

Trainer Notes

Leap of Faith	Personal Challenge task involving either a trapeze bar or a fender
Target group	All physically active groups
Time	45 minutes
Rationale / Outcome Benefits	Setting goals and pushing limits. High impact activity with huge feelings of success.
Group size	4 – 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 set up activity. Adjust the trapeze/fender to the approximate height of the participants.
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	Leap of Faith Rope (dynamic) Belay plates + crabs Slings and crabs First aid kit Harness and Helmet/Full body harness
Delegate kit	Clothing suitable for weather Boots or trainers Harness Helmet
Mobile?	No
Location	In grounds

Site Specific Risk Assessment: Leap of Faith

Hazard	Protective Measures
Swinging back into the Pole	As the participant jumps then pull through as much rope as you can (an arms length is sufficient) through the belay device.

Checked by:	Steph Williams
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