

# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

### Flying Fox



#### DESCRIPTION

With the fully accredited flying fox located at Log Cabin Camp, campers have the opportunity to test their nerves on an exhilarating ride 125m down the hillside. The aim of the activity is to provide participants with a new recreation experience, and to increase their self-confidence.

The flying fox is considered to be a specialised activity as miss-use of the equipment or poor supervision has the potential to harm participants.

#### EQUIPMENT

Harnesses      Helmets      (Code for gate lock)

#### INSTRUCTIONS

1. **The Flying Fox is run by an accredited staff member** and two additional leaders are required. One leader remains at the base of the platform to help fit harnesses on participants, our staff member remains on the platform to check harness fittings and attach harness to wheel and send them down the hill. The third Leader remains at the bottom of the hill near dismount ladder to undo clip and help participants down.
2. All necessary equipment for the activity is located on the Flying Fox tower.
3. Proceed to the Flying Fox tower area with your activity group.
4. Leader must set up pulley and attachments to cable as pictured, ensuring the rubber ‘protected end’ of the rope attachment is facing down and that the stubby protruding end of the pulley is facing down hill. This should be done before any participants ascend the tower. Main rope attachment to the centre of the pulley.



5. Harnesses can be applied by a leader on the ground or by the leader at the top of the tower, ideally harnesses are applied at the base of the tower. Secure harnesses (there are 4 sets in total) on each participant, tighten and double check. (As per attached pics) Place standard rock climbing harness to waist and then chest harness to the chest; harnesses are linked together via metal attachments. Once waist harness is on, chest harness can be pulled up over the head and tightened. Ensure that you can read both vertical logos as per attached picture.



Helmet should be fitted properly so the end is over nose so participant cannot hit it on ladder. Two fingers only under chin strap.



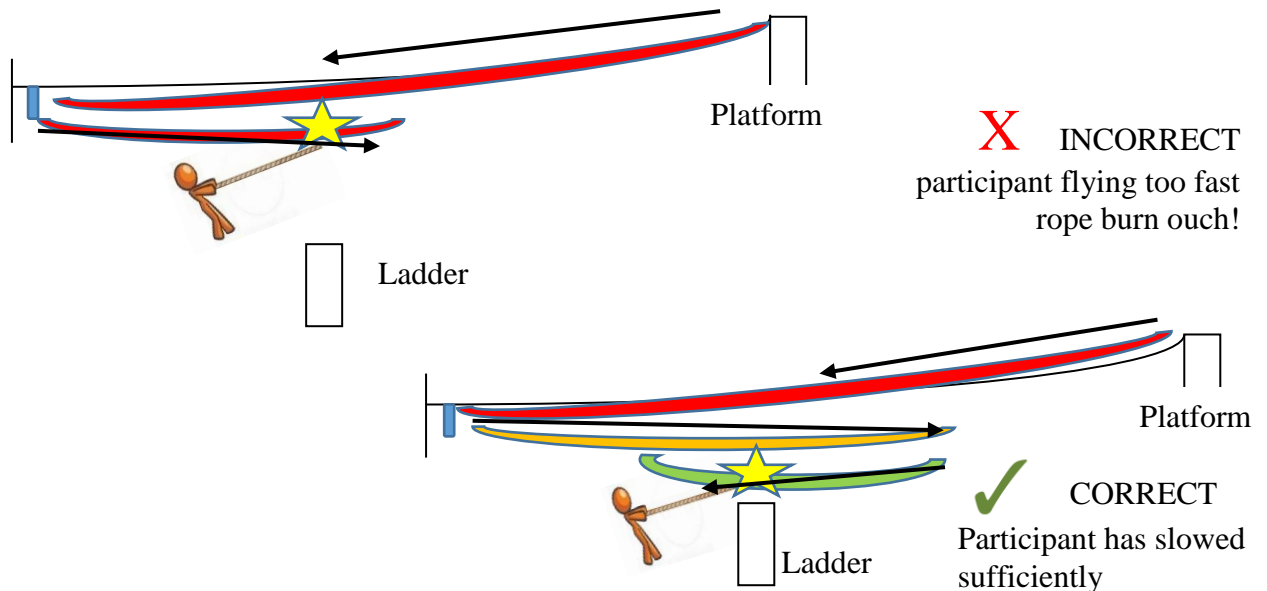
Rule for Vertical logos: “White Right” (White vertical labels should be on right site)

6. Have one person at a time ascend the flying fox platform. Chain at top of platform must be hooked up over ladder hole to prevent participant falling back down. Our staff member double check helmet and harness & will attach clips. The main clip is attached to the metal attachment closest to the waist harness and the smaller attachment is placed on the metal attachment closest to the chest harness with the point of the triangle to the bottom. The recovery rope is wound up and placed on the participants arm for the purpose of returning the pulley to the tower. Leader must inform participant to release this rope once they have travelled *past* the dismount area. Participant can then be allowed through the platform gate. Close the gate behind them.



