

Date Valid: 10/07/24 – 27/07/24	Assessed by: K. Chalmers	Validated by:	Location: Climbing Zone, Taggart Park, Blair Atholl	Reference N°:
Activity: Blair Atholl Jamborette - Activity Risk Assessments – Climbing Team – Various Roped Activities				

Risk Matrix						Risk Matrix Key	
Likelihood	5	5	10	15	20	25	1-3 Care: Minor harm possible, serious harm very unlikely to occur. 4-6 Caution: Minor harm probable, major harm very unlikely. 7-12 Alert: Moderate harm probable, major harm unlikely to occur. 13-25 Alarm: Serious or major harm will probably occur.
	4	4	8	12	16	20	
	3	3	6	9	12	15	
	2	2	4	6	8	10	
	1	1	2	3	4	5	
	X	1	2	3	4	5	
		Severity					

Activity:

Blair Atholl Jamboree - Activity Risk Assessment – Climbing Tower

Hazard & Consequences	Persons Affected	S	L	R	Risk Control	Further Actions	S	L	R
Falling from height. Impact with the ground or Climbing Tower. Serious/fatal injury to participant.	Participant	5	2	10	Participants to wear a correctly fitted climbing harness. Participants to be tied to climbing rope at all times whilst climbing. Standard recognized auto belay devices to be used as supplied.	First aid kits and personnel with first aid training to be made available.	5	1	5
Damaged and sharp holds and panels. Cuts and serious injury to participants.	All	3	3	9	Climbing Tower to be checked prior to use: damaged holds and panels removed from use.	Continual monitoring and visual inspection of equipment	3	1	3
Equipment Failure. Serious/fatal injury to participants.	All	5	3	15	All PPE use to be recorded and equipment inspected before commencement of activity. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Session supervisor to be familiar with all equipment.	5	1	5
Failure of Belay system. Serious injury to participant.	Participant	5	3	15	Recognised belay system, in accordance with Scout Association guidelines, to be used. Auto belay devices to be inspected and tested before each session. Valid Test Certificate /	Scout Association rules and guidelines on climbing permits and instructor to participant ratios to be followed	5	1	5

					thorough inspection to be available within LOLER regulations.				
Climbing Tower failure. Serious injury/fatality to participants	All	5	2	10	Climbing tower to be inspected regularly by competent person. Climbing tower to be erected and leveled correctly.	Regular maintenance schedule to be adopted.	5	1	5
Actions of group members. Overcrowding and disorderly behavior.	All	2	4	8	Maximum ratio of 1:10. Participants briefed on activity before taking part – See attached briefing sheet.				
Muscle and joint injuries. Injury to participants.	All	2	3	6	All sessions to begin with a warm up and period of dynamic stretching.	Instructor to be familiar with coaching techniques in order to reduce risks of injury.	2	2	4
Top out – Participants climbing beyond top edge and anchor point. Injury to participants.	Participant	2	2	4	Instructor to brief all participants not to climb beyond top holds.	Instructor to be familiar with appropriate rescue technique.	2	1	2
Jewelry, watches and hair etc. becoming trapped. Minor injury to participant.	Participant.	2	2	4	All long hair to be tied back. Jewelry and watches to be removed or tapped over.		2	1	2
Holds Spinning. Injury to participant or Instructor.	All	3	3	9	Participants briefed on activity before taking part. No free climbing by participants or instructor. Spinning holds to be removed or tightened.	Instructors to be familiar with rescue techniques that do not require free/un-roped climbing. Appropriate sized Allan key to be available.	3	1	3

Extreme Weather. Hypothermia, minor injury or fatality.	All	4	3	12	If lightning or extreme conditions expected - climbing session not to proceed. If conditions manifest themselves during session - abandon climbing session and move group to safety.		4	1	4
Failure of Instructors Personal Equipment. Serious Injury.	All	5	3	15	Instructor's personal equipment to be thoroughly inspected and use recorded. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Personal equipment (excluding harnesses and helmets) to be used only where absolutely necessary.	5	1	5

S = Severity. L = Likelihood. R = Risk (Severity x Likelihood). 1 = Low. 5 = High.

