

Challenge low ropes & group activities

The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This guideline relates to student participation in low ropes courses and group challenge activities in an outdoor education context, as a curriculum activity.

Challenge low ropes courses and group activities provide students with opportunities to help build self-confidence, determination, cooperation and decision-making skills, and develop physical attributes such as balance and flexibility. Due to the risk associated with falls from height, the safe conduct of these activities requires the use of spotters in order to protect the participant's upper body and head from heavy contact with the ground. Spotters are required when the feet of the participant are up to 1.8m above the ground ([Australian Standard AS 2316.2.1:2016](#)). If the feet of the participant are above 1.8m, additional fall protection must be applied.



Where the participant's safety can no longer be achieved by spotting, refer to [Challenge high ropes](#) activity guideline.

Low ropes refers to any activity that requires an individual or pair to complete an element conducted on a purpose-built facility for which the appropriate safety is achieved through safe and effective spotting.

Group activities refers to any activity undertaken by a small to large group conducted on a purpose-built facility for which the appropriate safety is achieved through safe and effective spotting.

Mandatory/special requirements

Mandatory requirements must be met for the activity to be conducted. Special requirements are to be considered in the planning and delivery of this activity.

For management of a ropes course, a Challenge Ropes Course Manager (either low ropes or high ropes as relevant) is required. Management can also be carried out by people who have received training from an approved Challenge Ropes Course Conductor.

It is highly recommended that the [Queensland Adventure Activity Standards](#) are referred to when planning this activity.

Risk level

- **Medium** risk: Low ropes and group activities conducted at a purpose-built facility for which the appropriate safety is achieved through safe and effective spotting.

Minimum supervision requirements

- In addition to the teacher or activity leader, other supervisors should be selected from those most suitable for the particular activity. Before the activity commences all supervisors should be informed of their role, potential hazards and precautions to be taken, as per the [Queensland Adventure Activity Standards](#).
- When planning any outdoor activity, the ratio of qualified, experienced leaders to dependent participants needs to be considered. In certain situations, teacher judgment may dictate smaller or larger numbers of participants per leader. In addition to variables listed in the planning considerations section of the [CARA generic template](#), consider:
 - the nature of the challenge ropes course elements; and

- line of sight and sound for supervision.

Minimum qualifications for supervisors

- A registered teacher with:
 - competence (knowledge and skills) and experience in the teaching of the activity.

OR

 - a statement of attainment from a [Registered Training Organisation](#) (RTO) covering SROCRP001A/SISOCR301A Conduct a low ropes session.

OR

- A registered teacher or other adult (working under the direct supervision of a registered teacher) with:
 - a statement of attainment for a nationally recognised course, at the level of Low Ropes course conductor, from an RTO.

OR

 - Certificate III in Sport, Outdoor or Community Recreation or higher, with specialisations in appropriate activities.

Note: Competence is to be assessed annually, considering the outdoor environment that the activity is taking place in, to ensure currency and relevancy. Details about how the activity leader has demonstrated competence should be included in the 'Other Details' box of the CARA generic template or OneSchool module.

Minimum requirements for equipment/facilities

- Appropriate clothing, taking into account the requirements of the activity and weather conditions.
- Firmly fitting, non-slip footwear.
- A maintenance log for each individual activity or course.

Hazards and controls

Hazards	Control measures
Environmental considerations	<ul style="list-style-type: none"> • Assess the suitability of the course prior to undertaking the activity.
Equipment	<ul style="list-style-type: none"> • Supply all equipment in a clean and serviceable condition. • Check equipment prior to the start of each session. Pay particular attention to fastening systems when removable rope systems are used. • Ensure all safety equipment is in place and in good condition. • Use, maintain and store equipment according to manufacturer's specifications. • Ensure wet equipment is dried before storing. • Carry electronic and other equipment that can be damaged by water in water resistant containers.
Student considerations	<ul style="list-style-type: none"> • Provide specific (written and verbal) training in and awareness of safety requirements. • Guide students through an activity or provide a demonstration prior to undertaking the activity. • Use competent spotters where appropriate.

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