



## SAFE OPERATING PROCEDURE

# Trust Falls

**To be done only by experienced competent supervisors**

- 1 Activity Supervisor per 12 participants
- Inform CYC host of any malfunctioning equipment



### Trust Fall

Create a careful, concentrating, respectful tone.  
Sequence appropriately e.g., after icebreakers, name games etc

Ask participants to find a partner of similar height and weight

One is the **Faller** and one the **Catcher**.

- Faller must adopt the falling **posture**: standing upright, feet together, hands across chest, resting on shoulders, tight backside and keep body tense (to avoid buckling),
- Catcher is taught "spotting". One leg in front of the other, arms extended, ready to brace shoulders
- Start with small falls, then build.
- Establish clear communication **calls**-Faller: "I am ready to fall. Are you ready to catch me?" Catcher: "I am ready to catch you. Fall away". Faller: "Falling". Catcher: "OK"

### Progress to Trust Falls from multi-level platform (start low)

- 8 team members ready to catch (4 either side of fall zone) concentrating stronger members around body fall zone. Head slightly back, watches/jewellery off hands/arms, forearms parallel to ground with palms up.
- Get partners of 4 to cross lock hands with each other, and be hip to hip with the partners beside them, with an extra team member to catch/support head as faller is caught.
- Progress to higher levels

### Safety Concerns:

Make sure that spotters are ready for fallers before they fall by establishing clear communication

Use correct spotting techniques

**All damage and injuries must be reported to CYC Staff as soon as practicable**

**Failure to follow these instructions could result in injury.**

**CYC reserve the right to close this activity if these instructions are not followed.**

**To contact CYC Staff go to the office**