



# LOW ROPES CHALLENGE COURSE

Age: 7+



## Heyswood - Conditions of use

1. Participants must be supervised by a competent person who has completed a Familiarisation Course at Heyswood and who will ensure instruction of sufficient 'spotters.'
2. Participants should be suitably dressed with no loose items of clothing or jewellery and suitable footwear. Long hair should be tied back.
3. Safety helmets **MUST** be worn by all participants and supervisors.
4. The suggested ratio is 1:8 - unless determined less by your unit.
5. The group is responsible for its own First Aid requirements.
6. Adequate supervision of anyone in the area who is not taking part in the course must be provided - this should be kept to a minimum.
7. The helmets must be returned immediately after the session in a good, clean condition to be locked in the chest.
8. When a session is complete all additional equipment should be put away and the course left in a safe state for the next session.
9. Any damaged or missing equipment must be immediately reported to the warden / HMC.
10. Girlguiding accepts no responsibility for damage or injury resulting from use of the low ropes unless proven negligent.

**All participants must be told the 3 main rules of the course:**

- When on a wire, you must be holding onto one of three things: another person, a rope or wood (tree or log).
- Only step onto a wire if your leader is ready to 'spot' you.
- If you feel yourself falling off, step down before it happens. Then re-join the course behind the LAST person in your group.

Group: .....

Leader's name: .....

I have completed a risk assessment I have read and understood these conditions and agree to comply with them.

Signed: .....

Dated: .....