

## SAFE OPERATING PROCEDURE



# Trust Falls

To be done only by experienced competent supervisors

1 Activity Supervisor per 15 participants

### Trust Lean

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

**All damage and injuries must be reported to Camp Leaders and CYC Staff as soon as practical**

**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**

