

# Low Course Open/Closing and Safety Procedures

Before using any event, inspect it for safety. Make sure to check all cables, boards, logs, supports, and the general environmental conditions. Before each event, staff will explain the rules and safety for each event. Participants are allowed to work together and problem solve without input from the staff. Staff will monitor group and adapt rules for safety and event effectiveness. At the conclusion of the events, staff should lead the group in a reflection.

## **Setting Up and Closing Events**

### **Artesian Beams-**

1. Should have 4 4x4 boards. These are stored in the COPE shed. Make sure boards fit in the stumps without any problems prior to taking participants to the event.
2. Check stumps for soundness. Make sure they are solid in the ground and are in good shape for the event.
3. Clear the ground of sticks and other hazards.
4. Take beams back to COPE shed to disable the event.

Safety- Spot on both sides of the event. Step off Safely (S.O.S.).

### **Swinging Log-**

1. No external props needed for this event.
2. Make sure cables are secure.
3. Put your weight on the event and make sure that it is solid.
4. Make sure the cable ends are not exposed. If they have come un taped, retape with electrical tape.
5. Clear the ground for sticks and other hazards.

Safety- Spot on both sides of the event. Step off Safely (S.O.S.), watch for pinch points between the wire and log.

### **Slack Line Traverse-**

1. Need the "Traverse" line rope with carabiner. This is used by the participants to aid them in crossing the slack line.
2. Check slack line tension. Making sure it isn't touching the ground when you step on the cable.
3. Check the guy cables for the two Poles. Making sure they are in solid and are supporting the pole.
4. Check the poles for soundness. Check stumps for soundness. Make sure they are solid in the ground and are in good shape.
5. Clear the ground for sticks and other hazards.
6. Return rope to COPE shed at the end of the day.

Safety- Spot on both sides of the event. Step off Safely (S.O.S.).

### **Criss Cross-**

1. No external props needed for this event.
2. Check cable tension.
3. Check the connection points at the support poles.
4. Check the guy line supports on the backs of the poles.

5. Make sure no cable ends are exposed.
6. Check the middle of the "X", where the cables are bound together, and make sure the clamps aren't exposed.
7. Clear the ground for sticks and other hazards.

Safety- Spot on both sides, and front and back of this event. Step off Safely (S.O.S.).

### **Kings Finger-**

1. Need the tire or something round for this event.
  2. Check pole for soundness.
  3. Clear the ground for sticks and other hazards.
  4. Return tire to COPE shed at the end of the day.
- Safety- Because participant is raised, make sure to spot on all sides.

### **Meat Grinder-**

1. Unlock the wheel.
2. Check the wheel for soundness. Make sure the middle of the wheel is solid.
3. Spin the wheel to clear anything that might be on the inside of the wheel. **WATCH OUT FOR BEES AND WASPS.**
4. Make sure no staples/nails are sticking up through the carpet in the middle of the wheel.
5. Clear the ground for sticks and other hazards.
6. Lock wheel down at the end of the day.

Safety- Spot on both sides of the event.

### **Wall-**

1. Need the ladder to descend from the top of the wall. This is located in the tower.
2. Check the top of the wall for splinters or other foreign objects.
3. Check the front the entire structure out to for soundness and any possible issues.
4. Clear the ground for sticks and other hazards.
5. Return ladder back inside of the tower at the end of the day.

Safety- Spot participants going over the wall and coming down the ladder. Only 2 participants on top of the tower at a time. All participants must wear swiss seats. The top participants must be anchored to the top of the platform.

### **Trust Fall-**

1. Check the stand for soundness.
2. Check the pole for soundness.
3. Clear the ground for sticks and other hazards.

Safety- Spotters will be used to catch the participant. Prior training must be conducted to doing this event, to help the participants and spotters become comfortable with the spotting techniques. (ie. Cookie cutter.)

**\*\*In ANY COPE event, participants are encouraged but never forced to take part in an activity. Follow the Full Value Contract and Challenge By Choice.\*\***