

Assessment Requirements

1. Pre-activity brief and kit up including: Brief - Risk, medical, attire, challenge by choice and Helmet kit up check of fit if used.
2. Plan and instruct a Low Ropes Activity selected by the trainer. The session should include a challenge/goal not just a start and finish line.
3. Identify any areas of risk and any specific rules for the chosen activity and include these in the briefing to participants where required.
4. Fully brief the session with the goal of the activity.
5. Appropriately supervise the session, demonstrating effective positioning of the instructor to aid in visual supervision and physical supervision (spotting) where required.
6. Demonstrate effective use of practical safety measures using dynamic risk assessment. – Add examples. Eg. Fall risk, movement of people, planks etc.
7. Appropriate de-brief/session review at the end of the session.
8. Teach and demonstrate appropriate spotting techniques and assess participants ability to do this correctly. (This can be part of the candidate's session or ran as a separate workshop if it is not required as part of their session) – Could be ran as a group session.

Note: The following list is not exhaustive:

Fail Criteria

- No briefing
- Failure to identify safety critical areas/positions on the activity and to implement effective control measure eg. Briefing/spotting
- Lack of appropriate visual and/or physical supervision when required.
- Inappropriate activity or games
- Teaching inappropriate/unsafe spotting technique

This list is an example of what could constitute a minor discrepancy. The assessor should use this to help them make a decision on the candidates performance. These items may be used to help improve a candidates performance.

- Missed some items in briefing
- No assessment of ability to spot effectively but trained correctly
- Minor lapse of supervision. Participants should be visually supervised aiming to keep all participants within peripheral vision or glanced at on a regular basis.
- Maturity and attitude of instructor
- Discussion Point. Appropriate use of language, creating an inclusive learning environment