

# RAMS

Risk Analysis & Management Systems

**Risk Level:** High

**Minimum Adults Needed:** 3 competent adults + 1 Instructor

**Maximum Participants:** 12 – If more than 12 further supervision is required

**Location:** Gym

**Supervisors:** Instructor and competent supervisors

**Important Information for Supervisors of Activity Groups:**

- The participants and their safety is **your** responsibility for the entire duration of the session. Do not allow any participant to leave the group without your permission.
- Please ensure your cellphone is off & attention is on the participants at all times.
- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regards to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
  - Ensure adequate clothing and footwear are worn especially if outdoors.
  - Maintain group control at all times.
  - Be aware of emergency procedures.
  - Know who your First Aid Officer for the group is and their location.
- Encourage full group participation and have fun together!

# Crate Stacking

- The **RAMS** outlined below are for hazards that could result in serious illness, injury and/or death. These hazards are specifically related to use of One Big Adventure equipment during activities.
- Risks associated with normal daily life have not been included (such as bee stings, sunburn, etc.) as it is expected that all groups will apply normal precautions to avoid these and to address them if need be.

## EMERGENCY PROCEDURES

1. Stop the activity
2. Assess the situation and the group safety as well as your own
3. Call 111 and give clear details or instruct another adult to do this step
4. Administer first aid and seek further treatment if necessary
5. Fill in Accident Report Sheet with your First Aid Officer (See Staff)

NOTE: Once printed, documents are uncontrolled

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Equipment		
Risk	Causing Factors	Normal Operations
Injury or Death	Equipment not provided	All necessary equipment is provided and correct usage explained and implemented.
	Equipment failing	Equipment undergoes regular intensive maintenance by staff.
	Finger entrapped in auto belay system	Instructor explains this risk prior to participants starting the activity.
	Long hair caught in equipment	Ensure long hair is tied back.
	Inappropriate length of clothing causing pinching	If the participants clothing doesn't come past the straps of the harness they will be required to change.
	Falling crates	Only trained activity staff or supervisors are to be in the 'area of operation' and are to be wearing a helmet. Participants are to clip each crate onto the one below as they stack. No-one to stand in front or behind the stack of crates.
	Being hit by equipment (passing pole or crates)	Ensure correct use of the equipment is taught and adhered to at all time.
	Crates falling on participants	Participants are to be wearing a helmet when stacking the crates.
People		
Risk	Causing Factors	Normal Operations
Injury or Death	Loss of group control or misbehavior	Ensure competent supervision and group management.
	Other people wandering into the area of operation	Ensure participants know the boundaries. Instructor to enforce these boundaries for the duration of the activity and halt the activity if required.
	Participants hitting into the crates when falling or landing awkwardly after decent	Participants are advised on how the auto belay system works and the correct positioning when descending / landing.
Environment		
Risk	Causing Factors	Normal Operations
Injury	Being distracted or hit by crates, or other sports equipment (balls) being used in the gym	Ensure adult supervisors are competent and that everyone is aware of the boundaries. No sports balls are allowed to be out or be used in the gym whilst crate stacking is operating.

# Flying Fox

**Risk Level:** High

**Minimum Adults Needed:** 2 competent supervisors & 1 OBA Instructor

**Location:** Flying Fox

**Supervisors:** 2 competent supervisors

**Important Information for Supervisors of Activity Groups:**

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- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regards to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
  - Ensure adequate clothing and footwear are worn especially if outdoors.
  - Maintain group control at all times.
  - Be aware of emergency procedures.
  - Know who your First Aid Officer for the group is and their location.
- Encourage full group participation and have fun together!