Assessment	Signed:	Date:
Risks are deemed manageable and activity should proceed.	Kristopher Chalmers	01/06/2024

Activity:

Blair Atholl Jamborette - Activity Risk Assessment – Dry-Tooling

Hazard & Consequences	Persons Affected	S	L	R	Risk Control	Further Actions	S	L	R
Falling from height. Impact with the ground or dry-tooling board system. Serious/fatal injury to participant.	Participant	5	2	10	Participants to wear a correctly fitted climbing harness and helmet. Participants to be tied to climbing rope at all times whilst climbing dry-tooling. Standard recognized belaying devices and techniques to be used at all times.	First aid kits and personnel with first aid training to be made available.	5	1	5
Damaged and sharp holds and boards. Cuts and serious injury to participants.	All	3	3	9	Dry-tooling board system to be checked prior to use: damaged holds and panels removed from use.	Continual monitoring and visual inspection of equipment	3	1	3
Falling items. Head injury to participants.	All	3	2	6	Participants briefed on activity before taking part – See attached briefing sheet. Participants to be provided with helmets and checked for proper	Onlookers to maintain a safe distance from dry-tooling area at all times.	3	1	3

					fitting by session supervisor. Dry tooling boards checked for loose fittings.				
Equipment Failure. Serious/fatal injury to participants.	All	5	3	1 5	All PPE use to be recorded and equipment inspected before commencement of activity. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Session supervisor to be familiar with all equipment.	5	1	5
Failure of Belay system. Serious injury to participant.	Participant	5	3	1 5	Participants belaying to be supervised by instructor. Recognised belay system, in accordance with Scout Association guidelines, to be used.	Scout Association rules and guidelines on climbing permits and instructor to participant ratios to be followed	5	1	5
Peer Belaying. Serious injury to participant.	Participant	5	4	2 0	Ensure all belays are safe and users are competent and understand technique. Only recognised peer-belaying	Session supervisor must be familiar with peer belaying techniques and rescue procedures	5	2	1 0

					<p>techniques to be used.</p> <p>All dead ropes to be backed up.</p> <p>At least two participants to be involved in peer belaying.</p>	<p>before commencing 'peer belaying' activity.</p>			
<p>Belay point failure. Serious injury/fatality to participants</p>	All	5	2	10	<p>Belay point to be visually inspected regularly by competent person.</p> <p>Belay point to be set-up/rigged using standard climbing techniques.</p>		5	1	5
<p>Actions of group members.</p> <p>Overcrowding and disorderly behavior.</p>	All	2	4	8	<p>Maximum ratio of 1:10.</p> <p>Participants briefed on activity before taking part – See attached briefing sheet.</p>				
<p>Muscle and joint injuries.</p> <p>Injury to participants.</p>	All	2	3	6	<p>All sessions to begin with a warm up and period of dynamic stretching.</p>	<p>Instructor to be familiar with coaching techniques in order to reduce risks of injury.</p>	2	2	4
<p>Top out – Participants climbing beyond top edge and anchor point.</p>	Participant	2	2	4	<p>Instructor to brief all participants not to climb beyond top holds.</p>	<p>Instructor to be familiar with appropriate rescue technique.</p>	2	1	2

Injury to participants.									
Jewelry, watches and hair etc. becoming trapped. Minor injury to participant.	Participant.	2	2	4	All long hair to be tied back. Jewelry and watches to be removed or tapped over.		2	1	2
Holds Spinning. Injury to participant or Instructor.	All	3	3	9	Participants briefed on activity before taking part. Participants to be provided with helmets and checked for proper fitting by session supervisor. No free climbing by participants or instructor. Spinning holds to be removed or tightened.	Instructors to be familiar with rescue techniques that do not require free/unroped climbing. Appropriate sized Allan key to be available.	3	1	3
Extreme Weather. Hypothermia, minor injury or fatality.	All	4	3	1 2	If lightning or extreme conditions expected - climbing session not to proceed. If conditions manifest themselves during session - abandon climbing session and move group to safety.		4	1	4

