



## Normal Operating Procedure (Inc. Risk Assessment) Sensory Trail

*For teacher led delivery this document should be read in conjunction with PGL's Teacher led resources and when reading this document substitute 'Instructor' with 'Teacher'.*

### Risk Profile

The following risks have been identified through PGL's risk assessment process:

- a. Equipment failure – built structures.
- b. Extreme weather.
- c. Entrapment of hair, fingers, loose clothing & jewellery.
- d. Slips/trips/falls – from obstacles, collisions with trees & vegetation.
- e. Injury from participation/physical exertion.
- f. Fatigue/exhaustion/dehydration.
- g. Distraction and injury from other sessions.
- h. Falling into bodies of water and roads.
- i. Friction burns from rope.

Implementation of the following operating procedures reduces the residual risk to a level as low as reasonably practicable given the intended purpose of the activity.

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### Control Measures

#### Deployment Requirements

Instructor Qualifications:	Centre based Training and Assessment by a competent person. Leader led complying with 'Teacher Resource' document.
Instructor – Participant ratio:	1:15
Total group size:	15
Active participation:	1:15



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### **1. Equipment Requirements (per participant)**

- 1 x Blindfold (should be blacked out goggles for additional eye protection)

#### **Equipment Requirements (per activity base)**

- Appropriate length of dynamic rope
- 12 Cones
- Paper clips
- Box or bag for equipment
- Three small objects for Kim's game

### **2. Specific Clothing Requirements (per instructor & participant)**

- Sturdy footwear

### **3. Session Preparation**

- a. The instructor must check the course for hazards, especially branches at eye level or tree stumps, new trees falling or hung up branches.
- b. A review of the route must be taken with the groups' age and ability in mind.

### **4. Session Instruction**

- a. The safety briefing must include:
    - i. How to walk blindfolded.
    - ii. The importance of communication.
    - iii. What to do if a participant has a problem.
  - b. Any appointed spotter or guide (usually another participant) must at all times act with the best intentions to safeguard the blindfolded participant.
  - c. The instructor must ensure good communication is taking place between the group members. He/she should not be afraid to stop the group at obstacles and reinforce the need for good communication to safeguard each other.
  - d. When speaking to a blindfolded participant the instructor must always address them by their name and if touching them the instructor must always touch them by their wrist or shoulder, having asked for their permission before doing so.
  - e. The whole group must be in sight at all times, with courses set up to facilitate this.
  - f. The instructor must anticipate any hazards underfoot (mud, low branches & puddles) and protect the group accordingly.
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