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**EMERGENCY PROCEDURES**

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Equipment		
Risk	Causing Factors	Normal Operations
Death or Injury	Equipment or structures failing or unsafe	Equipment and infrastructure undergo regular intensive maintenance by staff and external assessment providers.
	Equipment not provided or correct usage not explained	All necessary Equipment provided, and correct usage explained and enforced, including harnesses.
People		
Risk	Causing Factors	Normal Operations
Death or Injury	Long hair or clothing getting caught	Ensure long hair is tied back and no loose clothing is hanging out.
	Participant falling	Ensure all gear is attached & harness checked by OBA Instructor before leaving the platform.
	Participant hitting ladder or someone/thing else	Competent adults are instructed to return ladder to safety position, so electronic safety gate can open. No-one allowed under the path of the Flying Fox.
	Loss of group control or misbehavior	Ensure adequate Adult Supervision ratios including trained One Big Adventure Instructor always present.
	Participant grabbing and holding onto the tyres at the end of the zipline	Participants advised not to grab hold of the tyres.
Environment		
Risk	Causing Factors	Normal Operations
Death or Injury	Slipping and tripping on stairs in wet weather	Participants are instructed to move carefully and must wear appropriate shoes.
	Falling pinecones, branches, or trees	Boundaries explained to participants, and they are instructed to not be under the tree unless walking up the tower with their helmet on.
	Lightning strikes the high wire	Instructor to close activity if any lightning or thunder is observed.

# Cargo Net

**Risk Level:** High

**Minimum Adults Needed:** 2 supervisors and 1 OBA Instructor

**Location:** High Ropes Area

**Supervisors:** 2

**Important Information for Supervisors of Activity Groups:**

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- Please ensure your cellphone is off & attention is on the participants at all times.
- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
  - Ensure adequate clothing and footwear are worn especially if outdoors.
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Equipment		
Risk	Causing Factors	Normal Operations
	Structure movement	Participant has a spotter to support them on the first initial portion of the climb. Spotter also moves structure out of the way on the descent. All instructions are given by competent instructor. Participants given clear instruction on ascent and descent technique.
	Structure failure	Structures undertake annual inspection by 3 <sup>rd</sup> party independently qualified inspectors.
	Cargo Net connections	Participants given clear instructions to keep hands away from connecting components as to not cause entrapment of fingers or limbs.
	Twisted belay ropes causing entanglement of participant or not allowing proper ascent or descent	Participants are instructed clearly on how to climb correctly. Supervisors are given clear instructions and training on how to belay correctly. Competent instructor is present at all times.
	Faulty or broken equipment	A competent OBA instructor undertakes equipment inspections on a regular and ongoing basis.
	Incorrect set-up of equipment	All OBA Instructors are verified as competent on the correct set-up of all equipment required.
	Equipment not provided or wrong equipment provided	Equipment setup is done by a verified OBA Instructor. All equipment is checked and set-up prior to participant's attendance.
	Cargo Net – Participants getting tangled in the net during ascent & descent	Participants instructed on the correct technique for ascent & descent of the cargo net.
People		
Risk	Causing Factors	Normal Operations
Injury, Death	Other close proximity activities – collision of people etc.	Supervisors and participants are made aware of the boundaries and given clear instructions from the competent instructor in charge of the activity session.
	Loss of group control or misbehavior	Pre-correspondence with group to ensure supervision structures are met.
	Collision of participants in the fall zone	Participants given clear instruction on boundaries.
	Participant being lowered too quickly by belay team	Instructor is in in-direct supervision of the activities to ensure safe operation. Supervisor given clear instructions and training on how to belay the participant.
	Inappropriate clothing, causing burns, abrasions, or incorrectly fitting equipment.	Participants are instructed to wear appropriate clothing for the activity. The instructor will make sure all harnesses are safely fitted, otherwise participants will be asked to change.
Environment		
Risk	Causing Factors	Normal Operations
Injury, Death	Extreme weather circumstances including electrical storms	Instructors trained on emergency procedures. Instructors are first aid trained. Instructors are rescue trained and verified. High Ropes to be called off in an electrical storm or extreme weather circumstances as per 30:30 rule or torrential rainfall policy.
	Fallen trees or branches obstructing the Cargo Net	Regular checks of surrounding environment are done by OBA staff.
	Natural stream flooding	Activity is called off in extreme weather or flooding. This activity will move to an indoor activity.

