

Personal Safety

Instructors need to always maintain personal safety. They can only instruct and perform tasks they have been trained in. No activity will run unless the lead instructor is onsite and trained in rescue for all activities running.

Blue Light Staff Responsibilities

- Blue Light staff will be trained to run the Blue Light Lanyard High-Ropes and have continuous training when needed to develop skills and group management
- Blue Light staff are responsible for all safety aspects of the running of the High-Ropes
- Continuously maintain all safety equipment and facilities for the running of the High-Ropes
- To ensure everyone has signed off on the activity they are appointed to.
- Have first aid equipment & first aid certified person on site
- Have cell phone communication to the Lead Instructor
- Manage new hazards/risks as they arise, and later discuss in de brief

Call a halt to the activity if conditions or facility become unsafe

Instructor Positioning

Lanyard High Ropes-Blue Light staff will be positioned to assist in all safety attachments for the two activities and to manage all participants on the platform. Also, to be positioned for any rescue needed.

Pre-Activity

- Lead instructor to assess weather and determine if activity can run
- Instructors running activity are required to have read and signed the SOP and AMP

- The lead instructor needs to check ratios for groups and risk acknowledgment forms have been signed.
- Lead instructor and instructor in charge will need to review groups medical information and create plans if less able participants need added help
- Lead instructor to ensure all 3 monthly equipment inspections have been completed

Set Up

If you are unsure of anything consult with lead instructor

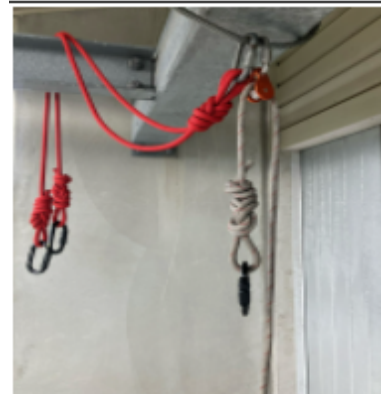
Lanyard High Ropes –Tower end

- Unlock sliding doors
- Have gear ready on platform (Safety tether, lanyards, Pulleys, Karabiners & chest harness's)
- Ensure platform opening has cable shut
- Attach Safety tether to mallion and tighten with spanner, check knots and attach locking karabiner



Setting up rescue rope-Tower end

- Tie figure 8 on a bite and connect locking karabiner
- Attach 8mm (about 0.31 in) mallion to cable, thread rope through pulley with knot on activity side of pulley
- Connect hand jammer to your harness
- Connect fall arrest lanyards & steel karabiner to your harness.



Lanyard High Ropes-Platform end

- Set up assist rope,
 - Triple lock karabiner into 'D' shackle
 - Tie dynamic rope with correct knot in the end with triple lock karabiner
 - Ensure karabiner end is close to the ground and tie Italian hitch
- Have gear ready on platform (Safety tether, lanyards, Pulleys, Karabiners & chest harness's)
- Ensure ladder gate is shut when left unattended
- Attach Safety tether to mallion and tighten with spanner, check knots and attach locking karabiners





Ensure malleon is attached to BOTH eyes of the cable

Setting up rescue rope-Tower end

- Tie figure 8 on a bite and connect locking karabiner-leave to the side neatly and ready to set up if needed
- Attach steel locking karabiner pulley
- Connect hand jammer to your harness
- Connect fall arrest lanyards & steel karabiner to your harness.
- If rescue is needed set up pulley with rope threaded through on eye of main cable back up on what activity needs rescue on.



Make sure instructors have:

- Harness
- Helmet
- Closed toe shoes
- Cell phone
- Appropriate clothing for weather
- First aid kit in tower

Make sure participants and adult helpers have:

- Closed toe shoes
- Appropriate clothing for weather
- Hair tied back
- Loose jewelry removed or hidden

Brief to Group

Introduce yourself & Activity

- **Introduction to self and activity**
- Explanation of elements
 - Difficulties of each
 - Rotation end time
 - Explain challenge by choice
- **Rules and safety**
 - No walking under climbers
 - How to come down
- **Harness fitting** (*refer to helmet and harness section*)
- **Helmet fitting** (*refer to helmet and harness section*)



- Safe climbing of the tower or ladder
- Max 2 participants on the platform at one time
- Only instructor to remove safety attachments when on the platform
- No grabbing cables
- If fallen off activity use lanyards to assist to get back on activity
- No climbing the pole on the other side

Platform end

- Adult to attach participants to rope at the bottom of the ladder and show safety squeeze and climbing call before students climb

Adult Brief

Cover emergency procedure if instructor is incapacitated to get two students to get closest instructor (*Abseiling or Climbing Wall*) if no other activities are operating the closest staff member will be (*office*)
To remove the rest of the students to other side of tower

Responsibilities during activity:

- Pastoral care
- 1 x adult to be positioned at the bottom of the tower to direct students the first set of stairs in the tower ensuring they follow signage.(e.g.- wearing helmet / holding railing with both hands)
- Reinforcing boundaries or other guidelines the instructor may put in place

