

# Above & Beyond

*Developing  
Potential*



## Slack Lining Risk Assessment & Session Plan

August 2016

Review Date: August 2017

<b>SLACK LINING RISK ASSESSMENT</b>						
<b>What are the Hazards?</b>	<b>Who may be harmed and how?</b>	<b>What are you already doing to minimise risk?</b>	<b>What Further action is necessary?</b>	<b>Action by whom?</b>	<b>Action by when?</b>	<b>Completed</b>
Falling from slackline	Participant	All participants are given clear instructions on activity safety. Spotters are used both sides of participant. Spectators to stand clear.	Use of Safety Helmets	Instructor		
Weather	All	Activity to be stopped in adverse weather conditions		Instructor		
Participant falling onto another participant whilst on the Slack lines	Participant	Only allow one participant per part of supported section of Slack Line at any one time	Using a buddy system not only keeps the sessions safe and controlled it also allows up to three people to be engaged at the same time	Instructor		
Participants Medical Conditions *	Participant	Consent forms near by  First Aid kit to hand  Participants Medication to hand				
Keep line low – somewhere between knee and hip height						
If using trees remember to protect them from damage						

keep in mind that will help perfect anyone's slacklining ability:	Eyes forward – find a fixed point at the end of the line such as the anchors or the tree.	Toes forward – keep your toes and heels facing along the line towards the anchors.	Hands up – keep your arms raised and hands up, bending at the elbow as opposed to the shoulder.	Breathing - ensure to keep breathing at a steady rate and not to hold your breath.
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Items marked with a \* can be establish with a cover letter and consent/medical/health form obtained before the session.  
 Above & Beyond will supply Activity & Medical Consent form

Below are examples to include in your information to parents/carers

- When attending the session participants should be dressed appropriately for example long sleeves, fully covering shoes/trainers/boots nothing open toe/foot
- Please complete the attached Activity & Medical Consent form stating any illness or medical condition we should be aware of.
- Water and Drinks should available during the session.
- All safety gear is provided.

## No more than 15 Young People

### Session Plan 1 – Beginners Programme (New Group)

- Introductions
- Set up Line with emphasis on protecting the environment  
Decide on Trees or Freestanding
- Warm Up
- Safety Talk
- Safety Gear
- Demonstration
- 1st go with buddy system
- 2nd go without buddy if participant feels they can make it
- Break
- Beginners Tricks
  - Walking
  - Stand
  - Slipping on the line (always pushing one foot without lifting it from the line)
  - 180° turn
- Game – Time Trials with Buddy System
- Game – Water Challenge
- Help to pack kit away, maintenance and Care

## No more than 15 Young People

### Session Plan 2 – Follow up Session (for a group that has completed Session 1)

- Introductions
- Help set up and Check Kit
- Warm Up
- Safety Talk Recap, asking Young People what they remember
- Safety Gear
- Demonstration – if needed – can a Young Person Demonstrate?
- Have a go . . .
- Advanced Tricks
  - Jump in the Line
  - Go backward
  - To walk with eyes closed
  - Lying on the line (and rise again)
  - Cross-legged on the line (from a standing start in a crouch and then the legs interlock)
- Help to pack kit away and kit check