

Log Cabin Camp

ACTIVITIES INSTRUCTIONS

POSSUM GLIDER

DESCRIPTION

With the fully accredited Possum Glider you can feel the exhilaration of taking off like a bird and gliding through the air!

EQUIPMENT

Harnesses: 2 X Blue Gym

2 X Skylotec harnesses

Ropes: x 1 Static rope

Helmets: 2

Karabiners: 6 Tri lock

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

INSTRUCTIONS AND SAFETY ISSUES

1. **The Possum Glider is run by an accredited staff member** and one additional leader is required.
2. Proceed to the Possum glider area, behind the Chapel and beside the Leap of Faith
3. LCC staff will set rigging and after safety check will give instructions on safe operation.
4. This activity requires at least six people, (one possum and 5 pull team members)
5. The pull team will wear a blue gym harness and the possum will wear a Skylotec full body harness
 - a. (N.B. - all harnesses are checked by LCC staff prior to ascent or pulling).
6. The pulling team are to be instructed on correct pulling of the rope, i.e. no hands near karabiners or entrapment of rope with hands and fingers and listening to the commands of the instructor.
7. The Instructor will instruct the participants on how the glider works:
 - a. The Possum and the pull team will find their positions beside their cone
 - b. When the instructor says "GO" the possum will runs towards the archery end of the runway and the pull team will run in the opposite direction towards the balance beam pulling the Possum up and into the air. The pull team is to stop at the cone so they don't pull the Possum into the pulley.
 - c. The Pull team can move 1-2m forwards and back once to give the Possum more swing
 - d. When the Instructor commands the pull team will slowly bring the Possum down for landing
 - e. The Possum will bend their knees and prepare for landing.
8. At conclusion of individual sessions the instructor will ask the group how they think they went, what they think was import during the session eg. Team work, communication, trust etc.
9. At the end of the session the instructor will ensure all equipment is returned to sports shed and fill out the 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

Possum Glider is located beside the Leap of Faith behind the Chapel.

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 the Possum Glider 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 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 Possum Glider 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 Possum Glider.

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.