**Risk Level:** High

**Minimum Adults Needed:** 2 supervisors and 1 OBA Instructor

**Location:** High Ropes Area

**Supervisors:** 2

**Important Information for Supervisors of Activity Groups:**

- The participants and their safety is **your** responsibility for the entire duration of the session. Do not allow any participant to leave the group without your permission.
- Please ensure your cellphone is off & attention is on the participants at all times.
- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
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  - Ensure adequate clothing and footwear are worn especially if outdoors.
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Equipment		
Risk	Causing Factors	Normal Operations
Injury, Death	Centipede structure – Staples, wood etc.	Verbal and visual demonstrations of operation. Participants made aware of the risks by competent instructor.
	Structure movement	Participant has a spotter to support them on the first initial portion of the climb. Spotter also moves structure out of the way on the descent. All instructions are given by competent instructor. Participants given clear instruction on ascent and descent technique.
	Structure failure	Structures undertake annual inspection by 3 <sup>rd</sup> party independently qualified inspectors.
	Centipede connections	Participants given clear instructions to keep hands away from connecting components as to not cause entrapment of fingers or limbs.
	Twisted belay ropes causing entanglement of participant or not allowing proper ascent or descent	Participants are instructed clearly on how to climb correctly. Supervisors are given clear instructions and training on how to belay correctly. Competent instructor is present at all times.
	Faulty or broken equipment	A competent OBA instructor undertakes equipment inspections on a regular and ongoing basis.
	Incorrect set-up of equipment	All OBA Instructors are verified as competent on the correct set-up of all equipment required.
	Equipment not provided or wrong equipment provided	Equipment setup is done by a verified OBA Instructor. All equipment is checked and set-up prior to participant's attendance.
People		
Risk	Causing Factors	Normal Operations
Injury, Death	Other close proximity activities – collision of people etc.	Supervisors and participants are made aware of the boundaries and given clear instructions from the competent instructor in charge of the activity session.
	Loss of group control or misbehavior	Pre-correspondence with group to ensure supervision structures are met.
	Collision of participants in the fall zone	Participants given clear instruction on boundaries.
	Participant being lowered too quickly by belay team	Instructor is in in-direct supervision of the activities to ensure safe operation. Supervisor given clear instructions and training on how to belay the participant.
	Inappropriate clothing, causing burns, abrasions, or incorrectly fitting equipment.	Participants are instructed to wear appropriate clothing for the activity. The instructor will make sure all harnesses are safely fitted, otherwise participants will be asked to change.
Environment		
Risk	Causing Factors	Normal Operations
Injury, Death	Extreme weather circumstances including electrical storms	Instructors trained on emergency procedures. Instructors are first aid trained. Instructors are rescue trained and verified. High Ropes to be called off in an electrical storm or extreme weather circumstances as per 30:30 rule or torrential rainfall policy.
	Fallen trees or branches obstructing the Centipede	Regular checks of surrounding environment are done by OBA staff.
	Natural stream flooding	Activity is called off in extreme weather or flooding. This activity will move to an indoor activity.



# Swingshot

**Risk Level:** High

**Minimum Adults Needed:** 2 adult supervisors

**Location:** High ropes course

**Supervisors:** 2 competent adults

**Important Information for Supervisors of Activity Groups:**

- The participants and their safety is **your** responsibility for the entire duration of the session. Do not allow any participant to leave the group without your permission.
- Please ensure your cellphone is off & attention is on the participants at all times.
- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
  - Ensure adequate clothing and footwear are worn especially if outdoors.
  - Maintain group control at all times.
  - Be aware of emergency procedures.
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Equipment		
Risk	Causing Factors	Normal Operations
Death, Injury	Slipping off ladder	Instructor guides the participant's ascent; the participant also has a spotter (can be the instructor) to assist ascending and descending the ladder.
	Incorrect set-up of equipment	All OBA Instructors are verified as competent on the set-up of all equipment required.
	Faulty or broken equipment	A competent OBA instructor undertakes equipment inspections on a regular and ongoing basis.
	Structure failure	Structures undertake annual inspection by 3 <sup>rd</sup> party independently qualified inspectors.
	Equipment not provided or wrong equipment provided	Equipment setup is done by a verified OBA Instructor. All equipment is checked and set-up prior to participant's attendance.
	Impact with ladder or other participants / people	The ladder is moved by the instructor prior to the swinging participant being hauled up. Any other people present are made aware of staying out of the swing zone and this is monitored by the instructor / adult supervisors.
	Entanglement with retrieval rope	Instructor is in charge of the retrieval rope and understands how to manoeuvre it away from the swinging participant as per SOPs.
	Inappropriate braking action causing strain or muscle disfiguration	Instructor is trained on proper use of bungee brake and gives clear instruction when in use.
People		
Risk	Causing Factors	Normal Operations
Death, Injury	Loss of group control or miscommunication	Pre-correspondence with group to ensure supervision structures are met.
	Participants in the swing zone	Participants given clear instruction on boundaries. Instructor / adult supervisors constantly monitoring any other people in the area.
	Inappropriate clothing length causing burn or abrasion	Participants are made aware of risks and asked to wear appropriate length clothing for the activity.
	Personal items falling from height causing impact	Any unnecessary items are to be left at ground level. All participants and supervisors wear helmets to protect themselves from falling objects.
	Long hair caught in the equipment	Participants asked to tie long hair back.
	Participant failing to let go of the pull cord	Participants instructed on the correct technique upon release.
Environment		
Risk	Causing Factors	Normal Operations
Death, Injury	Extreme weather circumstances including electrical storms	Instructors trained on emergency procedures. Instructors are first aid trained. Instructors are rescue trained and verified. High Ropes to be called off in an electrical storm or extreme weather circumstances as per 30:30 rule or torrential rainfall policy.
	Fallen trees or branches obstructing swing	Regular checks of surrounding environment are done by OBA staff.
	Natural stream flooding	Activity is called off in extreme weather or flooding. This activity will move to an indoor activity.