Running of the Activity

Lanyard High Ropes

- Bring first two participants up to the platforms
- Always Climbing the stairs with hands on guard rails
- Use the ladder with participants using assist rope
- When participants are on the platform clip them to safety rope
- Attach pulley to cable, then lanyard to cable and climber to the lanyard



- Take off safety rope and repeat to the next participant on the platform
- When participants are back on the platform attach both to the safety rope
- Send one at a time down the stairs (tower side)
- Attach to assist rope and lower rope to assist climber down the ladder (platform side)
- Repeat for all students

At any time if instructor feels like the session is unsafe, they can call a halt to the session

Pack Down and Post Activity

- As equipment is packed down check for wear and tear
- All gear to be stored back in tower, if gear is wet ensure dehumidifier is switched on
- Roller door to be closed and tower door locked
- Any equipment issues or issues that arise during session are to be recorded on a debrief form and given to program co coordinator
- Any incidents recorded on Auditz
- De-brief to be completed as soon as practicable

Rescue

Person or Gear Retrieval

1. First ensure if there is a participant on the other activity they come back to the platform and have been attached to safety tether or are inside the tower.
2. Place retrieval rope onto your gear loop, attach pulley to cable and steel locking karabiner between pulley and the platform. Attach fall arrest lanyard 1 to your pulley, attach lanyard 2 onto steel karabiner. Place steel karabiner behind pulley and attach last fall arrest lanyard to steel karabiner, walk out to stuck participant or gear, clip retrieval rope to pulley's karabiners, walk back to platform. Pull retrieval rope through pulley until tight. Place hand jammer behind pulley and use to haul participant or gear back to the platform. Leave hand jammer pressed into the rescue pulley to hold the participant or gear into place. Assist participant onto platform and attach to safety tether

1.
Personal Safety



2.
Attaching Rescue Rope



3.
Hand Jammer to Haul



Harness & Helmet Fitting

Helmet

- Long hair tied up but below helmet line
- Cradle of helmet to sit 2 fingers above eyebrows on forehead
- Helmet adjustment tightened firmly
- Chin strap tightened so cannot slide off the chin

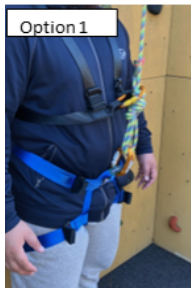
Harness

- Everything removed from participants pockets
- Harness above all clothing
- Waist tightened first and above hips of participant
- Leg loops not twisted and tightened last



Chest Harness

Criteria to assess if participant needs a chest harness could be one of these suggestions but not limited to:



- Top heavy
- Harness is not staying up when walking around
- If they have a barrel belly (no hips)
- Have mentioned harness is uncomfortable when hanging in it

Option 2



Equipment

Equipment	Pre-Use Inspection
Dynamic Ropes	Excessive fraying, soft or hard spots, Stiffness, Glazing, difference in diameter, obvious cuts, any core fibers visible
Karabiners	Rust, excessive wear, stiff moving parts, visible deformities
Prussic	Excessive fraying, soft or hard spots, Stiffness, Glazing, difference in diameter, obvious cuts, any core fibers visible, knots loosening or orientated incorrectly
Helmets	Fraying or cuts on chin strap, cracks or deformities of shell, rusting
Harnesses & chest harnesses	Fraying, stitching coming undone, cuts or tears in the fabric
Rope buckets	In one piece and clean inside
Rescue kit - Tower <ul style="list-style-type: none"> - Fall arrest lanyards - Static Rope - Cable Pulley - Rope Pulley 	All parts checked as above and accessible Ensure pulleys don't have play in the bearings and no grit inside



<ul style="list-style-type: none"> - 1x Locking karabiner - 1 x Mallion - Hand jammer - 1x Steel karabiner - 1 x Spanner 	
Rescue kit - Platform <ul style="list-style-type: none"> - Fall arrest lanyards - Static Rope - Cable Pulley - Rope Pulley - 2x Steel Locking karabiner - Hand jammer - 1x Alloy karabiner - 1 x Spanner 	
Facilities	Pre-use Inspection
Top anchors, Cables	Mallions, 'U' bolts & SRDs orientated correctly, Haul cord travelling under SRD guides, no fibers showing on cable, no tension on redundant halos
Poles	No major splinters or cracks
Wall & holds	No visible splinters or cracks, No gaps between features and wall
Surrounding area	Clear of clutter
3 Monthly Inspections – Completed by Programme Coordinator – Recorded in database.	
Equipment	Maintenance
Hardware	Water to clear grit and dirt then silicone spray and aired out before in contact with soft gear.
Soft Gear	Cleaned in warm water with very mild detergent when needed
Element Specific Procedures <div> Lanyard High Ropes High-Lines or Trust Lean </div>	
Participants	One or two
Instructor competency	Lanyard High Ropes instructor
Description	High-Lines -1 or 2 Participant: See how far you can walk along the slackline using the support of your lanyard. Turn around and come back Trust lean -2 Participants: See how far you both can get holding either end of the rope leaning back on the rope facing each other, standing on one slackline each. When completed try to come back to the platform the same way.
Special considerations	<ul style="list-style-type: none"> • Monitor students to ensure they don't touch cables • All participants get on and off the activity at the same point • No students climb the pole on the other side



