

# 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      4 Dynamic ropes

### 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 at least 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.



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 any slack in the rope that is holding 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 the participants have reached the halfway mark the instructor will ask them to stop. Then he/she will ask the person at the front of the belay post to pull the rope through the belay device tight and then step behind the belay post holding the rope. After checking that belay teams are ready the instructor will say "Squat and Drop!" After completing the practice drop the leaping team will hold on to the ladder again and begin the ascent to the top (during this time the instructor will ask the belay team to continue to belay).
9. Once at the top, the 4 Leapers must wait until every member is on the platform (unless participants requests to jump at a lower height).
10. The instructor will ask the wedgie master (the person in front of the belay post) to pull the rope tight but not too tight as to pull them off the platform, then move behind the belay post.
11. Once the instructor has seen that the 4 teams are ready to jump either the leapers or the instructor will count down 3..2..1 then they will jump from the platform and try to hit the orange buoy.
12. The 4 leapers will be lowered to the ground safely and slowly 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 '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**

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.

### **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 LCC 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 enclosed shoes be worn and appropriate clothing (no singlet tops and short shorts are not advised for this activity). Long hair must be tied back.

### **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.

