

# YMCA NSW Camping

## Standard Operating Procedures

### GIANT SWING

#### Staff Qualification Requirement

- Cert IV in Outdoor Recreation Ropes Challenge Course/proven and demonstrated competency.
- Completion of YMCA Workplace Assessment/Giant Swing

#### Students/Participant Requirements

- Students/Participants must have completed a medical and consent form prior to the commencement of this activity. It is the responsibility of the program coordinator or duty manager to ensure the forms are complete.
- Students/Participants must be wearing appropriate clothing, including closed in shoes. It is the responsibility of the instructor to ensure all students/participants are dressed appropriately for the activity.
- Students must have sun protection, hat and sunscreen. It is the responsibility of the instructor to ensure all students/participants remain safe from the sun.
- Students must carry a water bottle, hat and sunscreen. It is the responsibility of the instructor to ensure all students/participants remain hydrated.

#### Equipment Required

- Set Up
  - Main Line
  - Back up line
  - Release mechanism
  - 4 x Steel carabineers for strops
  - 5 x Waist harnesses
  - 5 x Chest harness
  - 5 x Carabineers for chest harnesses
  - 5 x Helmets
  - 1 x Ladder

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- Instructor Harness + EALS (if required)

### Giant Swing Set Up

- Conduct a Landscape check
  - Check the tension on all guys' they should be firm not tight.
  - Check all stays.
  - Check for symmetry, ensure poles are straight and the swing cables make a perfect V.
  - Check the 4 split pins, ensure they are still in place.
  - Check the haul rope is fed through the guide staples (old swing only).
  - Check the function of the auto block (River swing only).
- Harness Set Up
  - The instructor must wear a helmet when using the ladder during setup.
  - Connect main line strop to the lower 8mm wire. Carabiner must have the largest end facing down and the gate screwed closed.
  - Connect back up line, (11mm static figure 8 on bite at both ends and 100mm longer than the main line) to the higher wire. Carabiner must have the largest end facing down and the gate screwed closed.
  - Unlock haul rope from red box, check release mechanism.
  - Check the auto block (River Swing Only) device, ensure it is working, clean and free from obstruction.

### Brief

- Introduction
  - Self - Introduce yourself and your experience with the activity or in the outdoor industry. Be confident and be assertive.
  - Activity - Introduce the activity. Include some history, what the Giant Swing is used for, the skills required, where these skills can be used elsewhere in life and the possible outcomes that can be achieved by participating in the activity, (confidence, overcoming fear, trust, communication and fun).
  - Challenge By Choice, set your own goal that pushes your comfort zone.
- Safety & Expectations

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- Behaviour - Be assertive in explaining how you expect participants to behave during this activity.
- Rules - Explain the safety rules
  - Danger zone outlined by the ropes, no one is to enter this zone unless directed to by the instructor.
  - To enter the Danger zone you must be wearing a helmet.
  - Do not handle the instructor retrieval line.
- 1<sup>st</sup> Aid/Emergency - Explain that you have a 1<sup>st</sup> aid kit and where it is kept during the activity. The 1<sup>st</sup> aid kit is to treat minor injuries. For more serious injuries the patient is stabilized and appropriate medical treatment is sort.
- Equipment
  - Helmet - Correct fitting of the helmet (logo to front, placed on head level, inside strap tensioned to stop movement, chin strap tensioned to prevent helmet falling off, chin strap tucked away).
  - Harness - Correctly fitted (waist belt above the hips and tightened so it will not slip over the hips, leg loops tightened so fingers can just slip under loop, no twisting in strapping, comfort strap must be attached, all tails tucked away).
  - Chest Harness correctly fitted using a carabineer or a rapid link.
  - All clothing to be tucked away, shoes to be fitted correctly, hair tied back, pockets emptied, and no loose jewellery.
- Conducting the Activity
  - Scenario - Create a scenario for the participants. Use your imagination to create a situation that will assist in motivating the participants.
  - Specific Activity Instructions
    - This is a swing by choice activity - you go to the height you choose.
    - Haul team minimum of 10 people.
    - The swing team consists of 3 people.
    - Haul team rules:
      - ⇒ Stay on the right side of rope.
      - ⇒ Do not grab the rope above the pulley

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- ⇒ Walk, do not run.
- ⇒ Do not tie knots in the rope.
- ⇒ Do not wrap the rope around any part of your body.
- ⇒ Stop when the swinger says stop.
- ⇒ Do not drop the rope unless you have been asked to.
- Swing team Rules:
  - ⇒ Do not enter the danger zone unless directed to by the instructor.
  - ⇒ If you are helping with the ladder you must be wearing a helmet.
  - ⇒ When swinging stay upright. Do not invert. One hand is to hold onto silver strop at all times.
- Swing Call:
  - ⇒ **"Haul team ready"** Haul team are to be in position and ready to start the haul.
  - ⇒ **"Haul away"** Haul team starts the haul.
  - ⇒ **"Stop"** Haul team stops.
  - ⇒ **"Swinger ready"** the swinger is ready to go.
  - ⇒ **"Haul team brace yourselves"** haul team takes a strong standing position.
  - ⇒ **"On one release, 3-2-1"** the swinger releases.
  - ⇒ **"Haul team drop the rope"**
- Demonstrate and explain by conducting a dry run through with the haul team.
- Reinforce
  - Review - Cover the safety expectations again.
  - Question - Ask the group questions to ensure they have understood the brief.

### Conducting the Activity

- Before starting the activity the instructor must:
  - Check all mechanical devices.

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- ❑ Organise the haul team with a minimum of 10.
- ❑ Have the haul team line up in a single file behind the haul line pole.
- ❑ Have 2 participants with helmets on to assist by holding the ladder for the swinger.
- ❑ Have the swinger step up the ladder. Connect the primary line and connect the backup line.
- ❑ Have the swinger sit down in the harness and remove the ladder to outside the drop zone.
- ❑ Connect the haul and release device.
- ❑ Conduct an ABCDEF check.
- ❑ Ensure the swinger is comfortable.
- ❑ Begin the haul procedure.
- ❑ The instructor should hold the retrieval rope while the participant is being hauled, stand at the base of the haul pole with the tension on the retrieval rope. Do not tie knots or wrap rope around arm.
- ❑ Check with the swinger on their chosen height and encourage the swinger to push their personal boundaries.
- ❑ Monitor the haul team to ensure they are following correct procedures.
- ❑ After the swinger has released, have the haul team go back to the waiting position.
- ❑ When the swingers momentum has decreased have the swinger cross their ankles and catch them by their ankles on the upswing.
- ❑ Have the ladder assistants bring out and hold the ladder.
- ❑ Disconnect the swinger and assist them off the ladder.
- ❑ Use the call "freeze" for unsafe actions.

### Debrief

- ❑ Explore
  - Experience.
  - Feelings.
  - Validity.
- ❑ Share
  - Staff point of view.

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- Observations.
- Interpretations.
- Connect
  - Positive moments to activity outcomes.
  - The activity to other areas in life.
  - How you can use these outcomes throughout life.
- Improvements
  - Point out areas the group has improved or excelled in.