Islands in the Sky

Participants	One
Instructor competency	Lanyard High Ropes instructor
Description	There are two parallel cables with wooden square platforms that participants need to try step across to get to the other side
Special considerations	<ul style="list-style-type: none"> • Brief students not to run or jump over gaps • Monitor students to ensure they don't touch cables • Students may need assistance getting off and on the platform. • All participants get on and off the activity at the same point • No students climb the pole on the other side

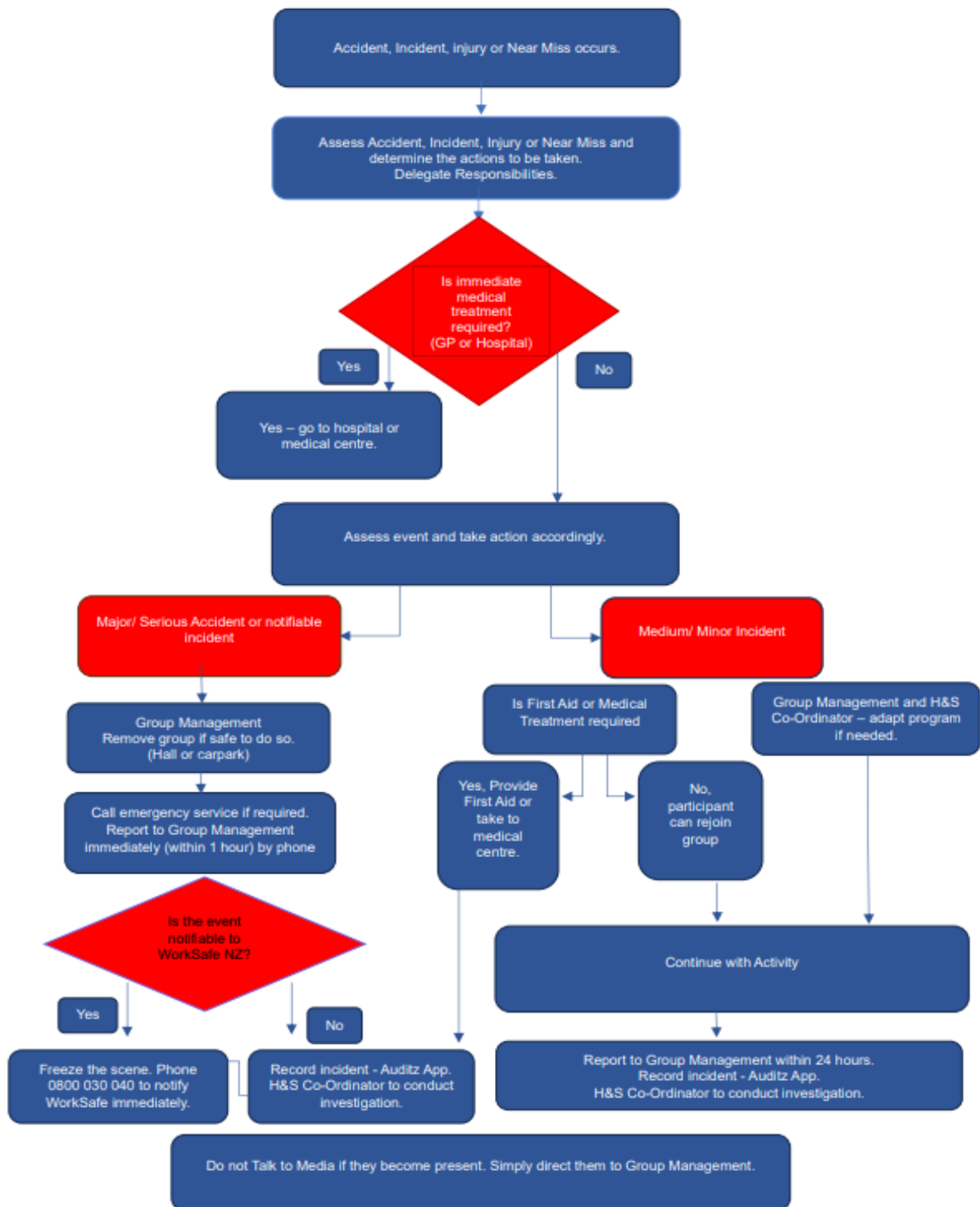
Burma Bridge

Participants	One
Instructor competency	Lanyard High Ropes instructor
Description	There is one foot cable and two hand ropes, the participant using these needs to make it to one side and then come back to the platform.
Special considerations	<ul style="list-style-type: none"> • Monitor students to ensure they don't touch cables • Students may need assistance getting off and on the platform. • All participants get on and off the activity at the same point • No students climb the pole on the other side

Appendix B Emergency Response Plan



INCIDENT REPORTING PROCEDURE





Employee Declaration

The Safe Operating Procedure for High Ropes have been covered in this session and I have been given the opportunity to ask questions and review the information provided. I fully understand the procedures and agree to comply with them.

[illegible]