



Normal Operating Procedure (inc. Risk Assessment) Quick Jump

This document should be read in conjunction with PGL's General Delivery NOP and the ACOP

Risk Profile

The following risks have been identified through PGL's risk assessment process:

- a. Extreme Weather
- b. Injury from participation/physical exertion
- c. Fatigue/exhaustion/dehydration
- d. Injury due to incorrect set-up and operation
- e. Injury from falling objects
- f. Collision/entanglement with elements / structures / equipment/ people
- g. Entrapment of hair, fingers, loose clothing, etc. in element or operating structure
- h. Tear/ de-gloving injuries from rings and other jewellery
- i. Danger of ground fall from
 - i. Intentional misuse of equipment and systems
 - ii. Incorrect attachment
 - iii. Poor fitting of harnesses
 - iv. Equipment Failure
- j. Rope burn injury
- k. Slips/Trips/low to ground falls

Implementation of the following operating procedures reduces the residual risk to a level as low as reasonably practicable given the intended purpose of the activity.

Control Measures

Deployment Requirements

- Instructor Qualifications: Centre based training by Approved Ropes Trainer and assessment by Minimum MIA
- Instructor – Participant ratio: 1:15
- Total group size: 15
- Active participation: Dependant on device set up, 2 at 12 metres, 1 at 18 metres.

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1. Equipment Requirements

Per Instructor

- 1 x Helmet
- 1 x Sit Harness

Per Guest

- 1 x Helmet
- 1 x Sit Harness

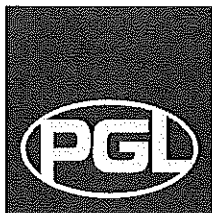
2. Specific Clothing Requirements

- Long shorts
- Flat soled shoes or boots unable to slip off
- Long hair tied back
- Jewellery removed where possible, or made safe.
- Loose items removed from pockets
- Any items constituting a risk of entanglement removed

3. Session Preparation

- Instructor to carry out a routine visually inspection of the element and activity area, checking the integrity of the whole element to include ladders, high lap splices, anchor points and guys, etc, as per Daily rope inspection Checks ACOP.
- Instructor to physically check the ripcord and webbing used for descent along its entire length by lowering to the ground, a physical check of the karabiner is also to be carried out to ensure it locks.
- A visual inspection of the casing, mounting holes and plastic covers should be carried out.
- The landing area should be checked to ensure it is clear. If the Instructor has any concerns about the integrity and safe use of the element and activity area, then they should raise this with the appropriate Senior Staff Member, prior to any activity taking place.
- On all days when the activity takes place, a record of the first routine inspection of the day should be logged for future reference.
- All set-ups must be rigged in accordance with PGL/MIC Technical Advisor approved methods/policy.
- Instructor to visually & physically check the integrity and setup of all PPE, including twists in any straps and amount of PPE for the group.
- Instructors should prepare themselves for the session ahead by ensuring they are aware of relevant group information, and have a broad session plan which can be finalised when meeting the group.
- If ladders are used they must be secured in line with PGL Ladder policy.

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4. Session Instruction

- a) Instructor must explain tower safety to guests, with 1 person on a ladder at a time and a maximum of 2 people waiting at the height of the Quick Jump in use at a time.
- b) Instructor is to show the teacher or leader of the group how to clip guests to the connections of the ALF. If guests are 12 years and over they can be responsible for their own safety whilst using the ALF, the instructor is to show the group the same way they would a teacher or leader.
- c) Guests must receive a safety briefing including a demonstration / explanation on how to land as per the ACOP as well as how to unclip once landed, guests are to be encouraged to help each other.
- d) Before being allowed to leave the ground, each guest must be encouraged to participate in their own FDCs, which must be checked by the Instructor. See Off Ground FDCs ACOP for details.
- e) Instructors must be attached to a safety rope when on the outside of the gate/ bar.
- f) The instructor must ensure that guests are attached to a safety rope whilst waiting up the tower.
- g) When the guest is on the platform ready to go. Instructors must remind the participant to step off, NOT jump off the platform, must reiterate landing technique, and how to unclip.
- h) Once the participant has left the platform they must resist the temptation to grab hold of something (platform) at the last moment.
- i) If participants need to leave the activity area during the session, they must de-kit, in full, before departing.

5. Rescues

There are two possible incidents that could occur requiring a rescue:

Unwilling Guest who refuses to step off the platform

- a. If guests refuse to step off from the platform or find it difficult (nervous, scared) then the instructor can coach and provide encouragement.

Quick Jump jamming and guest being suspended

- a. In the unlikely event that the device becomes jammed and the participant cannot reach the ground to be removed from the system, then a **supervisor** will need to affect a rescue.
- b. Contact the office/ senior to initiate a supervisor led rescue.
- c. The rescue is carried out following the approved generic rescue method.

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FOR CENTER USE ONLY:

The risk assessment procedure has been completed by:

DATE	PRINT NAME	SIGNATURE
May 2019	LANA WALKER	

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