# Traversing Triangle

Risk Level: **High**

Minimum Adults Needed: 2 adult supervisors

Location: High ropes course

Supervisors: 2 competent adults

**Important Information for Supervisors of Activity Groups:**

- The participants and their safety is **your** responsibility for the entire duration of the session. Do not allow any participant to leave the group without your permission.
- Please ensure your cellphone is off & attention is on the participants at all times.
- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
  - Ensure adequate clothing and footwear are worn especially if outdoors.
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5. Fill in Accident Report Sheet with your First Aid Officer (See Staff)

Equipment		
Risk	Causing Factors	Normal Operations
Death, Injury	Incorrect set-up of equipment	All OBA Instructors are verified as competent on the set-up of all equipment required.
	Faulty or broken equipment	A competent OBA instructor undertakes equipment inspections on a regular and ongoing basis.
	Structure failure	Structures undertake annual inspection by 3 <sup>rd</sup> party independently qualified inspectors.
	Equipment not provided or wrong equipment provided	Equipment setup is done by a verified OBA Instructor. All equipment is checked and set-up prior to participant's attendance.
	Impact with course elements, NEBs, staples	Participants and supervisors are made aware of the risk of impact or injury with objects throughout the course. On descent the participant is to step off sideways as per instructor's instruction.
	Wet foot wires or hand ropes	Participants made aware if wires or ropes are wet.
	Rope burn or getting caught in the hand rope	Instructor in close proximity to participants on posties walk to guide and give instruction to ensure the participants safety.
	Being hit on ascent or descent by connector block	Instructor guides participants for ascent and descent manouvering the connecting block away from the participants head. All participants wear helmets to minimize any risk.
	Slipping off ladder	Participants instructed to take care as they ascend the ladder. Participants are connected to the safety system which only allows for minimal fall and impact with any surroundings objects or structures.
People		
Risk	Causing Factors	Normal Operations
Death, Injury	Loss of group control or misbehavior of participants	Pre-correspondence with group to ensure supervision structures are met.
	Participant failing to guide themselves through continuous cable causing obstruction to other participants	Participants given clear instructions on proper use and allowed to train at ground level prior to ascending the high course. Participants encouraged by instructor, adult supervisors and peers.
	Participant trying to ascend the course whilst another participant is descending	Instructor calls each person up and sends each participant down.
	Personal items falling from height causing impact	Any unnecessary items are to be left at ground level. All participants and supervisors wear helmets to protect themselves from falling objects.
	Climbing without being connected	Adult supervisors are positioned at base of the ladder to ensure participants are connected before ascending.
	Long hair caught in the equipment	Participants asked to tie long hair back.
	Finger entrapment in equipment or structure	Participants instructed on the correct way to maneuver through the continuous belay system.
	Inappropriate clothing, causing burns, abrasions, or incorrectly fitting equipment.	Participants are instructed to wear appropriate clothing for the activity. The instructor will make sure all harnesses are safely fitted, otherwise participants will be asked to change.
Environment		
Risk	Causing Factors	Normal Operations
Death, Injury	Falling trees or branches	Regular checks of surrounding environment are done by OBA staff.
	Lightning strikes high wires	Instructors trained on electrical storm procedures. Instructors are first aid trained. Instructors are rescue trained and verified. High Ropes to be called off in an electrical storm as per 30:30 rule.
	Natural stream flooding	Activity is called off in extreme weather or flooding. This activity will move to an indoor activity.

