

Trainer Notes



Crate Stack	<i>Build a tower of Crates under a time constraint</i>
Target Group	Anyone
Time	45 minutes to 1 hour
Rationale/Outcome/Benefit	Issues of planning, trust, communication. High challenge and support needed. Good as part of a larger exercise.
Group Size	Minimum 6
Staff	Must have SPA or ERCA Instructor Award and appropriate Group management experience as a minimum. Must be trained on-site. Must be a holder of a current First Aid certificate.
Preparation	<ul style="list-style-type: none"> • Put belay ropes in place. • Set up belay system. • Set up an exclusion zone
Specific Emergency Procedure	<p>Should an incident occur in which immediate threat to life or limb occurs:</p> <ul style="list-style-type: none"> • Lower the casualty to the ground • Demolish tower to avoid unexpected collapse • Give first aid • Refer to Emergency Flow Chart • Send two runners to reception to alert venue co-ordinator and also to request type of assistance and equipment required.
Equipment Required	<ul style="list-style-type: none"> • Semi static ropes • Belay devices • Sings and karabiners
Staff Equipment	<ul style="list-style-type: none"> • Harness and helmet • 1st Aid Kit
Delegate Equipment	<ul style="list-style-type: none"> • Boots or trainers • Clothing suitable for weather • Harness and helmet • Chest harnesses for climbers

Site Specific Risk Assessment: Crate Stack



Hazard	Protective Measures
Delegates hit by falling crates or other objects or other climbers	<ul style="list-style-type: none"> • All delegates other than climbers to stay out of the exclusion zone. • Climbers should never be more than two levels of crates apart from each other • Maximum of two delegates to throw crates up to the climbers, ensuring that they also stay out of the exclusion zone. • Tower to be demolished from above by builders before any of them are lowered.
Climbers dropped by belayers or falling from crates	<ul style="list-style-type: none"> • No one should stand on crates unless they are attached to a tight rope. • Ensure especially tight belaying during first four levels of crates
Delegates being hit by badly thrown crates	<ul style="list-style-type: none"> • Crates must be thrown two-handed • Ensure that delegates practice throwing and catching before they begin • Ensure that there is eye contact between catcher and thrower before the throw • Aim for the upper body/head
Cut hands on sharp edges of crates.	<ul style="list-style-type: none"> • Anyone handling crates should wear gloves.

Checked by:	Steph Williams
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