

Log Cabin Camp

ACTIVITIES INSTRUCTIONS

MILK CRATE STACKING



DESCRIPTION

With the fully accredited Milk Crate Stacking you can stack against your opposing team to come out on top.

Milk Crate Stacking is considered to be a specialised activity and is only operated by LCC qualified staff.

EQUIPMENT

Harnesses: x4 gym x2 climbers Ropes: x 2 Cricket Helmets for Crate Stackers: 13-14
Helmets: 3 Karabiners x 10 2 Shorts poles and 2 Long Poles

INSTRUCTIONS AND SAFETY ISSUES

1. **Milk Crate Stacking is run by an accredited staff member** and one additional leader is required.
2. Proceed to the Milk Crate Stacking area, near the end of the Commando Course at the top of the hill behind cabin 5.
3. LCC staff will set rigging and after safety check will give instructions on safe operation.
4. This activity requires at least nine per team but ideally eleven. Only two climbers at a time can climb their milk crate stacks. It takes four people to pull the Climber up and down safely and 3-6 Crate stackers/passers.
 - People with heart conditions, bad backs, epilepsy etc, should not participate in this activity.
 - All participants must stay within the areas that the supervisor instructs.
 - At the start, all eight pull team harnesses and two climber harnesses should be fitted in readiness for the game (N.B. - all harnesses are checked by LCC staff prior to ascent or pulling)
 - Both climbers are to wear normal rock climbing helmets. All ground crew members passing crates must be wearing a cricket helmet fitted properly.
 - The pulling team are to be instructed on correct pulling of the rope, i.e. no hands near karabiners and listening to the commands of the climber. In order for climber to stack crates high the pull team are to walk backwards and forwards as the climber commands. They are only to commence stacking/ pulling when instructed by LCC staff and are to stop when told.
 - The Instructor will instruct the participants on how the game works.
 - **No throwing or dropping crates**
 - The crate stackers must be wearing cricket helmet at all times & informed that poles are not to be left on ground and stacking area to trip over.
 - Climber will start on one crate and signal UP & Down to pull team as they stack the crates.
 - Crate stackers pass crates to climber, climber starts stacking at chest/waist height, ensuring that the crates are clicked in properly, passers to use poles when the stack gets higher.
 - One to two people must hold stack steady
 - Climber to stand on top at 10 crates marking halfway point, then continue until TIME.
 - Climber must stand on top of stack with arms out before TIME, the climber on the tallest stack wins
 - All stackers must "**CLEAR THE AREA**" (move 10m away from stack)
 - After the instructor or team has counted their crates the instructor will ask for both participants to be at the same height before the climber kicks the stack over.

- Stackers reset Crates back to the team's platform and climbers will swap.
- To begin the instructor will tell the teams to start stacking and the climber will start stacking as high as they can while the instructor is continually monitoring the teams and their stacks in case of a stack falling over.
- After the one game has finished all crates but the starting crate must be returned to Crate platforms. Then participants may change roles though it is advised that the pull stay in harness for at least two rounds to maximise game time.
- The Instructor should always monitor when the group swaps roles that activity equipment is being worn correctly.
- At conclusion of individual sessions the instructor will ask the group how they think they went, what they think was important during the session eg. Team work between groups, communication, being assertive, trust.
- At the end of Milk Crate session the instructor will ensure all equipment is returned to sports shed and fill out Log book.

SAFETY GUIDELINES

- Ensure that participants are 'Sun smart' hats and sunscreen when not wearing helmets
- Ensure that all harnesses and helmets are fitted correctly
- Participants are listening to safety instructions at all times or they can sit out

TIME TO ALLOW FOR THIS ACTIVITY: At your discretion. Rule of thumb: 3-5 rounds per hour, group depending.

LOCATION

Milk Crate Stacking is located at the end of the Commando Course.

AGE SUITABILITY

The activity is suitable for participant's aged seven 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, LCC staff are the only people authorised to be the main instructors for this activity and go through staff training and be checked off by supervising staff.

LCC staff can provide training for assisting Instructors on the technical, safety and supervisory components of milk crate stacking though harnesses should always be double checked by staff.

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 LCC guidelines for Milk Crate Stacking 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 Milk Crate Stacking

PARTICIPANTS RESPONSIBILITY

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

PARTICIPANTS CLOTHING AND ACCESSORIES

It is necessary that shoes be worn.

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.