<p>Failure of Instructors Personal Equipment.</p> <p>Serious Injury.</p>	All	5	3	1 5	<p>Instructor's personal equipment to be thoroughly inspected and use recorded.</p> <p>All equipment to comply with CE and UIAA specifications.</p> <p>Equipment to be replaced in accordance with Scout Association guidelines</p>	<p>Personal equipment (excluding harnesses and helmets) to be used only where absolutely necessary.</p>	5	1	5
<p>Dry Tooling – Ice Axes.</p> <p>Injury from sharp points.</p> <p>Injury from badly fitted ice axes.</p>	Participant s	4	3	1 2	<p>Axe hammers covered with protective plastic devices.</p> <p>Participants briefed on correct use of axe picks - no swinging or stabbing technique.</p> <p>Participants provided with eye protection.</p> <p>Ice axes to be provided with leashes – leashes to be correctly sized for participant.</p>	<p>First aid kits and personnel with first aid training to be made available.</p>	4	1	4
<p>Rigging of activity.</p> <p>Falling from height, entanglement in rope systems.</p>	Instructors	5	4	2 0	<p>Staff to set-up activity using standard climbing techniques and practices.</p> <p>Staff not to set-up activity</p>	<p>Competent and experienced instructors to be involved in all set-ups/rigging.</p>	5	2	1 0

Unconsciousness , asphyxiation, fractures and possible fatality.				alone. No unnecessary risks to be taken.				
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Assessment	Signed:	Date:
Risks are deemed manageable and activity should proceed.	Kristopher Chalmers	01/06/2024

Activity:

Blair Atholl Jamborette - Activity Risk Assessment – Jacobs Ladder

Hazard & Consequences	Persons Affected	S	L	R	Risk Control	Further Actions	S	L	R
Falling from height. Impact with the ground. Serious/fatal injury to participant.	Participant	5	2	10	Participants to wear a correctly fitted climbing harness and helmet. Participants to be tied to climbing rope at all times whilst taking part in activity. Standard recognized belaying devices and techniques to be used at all times.	First aid kits and personnel with first aid training to be made available.	5	1	5
Falling items. Head injury to participants.	All	3	2	6	Participants briefed on activity before taking part – See attached briefing sheet. Participants to be provided with helmets and checked for proper fitting by session supervisor.	Onlookers to maintain a safe distance from Jacobs Ladder trees at all times.	3	1	3
Equipment Failure. Serious/fatal injury to participants.	All	5	3	15	All PPE use to be recorded and equipment inspected before commencement of activity. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Session supervisor to be familiar with all equipment.	5	1	5

Failure of Belay system. Serious injury to participant.	Participant	5	3	15	Participants belaying to be supervised by instructor. Recognised belay system, in accordance with Scout Association guidelines, to be used.	Scout Association rules and guidelines on climbing permits and instructor to participant ratios to be followed	5	1	5
Peer Belaying. Serious injury to participant.	Participant	5	4	20	Ensure all belays are safe and users are competent and understand technique. Only recognised peer-belaying techniques to be used. All dead ropes to be backed up. At least two participants to be involved in peer belaying.	Session supervisor must be familiar with peer belaying techniques and rescue procedures before commencing 'peer belaying' activity.	5	2	10
Belay point failure. Serious injury/fatality to participants	All	5	2	10	Belay point to be visually inspected regularly by competent person. Belay point to be set-up/rigged using standard climbing techniques. Ground anchor to be established using at least two 'standard' belay stakes.		5	1	5
Actions of group members. Overcrowding and disorderly behavior.	All	2	4	8	Maximum ratio of 1:10. Participants briefed on activity before taking part – See attached briefing sheet.				

Muscle and joint injuries. Injury to participants.	All	2	3	6	All sessions to begin with a warm up and period of dynamic stretching.	Instructor to be familiar with coaching techniques in order to reduce risks of injury.	2	2	4
Swinging into element (ladder poles) while being lowered. Minor injury to participants.	Participants	3	5	15	Belayers to carefully time descent of participants. Participants to be briefed on proper descent method – fending off poles using hands and feet.	Instructor to supervise descent of participant.	3	2	6
Jewelry, watches and hair etc. becoming trapped. Minor injury to participant.	Participant.	2	2	4	All long hair to be tied back. Jewelry and watches to be removed or taped over.		2	1	2
Extreme Weather. Hypothermia, minor injury or fatality.	All	4	3	12	If lightning or extreme conditions expected - climbing session not to proceed. If conditions manifest themselves during session – abandon climbing session and move group to safety.		4	1	4
Failure of Instructors Personal Equipment. Serious Injury.	All	5	3	15	Instructor's personal equipment to be thoroughly inspected and use recorded. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Personal equipment (excluding harnesses and helmets) to be used only where absolutely necessary.	5	1	5

