

Trainer Notes



Jacob's Ladder	Teamworking exercise in-grounds using a climbing frame.
Target group	All physically active groups
Time	1 -2 hours
Rationale / Outcome Benefits	Requires teamwork for success. High impact activity Huge feelings of success. Highlights the need for support and working together
Group size	6-12
Staff	1:12 Must have SPA or ERCA Instructor award and appropriate Group management experience as a minimum. Must also be trained on-site. Must be a holder of a current First Aid certificate.
Preparation	Collect kit from stores and remember to fill in the sign off ropes logs at the end of the event
Specific Emergency Procedure	Should an incident occur in which immediate threat to life or limb occurs: Lower the casualty to the ground Give first aid Send two runners to reception to alert venue co-coordinator and also to request type of assistance and equipment required.
Trainer kit	Jacob's ropes (semi-static) Gri Gris + crabs Slings and crabs First aid kit Harness and Helmet
Delegate kit	Long trousers Clothing suitable for weather Boots or trainers Harness Helmet
Mobile?	No
Location	In grounds

Site Specific Risk Assessment: Jacobs Ladder



Hazard	Protective Measures
Falling due to incorrectly attached equipment	<p>Before each set of climbers leaves the ground:</p> <ul style="list-style-type: none"> • Ensure harnesses and ropes are attached properly. • Check belayers' harnesses and belay devices are correctly attached. • Check ballast people are correctly attached. <p>Constant vigilance is required throughout this activity.</p>
Falling due to people not knowing what to do	<p>Ensure that climbers understand that they must not:</p> <ul style="list-style-type: none"> • Pull on or hold the ropes • Climb up the wrong side of the ladder. • Hold the side wire rope <p>Teach belayers how to belay as per the standard method. Get them to practice and check their ability, Talk through the role of the back-up person.</p> <p>Constant vigilance is required throughout this activity.</p>
Falling to the ground in the first 6 feet.	<p>Climbers should climb when the belayer is ready. Be very attentive and directive. Where difficulties are seen, work with the belayer. Check the belayers carefully before hand.</p>
Collision with bars (especially to the face) when being lowered	<p>Supervise each lowering. Lower people slowly. Advise people being lowered of potential risks and ask them to fend off the bars with feet and hands.</p>
Delegates becoming entangled with the upper chains	<p>Ensure that all climbers know that they must not climb higher than the second to last spar.</p>
Heart attack	<p>Delegates who are seriously overweight, very unfit or have a history of heart trouble or high blood pressure should not do this activity.</p>

Checked by:	Steph Williams
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