

## 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. Use above posture and calls
- One 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