7. Participant must only ‘**Step Off**’ from the very **front edge** of the angle apron. No more than 2 participants at a time are allowed on the flying fox platform.

8. Before releasing participant ensure no pedestrians are in the way. Instruct participant to return flying fox by use of lead rope.
9. Once participant has descended to the base of the flying fox run they will be helped to dismount the flying fox cable via a ladder and another leader.
10. **Leader must wait until the third swing before they grab the recovery rope**



11. The flying fox ladder runs parallel to the flying fox cable whilst participant is in flight and then is swung around into the path of the flying fox once the participant has become stationary. The front step of the ladder acts as a brake when in the down position, when in the up position the ladder is easily manoeuvrable. Once the participant has become stationary the leader can pull the participant via the rope back to the ladder to enable them to mount the ladder. The leader can then ascend the ladder and unclip the participant from the harnesses ensuring there is a clear path for the participant to descend the ladder safely by facing the ladder as they descend. Then the leader instructs the runner (a person unharnessed waiting with leader out of way of F.F) to pull the pulley back up the hill to complete the ride.

On completion of activity return equipment to be returned to the box situated on the flying fox tower.

### **SAFETY GUIDELINES**

- Participants are NOT to put their hand anywhere near the flying fox cables.
- When using the flying fox, only TWO participants are allowed on the platform at a time.
- Flying Fox must only operate under supervision of Instructors/Leaders that have been trained by Log Cabin Camp staff.
- Ensure that the flying fox runway is clear before releasing participants
- Ensure that the ladder is in the 'parallel position' out of the path of the flying fox prior to releasing participant.
- Ensure that the leader at the dismount end is ready for the participant; this can be via voice command or via the use of camp megaphone if you choose.
- Ensure that participants are 'Sun smart' (hats and sunscreen) and that leader on the tower has adequate water on hot days.

**TIME TO ALLOW FOR THIS ACTIVITY:** At your discretion. Rule of thumb is 20 participants per hour.

**LOCATION**

The Flying Fox is located between the main dam and the small Yabbying Dam.

**AGE SUITABILITY**

The activity is suitable for participant's aged eight to nine years and over.

**RATIO**

1:10 It is recommended that there is one Instructor/Leader per ten participants.

**INSTRUCTOR EXPERIENCE**

Due to the specialised nature and safety requirements of this activity, Log Cabin Camp staff are the only people authorised to be the main instructors for this activity.

Log Cabin Camp staff can provide training for assisting Instructors on the technical, safety and supervisory components of using the Flying Fox if required, this is to take place prior to the activity.

**ASSISTING LEADERS EXPERIENCE**

No previous experience is required for assistants. Assisting Leaders are essential for this activity.

**PARTICIPANT EXPERIENCE**

No previous experience in the activity is required.

**INSTRUCTOR RESPONSIBILITY**

The Instructor is responsible for camper supervision and behaviour at all times, this includes: the supervision and behaviour of campers at the activity and to and from the activity. The Instructor is also responsible for: assessing first aid requirements and identifying campers with asthma or other ailments; adhering to Log Cabin Camps guidelines for the Flying Fox and ensuring that all the equipment is returned to the main tower at the end of the activity.

The Instructor/Leader must inform the assisting leaders of their role in the supervision of the activity, and to also train them in the technical and safety components of the flying fox.

Instructors unfamiliar with the flying foxes must make contact with the Manager to arrange for training prior to the activity.

**PARTICIPANTS RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the instructor.

**PARTICIPANTS CLOTHING AND ACCESSORIES**

It is necessary that shoes be worn and appropriate clothing (no singlet tops and short shorts are not advised for this activity).

**FIRST AID REQUIREMENTS**

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.