

## Activity Management Plan

### Abseil – Fixed Site

Activity	Detail
<b>Location / Site</b>	Tree Abseil at Wainui park. Indoor Abseil Platform at the Adventure Centre Fixed sites at Cattle Stop Crag, Pop Up and Castle Hill
<b>Parking</b>	On site
<b>Grid Reference</b>	NA
<b>Water</b>	On site
<b>Toilets</b>	On site
<b>Access Permission</b>	NA
<b>Instructor Requirements</b>	NZOIA Abseil Leader or equivalent YMCA Outdoor Core 2 (lead) or equivalent YMCA Abseil (Fixed Site) or equivalent Induction or training on the specific site
<b>Specific Equipment &amp; Resources</b>	Client helmet and harnesses Rescue equipment (appropriate to site) First aid kit
<b>Specific Policies</b>	All participants equipped with helmet and harness Instructor to wear harness, helmet and cows-tails (personal anchor system) Instructor to disclose risks and hazards to all participants / helpers and take steps to minimize risks during the activity. Helmets to be worn in drop zone when operational Activity to be halted in severe weather conditions/lightening (if outdoors) Instructor to visually safety check site prior to activity All climbers/abseilers checked by 2 <sup>nd</sup> instructor on ground prior to ascent 12 Participants: 2 Instructors (note: 2 <sup>nd</sup> instructor assessed to YMCA Outdoor Core 1 (Assist) standard or equivalent)
<b>Emergency Response</b>	Seeking Assistance: Wainui/Adventure Centre - Instructor on belay or adult can be sent to the onsite office, or personal mobile phones used Offsite Location – Use mobile phone to contact emergency services and/or staff via numbers on site specific doc. Follow general YMCA Emergency Procedures Follow relevant site evacuation procedure
<b>Previous Incidents</b>	Hair caught in belay device, rope burn, scrapes from staples, finger caught in staples, karabiner dropped from platform, clients not wearing helmets in drop-zone.

Site/Activity Specific Hazard/Risk	Management of Hazard
Structural Failure	Equipment maintained to industry standards. Correctly set-up and regular inspection carried out by instructors. Strong winds halt activity (if outdoors).
Slippery surfaces	Grip matting applied; brief group on care
Falling debris	Helmets to be worn in the drop-zone at all times
Fall from height	All climbers checked prior to leaving the ground. Belayer monitored throughout session. Participants secured at transition points.
Injury from Belay/fig.8 device	Loose clothing to be tucked in. Long hair tied back. Jewellery to be removed (esp. rings). Instructor to brief participant on keeping hands and hair away from belay device.
Injury from apparatus e.g. staples.	Instructors to be trained in abseil rescue.
Suspension trauma	Helmets to be worn inside drop zones. Participants to remove loose objects from person before ascending. Instructor to visually check site for dead branches or loose rocks.
Injury from falling object	Equipment maintained to industry standards. Correctly set-up and regular inspection carried out by instructors. Strong winds halt activity.

**Note:** This Activity Management Plan (AMP) documents only very specific management of risks/hazards for a particular activity. General management of risks/hazards that relate to Outdoor or Adventure Activities are documented in the *YMCA Chch Risk Register for Outdoor Activities*. These documents are part of the YMCA Christchurch Safety Management System (SMS), an overview of which is given in the *YMCA Chch Safety Management Plan (SMP)*.