Rough and sharp edges on ladder rigging. Minor hand injuries.	Participants	2	4	8	Participants briefed on activity. Participants discouraged from holding onto main ladder support cables or rope grips.	All sharp edges to be taped over.	2	2	4
Emotional injury.	Participants	3	2	6	Instructor to maintain 'challenge by choice' session method. Participants to be fully briefed on nature and expected outcomes of session.		3	1	3
Becoming entangled in belay rope, belay rigging, other participant or main ladder supports	Participants	5	2	10	Participants briefed on nature and method by which activity session will be conducted. Instructor to monitor slack within belay system. Instructor to be familiar with correct rescue technique – gaining access to participant using double cow-tail and fixed rope method, either effecting an efficient de-tangling or un-roping rescue method.	Where possible a stuck participant should be lowered directly to the ground.	5	1	5

Rigging of activity. Falling from height, entanglement in rope systems. Unconsciousness , asphyxiation, fractures and possible fatality.	Instructors	5	4	20	Staff to set-up activity using standard climbing techniques and practices. Staff not to set-up activity alone. No unnecessary risks to be taken.	Competent and experienced instructors to be involved in all set-ups/rigging.	5	2	10
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Assessment	Signed:	Date:
Risks are deemed manageable and activity should proceed.	Kristopher Chalmers	01/06/2024

Activity:

Blair Atholl Jamborette - Activity Risk Assessment – Leap of Faith

Hazard & Consequences	Persons Affected	S	L	R	Risk Control	Further Actions	S	L	R
Falling from height. Impact with the ground. Serious/fatal injury to participant.	Participant	5	2	10	Participants to wear a correctly fitted sit and chest harnesses and helmet. Participants to be tied to climbing rope at all times whilst taking part in activity. Standard recognized belaying devices and techniques to be used at all times.	First aid kits and personnel with first aid training to be made available.	5	1	5
Falling items. Head injury to participants.	All	3	2	6	Participants briefed on activity before taking part – See attached briefing sheet. Participants to be provided with helmets and checked for proper fitting by session supervisor.	Onlookers to maintain a safe distance from leap of faith tree at all times.	3	1	3
Equipment Failure. Serious/fatal injury to participants.	All	5	3	15	All PPE use to be recorded and equipment inspected before commencement of activity. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Session supervisor to be familiar with all equipment.	5	1	5

Failure of Belay system. Serious injury to participant.	Participant	5	3	15	Leader only belaying due to sudden dynamic nature of activity. Recognised belay system, in accordance with Scout Association guidelines, to be used.	Scout Association rules and guidelines on climbing permits and instructor to participant ratios to be followed	5	1	5
Peer Belaying. Serious injury to participant.	Participant	5	4	20	Ensure all belays are safe and users are competent and understand technique. Only recognised peer-belaying techniques to be used. All dead ropes to be backed up.	Session supervisor must be familiar with peer belaying techniques and rescue procedures before commencing 'peer belaying' activity.	5	2	10
Belay point failure. Serious injury/fatality to participants	All	5	2	10	Belay point to be visually inspected regularly by competent person. Belay point to be set-up/rigged using standard climbing techniques. Ground anchor to be established using at least two 'standard' belay stakes.		5	1	5
Actions of group members. Overcrowding and disorderly behavior.	All	2	4	8	Maximum ratio of 1:10. Participants briefed on activity before taking part – See attached briefing sheet.				

