



# Flying Fox

## Adult Instruction Sheet

### Guidelines for Assisting a Flying Fox:

*The Flying Fox activity will be led by an One Big Adventure Instructor, however at least 2 adults are needed to help run this activity.*

*If you are an adult helping with this activity, please choose one of the following two jobs to supervise:*

- *Fitting Harnesses prior to participant going on fox*
- *Operating the ladder at the finish point*

*The One Big Adventure Instructor will be at the top of the wooden tower and will check each harness before connecting the participant to the cable.*

### **How the Flying Fox operates**

- Participants will wait at the bottom of the tower until they are harnessed up and ready to go, then they can ascend the tower.
- 7 harnesses and 3 pulleys are available and will be used in rotation until the session time is up.

### **Safety points to note**

- The children and their safety is primarily the Instructors' responsibility for the entire duration of the session, but your **full participation** in helping to supervise and run the session is needed!
- 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.
- Please ensure you are acquainted with these **Activity Instructions** and the **RAMS** form for your activity, prior to beginning the session.
- Do not allow any child to leave the area without adult permission.
- Please ensure your cell phone is off and attention is on the children at all times.
- Please be careful with all equipment.

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### Instructions for adult fitting harnesses

- The Flying Fox harness is a full body one. The One Big Adventure Instructor will show you how to put these on.
- There are three sizes:
  - 3 x Small (*most primary age students will be a small*)
  - 2 x Medium
  - 2 x Large
- Putting the harness on:
  1. Put the Harness on the child first. Ensure it is not back to front.
  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. Do up black chest connection between top (*yellow*) handles.
- Attaching the Pulley and Strop:
  1. Instruct the child to hold the Trolley while you attach the strop
  2. Aluminium Karabiners attach to the harness (*see picture*)
    - blue strop karabiner attaches to both top (*yellow*) handles at chest level
    - Red strop karabiner attaches to both bottom (*black*) loops at waist level
  3. Steel Karabiners attach to the trolley (*see picture*)
    - Leave the steel D-shape karabiner unclipped at this stage
    - Attach the steel oval karabiner to the swivelling part of the trolley
  4. Hang the pulley over the back of the child's shoulder so it is out of the way.
  5. Put a helmet on and adjust straps so it fits snugly. If no-one is with the instructor, you can send them up. If there is then send them up to the half way platform.

### Instructions for adult operating ladder at finishing point

1. Before a participant comes down the cable, ensure the Ladder is rolled back out of the way. Check that the red light on the post is turned off.
2. Make sure that you are out of the way too.
3. The instructor will visually check that the line is clear, if so, they will blow their whistle. This signals to you that the next participant is heading down the flying fox.
4. The participant will come down the cable, go to the end and roll back towards the middle.
5. When they come back, hold their legs to slow them down and guide them towards the ladder. Pull the ladder across to them to climb.
6. Climb up the trolley steps behind the participant. Get them to turn to face you, then take the pulley off the cable by unclipping the steel karabiners. Reattach a karabiner to the pulley.
7. Put the pulley over their shoulder and you go down the steps **first**. Instruct the child to follow you. Both of you must go down backwards and hold onto the handrails.
8. Instruct the participant to walk back to the base of the tower with the equipment. Get them to go around the tree stump on the way to avoid the path of the next participant.
9. Move the ladder back out of the way until the red light turns off again.