

# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

### Dual Zip line

#### DESCRIPTION

With the fully accredited Zip Line, campers can zip their way across camp and race their friends to the end.



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

The Zip Line is considered to be a specialised activity as misuse of the equipment or poor supervision has the potential to harm participants.

#### EQUIPMENT

Harnesses      Helmets      Lanyards/Zippy's      Balls if desired

#### INSTRUCTIONS

1. **The Zip Line is run by an accredited staff member** and two additional leaders are required. One leader remains at the base of the platform to help fit harnesses on participants, our staff member remains on the platform to check harness fittings and attach zippy to cable and send them across the gully. The third leader remains at the hill on the other side of the gully to release.
2. All necessary equipment for the activity is located at the Zip Line equipment shed.
3. Proceed to the Zip line equipment shed with your activity group.
4. Leader must check that all harnesses, karabiners and zippy's are accounted for and functioning.
5. Harnesses are applied by a leader/teacher on the ground. As per photo. Place gym harness to waist and then chest harness to the chest; harnesses are linked together via metal malleon. Once waist harness is on, chest harness can be pulled up over the head and tightened making sure the plastic diamond is in between the shoulder blades. Ensure that you can read both vertical logos on right side as per attached picture.

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

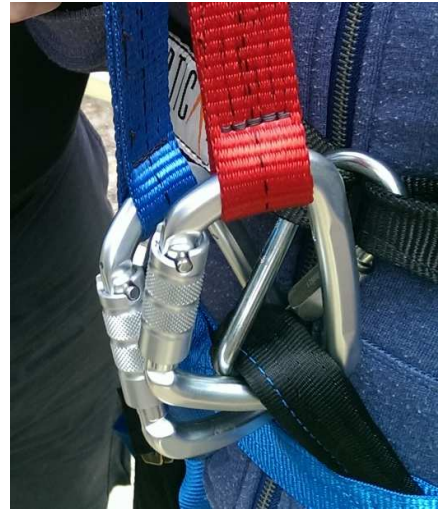


Rule for Vertical logos: "White Right"  
(White vertical labels should be on right site)

6. Once harnessed instructor/teacher will attached Zippy's and lanyards to the participants.
7. Once harnessed the instructor will demonstrate how to land when nearing the landing zone of the zip line also during this time they will instruct assistant leader how to unhook the participants after their turn and swap Zippy's. The leader will then walk the group to the base of the Zip line tower and give briefing on boundaries on platform and get them to line up with their partner and wait there until called up by an instructor.

Boundaries on platform:

- Must not ascend stairs until L.C.C. staff have instructed to do so.
- Must have helmet, harness and zippy before ascending stairs
- Do not touch the gate!



8. When ready the L.C.C. staff member will call up two at a time, double check harness, helmet and lanyards then attach clips. Both karabiners are clipped into the black belay loop, one each side of the mallion.
9. The Zippy pulley is clipped onto the cable by pulling the lever on the back down, hook on facing towards you ensuring it is closed and sitting correctly on cable. See Image 5

Once the Zippy is attached clip on the steel karabiner to the **back** of the Zippy as show in photo. (NOTE: Having the karabiner on the front could cause the Zippy to get pinched causing damage and/or make the flyer stranded on the cable.) See Image 6.



Image 5.



Image 6.

**NOTE: When hooking on take care to hold Zippy and karabiner securely in hand to ensure not dropping on participants head.**

10. When both participants are clipped on the instructor will tell them to only hold the lanyard and **never touch the cable or the gate**. Check that the landing zone is clear, then open the gate and the participants will walk, run or jump off the edge.

11. No more than 2 participants at a time are allowed on the zip line platform unless there is a odd number or someone is nervous and wants to sit and watch. In these cases they are to remained seated until otherwise instructed. When landing the participants will keep walking/jogging until they touch the tire (See Image 7) and wait for teacher to unhook them.
12. Once participant has dismounted the assistant will put the Zippy over the participants shoulder and send them down the path back to the start. See Image 8. On completion of activity return equipment to be returned to the box situated on the zip line tower.



Image 7.



Image 8.

### **SAFETY GUIDELINES**

- Participants are NOT to put their hand anywhere near the cables.
- Zip line must only operate under supervision of Instructors/Leaders that have been trained by Log Cabin Camp staff.
- Ensure that the runway is clear before releasing participants
- Ensure that the leader at the dismount end is ready for the participant; this can be via voice command or via the use of hand signals.
- 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 or for duration of the rotation.

### **LOCATION**

The Zip line is located to the left of the commando course.

### **AGE SUITABILITY**

The activity is suitable for participant’s aged eight to nine 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 zip line 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 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 Log Cabin Camps guidelines for the Zip Line and ensuring that all the equipment is returned to the main tower 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 zip line.

Instructors unfamiliar with the flying foxes must make contact with the Manager to arrange for training prior to 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.