# Kayaking

**Risk Level:** High

**Minimum Adults Needed:** 1 OBA Instructor + 2 competent adult supervisors

**Location:** Waterhole / Stream

**Supervisors:** Competent adult supervisors

**Important Information for Supervisors of Activity Groups:**

- The participants and their safety is **your** responsibility for the entire duration of the session. Do not allow any participant to leave the group without your permission.
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- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regards to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
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Equipment		
Risk	Causing Factors	Normal Operations
Drowning, Injury, Death	Equipment not fit for use	Equipment regularly undergoes maintenance by competent OBA staff member.
	Life jacket not fitted correctly	OBA instructor ensures all life jackets are fitted correctly before entering the water.
People		
Risk	Causing Factors	Normal Operations
Injury, Death	Kayaking equipment misused	Participants instructed on proper use of all equipment by competent OBA instructor.
	Loss of group control or misbehavior	Group supervised by competent OBA instructor and adult supervisors.
Environment		
Risk	Causing Factors	Normal Operations
Drowning, Injury, Illness, Death	Excessive rainfall causing stream to flood or current too strong to swim in.	If stream is moving faster than walking pace or at an unsafe height kayaking is called off until safe. This is determined by a competent OBA instructor or Manager.
	Extreme cold or heat.	Ensure weather relevant clothing is worn throughout activity session.
	Branches falling into stream or hidden under water.	Stream, banks and bed regularly checked and cleared by OBA staff.
	Dam breaks or participant goes over dam edge.	Dam undergoes regular maintenance by OBA staff. Participants instructed on clear boundaries whilst in an activity session.
	E. coli within the stream.	Group made aware of this potential risk and to take appropriate hygienic measures after being in the stream (i.e. washing hands or showering etc).

# Rock Climbing

**Risk Level:** Medium - High

**Minimum Adults Needed:** 1 Competent Adults + 1 OBA Instructor

**Location:** Gymnasium - Rock wall

**Supervisors:** Competent adults

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- Please ensure you are acquainted with the **Activity Instructions** and the **RAMS** form for your activity prior to beginning the session.
- It is expected that your organisation will have briefed supervisors as to any special needs/at risk participants (e.g. a severe bee-sting allergy, epilepsy).
- If you have any concerns about the activity, the equipment or your level of ability in regards to this activity, please speak with One Big Adventure staff immediately.
- Normal precautions for participant safety apply such as:
  - .. Ensure adequate clothing and footwear are worn especially if outdoors.
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Equipment		
Risk	Causing Factors	Normal Operations
Death or Injury	Equipment failing or jamming	Equipment undergoes regular intensive maintenance by Staff and annual inspections by external equipment provider.
	Equipment not provided	All necessary Equipment provided, and correct usage explained and implemented, including harnesses.
	Long hair caught in equipment	Ensure long hair is tied back.
	Inappropriate clothing, causing burns, abrasions, or incorrectly fitting equipment.	Participants are instructed to wear appropriate clothing for the activity. The instructor will make sure all harnesses are safely fitted, otherwise participants will be asked to change.
People		
Risk	Causing Factors	Normal Operations
Death or Injury	Incorrect equipment checks	Instructor to provide instruction and observation until competence is achieved on equipment checks.
	Fear of heights - participant freezing	Instructors trained in rescuing climbers. Encourage 'Challenge by Choice'- no forced climbing
	Climber hitting something or someone else whilst descending	Climbers to be mindful of others and move carefully when descending. The instructor and competent adults give instructions for proper descent and warn if there is danger.
	Misbehavior or loss of group control	Ensure competent adult supervision, including competent Staff Instructor, are always present.
	Participants walking under climbers	Ensure participants always adhere to boundaries until it is time for them to climb.
Environment		
Risk	Causing Factors	Normal Operations
Death or Injury	Being hit or distracted by sports balls/other equipment in the gym	Only other people in gym under supervised activities. No sports balls are allowed during session - these need to be put away before the session begins

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