Muscle and joint injuries. Injury to participants.	All	2	3	6	All sessions to begin with a warm up and period of dynamic stretching.	Instructor to be familiar with coaching techniques in order to reduce risks of injury.	2	2	4
Jewelry, watches and hair etc. becoming trapped. Minor injury to participant.	Participant.	2	2	4	All long hair to be tied back. Jewelry and watches to be removed or taped over.		2	1	2
Extreme Weather. Hypothermia, minor injury or fatality.	All	4	3	1 2	If lightning or extreme conditions expected - climbing session not to proceed. If conditions manifest themselves during session - abandon climbing session and move group to safety.		4	1	4
Failure of Instructors Personal Equipment. Serious Injury.	All	5	3	1 5	Instructor's personal equipment to be thoroughly inspected and use recorded. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Personal equipment (excluding harnesses and helmets) to be used only where absolutely necessary.	5	1	5
Emotional injury.	Participants	3	2	6	Instructor to maintain 'challenge by choice' session method. Participants to be fully briefed on nature and expected outcomes of session.		3	1	3

Rigging of activity. Falling from height, entanglement in rope systems. Unconsciousness , asphyxiation, fractures and possible fatality.	Instructors	5	4	20	Staff to set-up activity using standard climbing techniques and practices. Staff not to set-up activity alone. No unnecessary risks to be taken.	Competent and experienced instructors to be involved in all set-ups/rigging.	5	2	10
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Assessment	Signed:	Date:
Risks are deemed manageable and activity should proceed.	Kristopher Chalmers	01/06/2024

Activity:

Blair Atholl Jamborette - Activity Risk Assessment – Human Claw Machine

Hazard & Consequences	Persons Affected	S	L	R	Risk Control	Further Actions	S	L	R
Falling from height. Impact with the ground. Serious/fatal injury to participant.	Participant	5	2	10	Participants to wear a correctly fitted full body harness and helmet. Participants to be tied to climbing rope at all times whilst taking part in activity. Standard recognized belaying devices and techniques to be used at all times.	First aid kits and personnel with first aid training to be made available.	5	1	5
Falling items. Head injury to participants.	All	3	2	6	Participants briefed on activity before taking part – See attached briefing sheet. Participants to be provided with helmets and checked for proper fitting by session supervisor.	Onlookers to maintain a safe distance from human claw machine trees at all times.	3	1	3
Equipment Failure. Serious/fatal injury to participants.	All	5	3	15	All PPE use to be recorded and equipment inspected before commencement of activity. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Session supervisor to be familiar with all equipment.	5	1	5

Failure of Belay system. Serious injury to participant.	Participant	5	3	15	Participants belaying to be supervised by instructor. Recognised belay system, in accordance with Scout Association guidelines, to be used.	Scout Association rules and guidelines on climbing permits and instructor to participant ratios to be followed	5	1	5
Peer Belaying. Serious injury to participant.	Participant	5	4	20	Ensure all belays are safe and users are competent and understand technique. Only recognised peer-belaying techniques to be used. All dead ropes to be backed up. At least two participants to be involved in peer belaying.	Session supervisor must be familiar with peer belaying techniques and rescue procedures before commencing 'peer belaying' activity.	5	2	10
Belay point failure. Serious injury/fatality to participants	All	5	2	10	Belay point to be visually inspected regularly by competent person. Belay point to be set-up/rigged using standard climbing techniques. Ground anchor to be established using at least two 'standard' belay stakes.		5	1	5
Actions of group members. Overcrowding and disorderly behavior.	All	2	4	8	Maximum ratio of 1:10. Participants briefed on activity before taking part – See attached briefing sheet.				

Muscle and joint injuries. Injury to participants.	All	2	3	6	All sessions to begin with a warm up and period of dynamic stretching.	Instructor to be familiar with coaching techniques in order to reduce risks of injury.	2	2	4
Jewelry, watches and hair etc. becoming trapped. Minor injury to participant.	Participant.	2	2	4	All long hair to be tied back. Jewelry and watches to be removed or taped over.		2	1	2
Extreme Weather. Hypothermia, minor injury or fatality.	All	4	3	1 2	If lightning or extreme conditions expected - climbing session not to proceed. If conditions manifest themselves during session - abandon climbing session and move group to safety.		4	1	4
Failure of Instructors Personal Equipment. Serious Injury.	All	5	3	1 5	Instructor's personal equipment to be thoroughly inspected and use recorded. All equipment to comply with CE and UIAA specifications. Equipment to be replaced in accordance with Scout Association guidelines	Personal equipment (excluding harnesses and helmets) to be used only where absolutely necessary.	5	1	5
Emotional injury.	Participants	3	2	6	Instructor to maintain 'challenge by choice' session method. Participants to be fully briefed on nature and expected outcomes of session.		3	1	3

