

Bungee – Activity Instructions

Equipment

- 1 plastic sheet
- 1 bungee rope – red
- 2 climbing belts
- 2 karabiners
- 3 helmets
- 1 polypropylene anchor rope
- 1 safety rope – blue speckle

Leader requirements:

One competent person must take charge of the activity and ensure the equipment is in good order and used in a safe manner at all times.

Guide to use of equipment:

Scouts are secured to the bungee using a climbing belt and karabiner. The other end of the bungee must be tied to a ground anchor tree. A plastic sheet on smooth soft ground forms the track.

The scout, removes shoes and walks/runs as far as possible along the plastic sheet. Use the cones at the edge of the sheet to mark who



has got the furthest before they slip and the bungee pulled them back.

You may use water and washing up liquid to make the plastic sheet slippery. Socks on a dry sheet may be slippery enough.

Guide to assist with your risk assessment:

Wear a helmet.

Use on smooth soft ground as Scouts will slip, fall and be pulled back by the bungee.

Remove shoes before use.

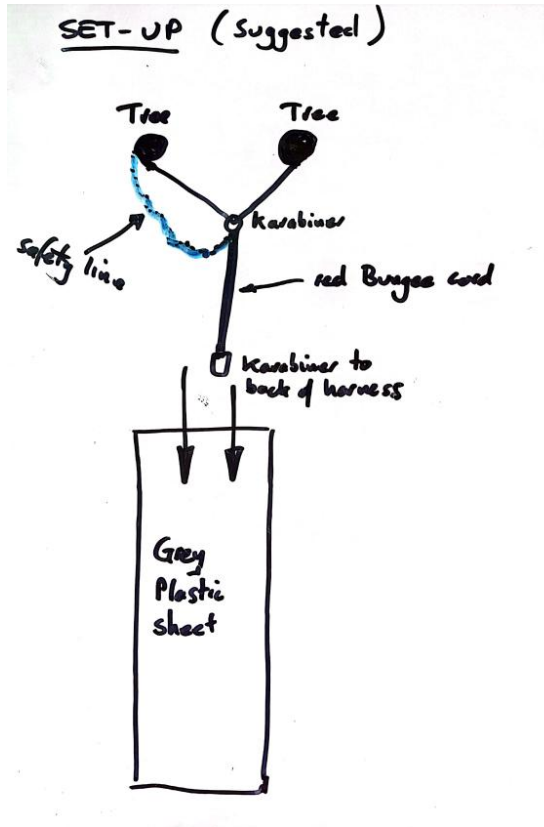
Check condition of anchor and bungee regularly.

Only one person on the bungee rope at a time

Adult supervision throughout.

Suggested set up:

See over page...



Use two trees as anchor

Use safety rope – blue speckle – tie between one tree anchor and end of the bungee rope.

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Here is a diagram of our suggested set up

