

### **Burma Trail**

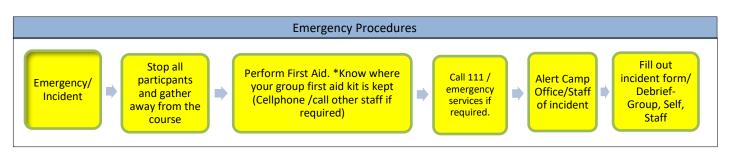


#### **Standard Operating Procedure**

This form describes the details, Operational Procedures, Risks and Emergency Procedures for the activity listed

This SOP is to be used each time the activity is conducted. Any changes or suggestions to be raised in activity debrief and meetings.

| Activity:                                                                               | Burma Trail (day/night)                                                                                                                                      |  |           |                                    |  |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------|------------------------------------|--|
| Location of Activity:                                                                   | In bush, off driveway at Tennis Court (Southern corner of camp)                                                                                              |  |           |                                    |  |
| Site:                                                                                   | Таиро                                                                                                                                                        |  | Area:     | Activities                         |  |
| Reviewed By:                                                                            | Christy Breetvelt                                                                                                                                            |  | Version : | 3                                  |  |
| Position:                                                                               | Instructor                                                                                                                                                   |  | Approved: | Ted Muir & Alex Bennett (25/08/22) |  |
| Date Reviewed:                                                                          | 3/5/22                                                                                                                                                       |  | Location  | of Hard copy: Activity Shed        |  |
| Number of Participants:                                                                 | Max Ratio:1 Supervisor / 15 Participants.<br>Note: Ratio adjusted with changes in risk levels.                                                               |  |           |                                    |  |
| Supervisor Competence:                                                                  | Supervisor competent in group management and trained on SOP/ Emergency<br>Procedures                                                                         |  |           |                                    |  |
| Equipment & Clothing<br>Requirements:                                                   | MiCamp Supplied: Blind Folds (daytime), Optional: Torches (night time)<br>Participants Supplied: Covered Shoes, Appropriate Clothing for weather conditions. |  |           |                                    |  |
| Communication<br>Procedures:                                                            | Use Supervisor cell phone to contact emergency services and /or staff. Alternative communication; Send runner to office (work hours only)                    |  |           |                                    |  |
| Related Documents -<br>Qualifications/ Legislation /<br>Guideline / Permits / Consents: | Health and Safety at Work (Adventure Activities) Regulations 2016.                                                                                           |  |           |                                    |  |



|   | Equipment Check                                        |  |  |
|---|--------------------------------------------------------|--|--|
| 1 | Staff to ensure ropes are appropriately connected      |  |  |
| 2 | Track clear of dangerous debris or eye level branches. |  |  |

# **Burma Trail**

#### **Operating Procedures**

| Pre-a | activity Check                                                                                                       |  |  |  |  |
|-------|----------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| 1     | Attend training and safety briefing with staff.                                                                      |  |  |  |  |
| 2     | Walk track to check for fallen branches, branches at eye level or with thorns on the track.                          |  |  |  |  |
| Oper  | rating Instructions                                                                                                  |  |  |  |  |
| 1     | Team walks through the bush holding the rope, they must move slowly so they don't trip or fall.                      |  |  |  |  |
| 2     | Encourage them to communicate things to those behind them<br>e.g. low branches, roots sticking out, big steps.       |  |  |  |  |
| 3     | If during the day send them through in pairs, one blindfolded the other guiding them.                                |  |  |  |  |
| 4     | Space extra supervisors around course for safety (If available).                                                     |  |  |  |  |
| MiCa  | Imp Instructor Brief to Supervisor                                                                                   |  |  |  |  |
| 1     | Go over SOP's.                                                                                                       |  |  |  |  |
| 2     | Conduct training as per "Activity supervisor training and acknowledgement form".                                     |  |  |  |  |
| 3     | Ensure supervisor is aware of emergency procedures.                                                                  |  |  |  |  |
| Supe  | rvisor Brief to Participants                                                                                         |  |  |  |  |
| 1     | Gather the group together and show them the start and the end.                                                       |  |  |  |  |
| 2     | Team is always to stay together.                                                                                     |  |  |  |  |
| 3     | Be aware of others around you as you move, keep a slow steady pace.                                                  |  |  |  |  |
| 4     | Always keep a hand on the rope.                                                                                      |  |  |  |  |
| 5     | One supervisor will be at the start/end of the track as well as at key points along the trail.                       |  |  |  |  |
| Closi | ng Down the Activity                                                                                                 |  |  |  |  |
| 1     | Do a count to ensure that no one is missing.                                                                         |  |  |  |  |
| 2     | Gather all gear up and check that it is all returned. Note any broken or damaged gear- Report these to MiCamp Staff. |  |  |  |  |
| 3     | Collect all blindfolds if used and return to the activities shed.                                                    |  |  |  |  |
| Paus  | e Points:                                                                                                            |  |  |  |  |
| 1     | Pause activity at any time if conditions or people become unsafe.                                                    |  |  |  |  |
| 2     | Pause if someone is missing or if group gets separated                                                               |  |  |  |  |
|       |                                                                                                                      |  |  |  |  |

This Standard Operating Procedure (SOP) is approved for use at sites operated by MiCamp Trust. As at the time of approval this SOP meets all known regulations (Adventure Activity Regulations, Safety Audit Standards etc) and current industry good practice



# **Burma Trail**



