Bears Wood Scout Campsite

Conditions of use – operating procedures

Balance Beams

Introduction

Balance Beam sessions at Bears Wood are run using our purpose-built equipment adjacent to site 9.

This is a 'self-led' activity, therefore please ensure you read, understand & sign the related 'Conditions of Use' before starting the session. It will then be your responsibility to ensure the session is run in as safe a manner as possible, including managing your participants behaviour throughout.

Minimum Age: 5¾ years old

Most appropriate for: 5¾ +

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Conditions of Use (CoU)

Maximum Weight: N/A

Minimum Weight: N/A

Minimum Age: 5¾ years old

Ratio: 1:12

Session Length: 60 minutes

Minimum Training/ Qualification Requirements

Signed CoU + 18 years old or over.

Pre-Use Checks	Post-Use Checks
• Area around balance beams is roped off and secure & tidy. • The balance beams and associated equipment are in good repair & fit for purpose. • The equipment is free from excess mud. • The area around the balance beams is clear and safe with no trip hazards.	• Area around balance beams is roped off and secure & tidy. • The balance beams and associated equipment are in good repair & fit for purpose. • The equipment is free from excess mud. • The area around the balance beams is clear and safe with no trip hazards. • The entrances to the roped off area has been closed
Set Up • Carry out pre-use checks. • Ensure you have a first aid kit to hand	**Pack Down** • Carry out post-use checks. • Ensure area is roped off correctly. • Check area for any rubbish

Key Safety Points

- This activity <u>must always be closely supervised</u>. It should only be used for a booked session.
- No unsupervised use at any other time. The area around the balance beams is out of bounds at all other times.
- Ensure that participants have no injuries or conditions that will be affected by the activity.
- Participants should empty their pockets & remove glasses (depending on needs) before using the balance beams.
- Participants to wear appropriate closed toe footwear.
- All equipment should be checked before, during & after each session to ensure it is safe, functioning correctly & fit for purpose. Any damaged or non-functioning equipment should not be used & reported to the Warden/Chairman.
- The area around the balance beams has been cordoned off to restrict entry – those waiting to undertake this activity should wait outside the cordoned area, to avoid any collisions with those currently using the course.
- The responsible person must make safety rules, boundaries, commands & techniques explicit to the participants before & during the activity. This is best done by doing a demo run on the balance beams and explaining things as you go along.
- When wet, the beams can become very slippery. Please think carefully & assess the risk before allowing your participants to use this. If you are in any doubt, please speak to the warden or chairman.
- Please have your own first aid kit available.

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BEARS WOOD BALANCE BEAMS – USER INSTRUCTIONS

THIS ACTIVITY MUST BE SUPERVISED BY **AT LEAST 2 ADULT LEADERS**

- one leader to go round the course with the young people helping to support them if they fall off too many times or are where they are likely to fall dangerously.
- one leader to supervise those waiting to undertake the activity.

Please read the risk assessment carefully

1. Please visually check the equipment prior to use for any obvious faults. Report any concerns to the duty warden by phone and seek advice.

2. The basic idea is to get across each obstacle without falling off and then to put a foot in each tyre at the end. It's really up to you to decide how you want to run the session. Here are some ideas: -
    - Individual timed runs against the clock
    - In pairs
    - In small groups
    - In teams but as a relay
    - In conjunction with the zip line - either going down the zipline and then back along the balance beams, or balance beams first finishing off with descending the zip line.

    Note that if you are using the last option, you will need enough adults to supervise both the zip line and the balance beans at the same time (minimum 4 adults)

3. Please take extra care when the equipment is wet, muddy or damp.

4. You may need to support younger, less able or less confident young people to get across the beams, perhaps by letting them hold onto your shoulder to stop them falling. Be prepared to intervene if it looks like someone is going to fall dangerously.

5. Please close the roped entrances after your session.

For safety reasons the activity cannot run in very heavy rain, snow or ice, electrical storms, winds above 30mph or darkness.

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Balance Beams

I have been provided with and have read the risk assessment for this activity.

I have read, understood, & agree to abide by the Conditions of Use for the Balance beams, as detailed above.

Name: _____

Signature: _____

Group/ Unit/ Organisation: _____

Date: _____ **Booking Ref:** _____