

Log Cabin Camp

ACTIVITIES INSTRUCTIONS

GIANT SWING

DESCRIPTION

With the fully accredited Giant Swing located at Log Cabin Camp (LCC) campers will have the ride of their life as they free-fall nearly twenty metres from the top of the swing.

The aim of the activity is to provide participants with a new recreation experience, and to increase their self-confidence.



The Giant Swing is considered to be a specialised activity and is only operated by LCC qualified staff.

EQUIPMENT

Harnesses
Helmets

INSTRUCTIONS AND SAFETY ISSUES

1. **The Giant Swing is run by an accredited staff member** and one additional leader is **required**.
2. Proceed to the Giant Swing area, near the barn with your activity group.
3. LCC staff will set rigging and after safety check will give instructions on safe operation.
4. This ride requires at least ten but ideally twelve to fifteen participants. Only one person at a time can utilise the ride but it takes approximately eight to ten people to pull the main person up.
 - People with heart conditions, bad backs, epilepsy etc, should not participate on this ride.
 - All participants must stay within the areas that the supervisor instructs.
 - At the start, all six harnesses should be fitted in readiness for the ride (N.B. - all harnesses are checked by LCC staff prior to ascent)
 - The pulling team are to be instructed on correct pulling of the rope, i.e. one metre gap between each puller. In order to hoist the person up to the required height the pullers are to walk with the rope away from the swing. **The rope is not to be fed through their hands or let go of when someone is on the swing.** They are only to commence pulling when instructed by LCC staff and are to stop when told.
 - No one is to pull the rope in front of the pulley or have their hands near the pulley. It is also important that participants do not stand in line with the retrieval rope. This safety zone will be enforced by LCC staff.
 - To begin ride participant will be called to come forward from the safety zone and will be attached to the rigging by LCC staff. After a final inspection the ladder will be removed and the participant will begin the ascent by way of their team mates pulling on pull rope **after L.L.C instructor has said "GO"**. Participant will have been instructed on how to pull the release rope that will release them when they get to the height they feel comfortable at. If they fail to release the rope due to fear of height they can be lowered to the ground, or encouraged to release at a lower level.

- On release they may experience some free fall and then swing. They continue swinging until they have slowed down enough to be stopped and placed on the ladder, disconnected from rigging and then sent to the safe zone *and* to take their place on the pull team.

SAFETY GUIDELINES

- Ensure that participants are 'Sun smart' hats and sunscreen.

TIME TO ALLOW FOR THIS ACTIVITY: At your discretion. Rule of thumb: 15 participants per hour.

LOCATION

The Giant Swing is located near the Barn.

AGE SUITABILITY

The activity is suitable for participant's aged five 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.

LCC staff can provide training for assisting Instructors on the technical, safety and supervisory components of using the pull rope section of the Giant Swing.

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 the Giant Swing 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 Giant Swing

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.