Rigging of activity. Falling from height, entanglement in rope systems. Unconsciousness , asphyxiation, fractures and possible fatality.	Instructors	5	4	20	Staff to set-up activity using standard climbing techniques and practices. Staff not to set-up activity alone. No unnecessary risks to be taken.	Competent and experienced instructors to be involved in all set-ups/rigging.	5	2	10
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Assessment	Signed:	Date:
Risks are deemed manageable and activity should proceed.	Kristopher Chalmers	01/06/2024

Blair Atholl Jamborette – Safety Briefing – Climbing

Staff Briefing:

- All staff to be familiarised with risk assessment, instructors notes and emergency evacuation plan (as per 'Blair Atholl Jamborette' site plan).
- All staff to be reminded that helmets are to be worn at all times in activity area (exception for while using auto belays on climbing tower).
- All staff are first aid trained as per mandatory modules.
- All staff to be made aware of group size.
- All staff to be made aware of arrangement of activity area.
- All staff to be made aware of nature of activity and plan for session.

Participant Briefing:

- Participants to be introduced to activity team.
- Participants to be made aware of nature of activity.
- Participants to be made aware of importance of 'warming up' – achieved through team games.
- Participants to be shown correct way to put on a harness and helmet.
- Participants to be advised that once their harnesses have been put on and checked by an instructor they should not be re-adjusted or removed.
- Participants to be advised that helmets must be worn in activity area at all times (except for climbing tower).
- Participants to be shown 'safe area', that they can sit in whilst not taking part in activity and advised that they must remain in this area if not wearing a helmet.
- Participants to be made aware that they must not adjust, touch or tamper with any of the rigging equipment.
- Participants to be asked that they make instructors aware of any medical conditions. Participants to be asked to report any injuries to instructor staff.
- Scouts instructed to check themselves for ticks following activity, if a tick is attached, they should inform sub-camp staff or report to medical tent.
- Participants to be made aware of emergency evacuation plan.
- **Climbing Tower**

- Participants shown how the auto belay system works and the correct way to be lowered to the ground.
- Remind participants they must not try and climb down or hold onto the tower as they are being lowered.
- **Aim**
 - To climb as high as the participant feels comfortable to do so. Challenge by choice to be encouraged.
 - Adaption – can be run as a race between 4 climbers.
 - Adaption – activity can involve the use of blindfolds.
- **Dry – Tooling**
 - Participants to be briefed on the use of ice-axes and the dangers these pose. Wrist strap to be fitted correctly.
 - Participants reminded not to touch the climbing holds as these are sharp.
 - **Aim**
 - To use the ice-axes to reach the top of the climbing boards. Challenge by choice to be encouraged.
- **Jacob's Ladder**
 - When climbing, participants can hold onto their partner's rope, harness, hands, clothing.
 - Climbers must not use their own rope for support or any part of the rigging equipment.
 - When being lowered, participants must ensure they are falling on the correct side of the logs.
 - **Aim**
 - To climb as high as possible in pairs. Challenge by choice to be encouraged.
 - Climber's must work in pairs and not go too high on their own.
- **Human Claw Machine**
 - Participants to climb the ladder provided whilst being belayed from the ground.

- At the top of the ladder, participants to then step off ladder and allow weight to be supported by traverse line.
- Participants should then be pulled by attached haul ropes to desired position before being lowered to collect target item.
- Once they have collected target item they are to be hauled back up to the traverse line and then pulled back to start position.
- Participant to clip item to top of ladder and then climbing down ladder while being lowered on belay line.
- **Aim**
 - To simulate being the claw in a fayre claw machine using advanced climbing rigging and techniques. Challenge by choice to be encouraged.

- **Leap of Faith**

- Participants will climb the ladder provided whilst being belayed from the ground.
- Once they reach the platform, participants should stand with their feet as close to the edge as they feel comfortable while the belay rope is tightened.
- Participants will then jump from the platform and attempt to hit the suspended ball. Participants must not try and hold on to the ball.
- Participant to then be lowered to ground by belay.
- **Aim**
 - To hit the suspended ball.
 - Adaption – Distance to the ball can be increased.
 - Adaption – When standing on the platform, participants can fall backwards from the platform.