

Log Cabin Camp

ACTIVITIES INSTRUCTIONS

LEAP OF FAITH

DESCRIPTION:

Test your faith and your team mates as you leap into the air from our 10m high Leap of Faith. This is a team activity getting all 4 members to take a leap of faith to hit the ball out in front.

EQUIPMENT:

4 Skylotec Harnesses 4 Helmets 8 Tri lock Karabiners

INSTRUCTIONS:

- This activity requires at least 12 per group (4 Leapers and 2-3 on each Belay team).
- Age limit for this activity is 13 and over.

People with heart conditions, bad backs, epilepsy etc, should not participate in this activity.

1. **The Leap of Faith is run by an accredited staff member** and one additional leader is required. The leader will assist the group in running the activity ensuring participants are following the instructions given by the Log Cabin Staff member.
2. Proceed to the Leap of Faith Located behind the Chapel with your activity group.
3. Log Cabin staff will set up rigging and inform the group of the procedures and rules of the activity.
4. Each Leaper will be wearing a full body harness and Helmet



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

Insert Harness Photo Here

5. Harnesses to be applied by Log Cabin Staff or leader (then double checked by LCC staff) on the ground. Secure harnesses (there are 4 sets in total) on each participant, tighten and double check. (As per attached pics)
6. Once LCC Instructor has checked all the harnesses and the belay team is in place and understand their role the team will ascend the ladder.
7. The belay team should be ensuring that there isn't a loop in the rope that is holder the climber. The instructor will talk the group through getting to the top and do a leap from half way to prepare the group for the top.
8. Once at the top, the 4 Leapers must wait until every member is on the platform (unless participant asks to jump lower).

9. The instructor will ask the wedgie master (the person in front of the belay post) to move behind the belay post.
10. Once the instructor has seen that the 4 teams are ready to jump either the group or the instructor will count down 3..2..1 then they will jump from the platform and try to hit the ball.
11. The 4 leapers will be lowered to the ground and the next group will change over.

SAFETY GUIDELINES

- Participants are NOT to put their hand anywhere near the rope behind head, hands should either be on the ladder in front on holding the harness beside their chest.
- Leap of Faith must only operate under supervision of Instructors/Leaders that have been trained by Log Cabin Camp staff.
- Ensure that there is not a loop before the participant leaps from the platform.
- Ensure that the wedgie master (person in front of the belay post) holds the rope away from their body not under arm or chin. If the leaper jumps early/ whilst climbing it could result in injury.
- Ensure wedgie master isn't leaning on belay post.
- Ensure that participants are 'Sunsmart' (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

Behind the Chapel next to low ropes.

AGE SUITABILITY

The activity is suitable for participant's aged 12-13 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 during the activity.

The Instructor is also responsible for: assessing first aid requirements and identifying campers with asthma or other ailments; adhering to LCC guidelines for the Leap of Faith and ensuring that all the equipment is returned 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 Leap of Faith.

TEACHER /LEADER/ RESPONSIBILITY

The teacher/leader is responsible for ensuring that campers behave and adhere to the instructions of the LLC instructor at all times, this includes: the supervision and behaviour of campers at the activity and to and from 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.