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.
- Use correct spotting techniques.

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 on each side of the 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.
- Lean backwards to avoid heads clashing.
- Progress to higher levels.

Safety Concerns:

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

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.

Reviewed July 2026

Christian Youth Camps