ASSAULT COURSE – SAFETY PROCEDURES

Qualifications of Instructors
- All Instructors will be required to assist for a minimum of 3 sessions and to the satisfaction of the Senior Instructor.
- At least one instructor will need first aid qualification.

Instructor Ratio
- There will be a maximum of 12 participants to 1 Instructor.

Location
- This activity takes place within the confines of Morfa Bay.

Equipment
- First Aid Kit, whistle, stopwatch

Clothing
- No jewellery, watches, earrings, etc to be worn by participants.
- Suitable clothing to be worn, i.e. long sleeves, long trousers, adequate footwear.
- Footwear should consist of trainers or boots with a good tread.

Pre & during activity
- Check the number in group and whether there are any medical problems.
- Instructor to walk course and check ropes, fittings, etc.
- First Aid Kit and whistle to be carried by Instructor
- Brief groups on requirements of teamwork, encouragement, etc.
- Walk course with group and physically demonstrate and explain important obstacles.
- Explain key safety points as detailed below. Keep within visual contact of the group at all times
- No more than three to any bridge, traverse or net, ensuring that there is no more than a 3 obstacle gap between the front and the rear of the group.
- Bend legs when jumping and landing,
- Walk do not run to the approach.

Post Activity Checks
- The condition of all the equipment, ensuring that there are no signs of misuse damage.
- All defects should be reported to a senior instructor(s) and recorded in the defect logbook.
- All items of camp clothing cleaned and dried.
- That any items used from the First Aid Kit is replaced.
- That all of the equipment is securely stowed.
- Ensure pupils shower.

**Emergency Operating Procedure**

- To follow generic E.O.P.