

# Crate Stacking

## Adult Instruction sheet

### Guidelines for assisting a Crate Stacking Session:

*There will be a qualified One Big Adventure Instructor running these sessions. However adults are needed to help supervise and participate in the sessions by belaying, to ensure stackers are as safe as possible and handing up crates.*

*The instructor will give you training on the correct belaying procedures, feel free to ask them any questions and let them know if you don't feel confident about belaying.*

*It is important to pay attention to students **at all times** during Crate Stacking as there is potential for accidents to happen.*

### **Belaying Guidelines - prior to stacking and climbing**

- Ensure the stacker is properly attached to the triple lock Karabiner. This is to be clipped to the hook behind them. This is a self-locking device; Give the gate a push inwards (it should make a clicking noise) to ensure it's shut properly after which there is no need to touch it.
- Attach yourself to the orange snap-link karabiner, which is secured to the floor strap. This is adjustable - please adjust it to suit your height. The correct height is when the Gri-Gri is about level with your waist. Pull up on the yellow handle to loosen. Pull down on the red one to tighten.
- Check with the stacker before they begin - 'Ready?' 'Ready!'.

### **Belaying Guidelines - during stacking**

- Ensure that the rope is taut at all times by pulling it through the Gri-Gri.
- Keep your eyes on the stacker at all times.
- Shout encouragement - they can always do far more than they think they can!

### **Belaying Guidelines - bringing the stacker down**

- There are several important checks to make before pressing the black "down" lever.
- Ensure you are not standing on the rope and check that you have your hands in the correct position ready to belay. (The instructor will show you.)
- Make sure the crates have been removed from directly below the participant.
- Bring them down slowly until their feet are flat on the ground and congratulate them.
- The instructor will be responsible for the direction of the crates so they won't fall directly towards you, however, you will need to be prepared to move if necessary. You will be given a helmet.

**Hot safety Tip:** Check from toe to top to toe before your ready to go



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### Instructions for adult fitting harnesses

- The Crate Stacking harness is a full body one. The One Big Adventure Instructor will show you how to put these on.
- There are four sizes:
  - 2 x Small (*most primary age students will be a small*)
  - 2 x Medium
  - 1 x Extra small
  - 1 x Large
- Putting the harness on:
  1. Put the Harness on the child first. Ensure it is not back to front or twisted.
  2. Ensure both shoulder straps and leg straps are done up tight. Don't do them so tight they are uncomfortable - you should be able to fit your fingers snugly under the straps.
  3. Get the participant to click the chest buckle together and make sure it is secure and not loose.

All participants must be wearing the appropriate length shorts. If they do not go past where the harness straps are they must go change.

