

Trainer Notes



Adventure Tunnelling	<i>Crawl and climb through the Adventure Tunnel system to reach the top of the tower</i>
Target Group	Anyone
Time	25 – 45 minutes
Rationale/Outcome/Benefit	This activity is of a very different flavour to the rest of the Adventure Rope Course. It will challenge those who do not like the dark or enclosed spaces. Great for promoting team and individual support and clear communication.
Group Size	Any
Staff	1
Preparation	<ul style="list-style-type: none"> • Unlock the Main Tower, The Shed and the Ball Pool. • Ensure that escape exits are closed and bolted but unlocked and obstruction-free. • Ensure that participants remove all loose items and jewellery before they start. • Ensure that shoes are tied and pockets are zipped
Specific Emergency Procedure	<ul style="list-style-type: none"> • Quieten the group down and open the nearest escape hatch. • Group to assist casualty out of escape hatch and all group members to exit the tunnels • Give first aid • Refer to Emergency Flow Chart • Send two runners to reception to alert venue co-ordinator and also to request type of assistance and equipment required.
Equipment Required	None
Staff Equipment	<ul style="list-style-type: none"> • Helmet • Torch • First Aid Kit
Delegate Equipment	<ul style="list-style-type: none"> • Long sleeves and trousers • Helmet

Site Specific Risk Assessment: Adventure Tunnelling



Hazard	Protective Measures
<p>Participant panics due to claustrophobia.</p> <p>Participant falls from a tunnel climbing area</p>	<ul style="list-style-type: none"> • All participants to wear helmets. • Ensure that participants are briefed about the dark and enclosed nature of the tunnels. • Ensure that participants are informed about the regularity of escape hatches and their whereabouts. • Ensure that participants are aware that this is a TEAM EXERCISE and that they must look after and support the person behind and in front of them. • Ensure that participants understand that if anyone panics then they need to be quiet and listen for instructions from the trainer and those participants who are around the person who is panicking. • Trainer to ensure that they follow the group from the outside and listen for any trouble. • Participants under ten years of age should be accompanied by an adult
<p>Fire Risk</p>	<ul style="list-style-type: none"> • Absolutely no matches, lighters or smoking in the tunnels or the tower.
<p>Splinters and grazes from wood and plastic in the tunnel</p>	<ul style="list-style-type: none"> • Participants must wear long sleeves and trousers. • Pre-existing cuts and grazes must be covered.

Checked by:	Steph Williams
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