

Instruct a programme using low ropes course activities

Level 5

Credits 5

Purpose People credited with this unit standard are able to: prepare for instructing low ropes course activities; instruct a programme using low ropes course activities; demonstrate risk management of a programme using low ropes course activities; and evaluate the programme and the instruction provided.

Subfield Outdoor Recreation

Domain Adventure Based Learning

Status Registered

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Entry information Open.

Replacement information This unit standard replaced unit standard 17154.

Accreditation Evaluation of documentation and visit by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation - Outdoor Recreation Advisory Group

Accreditation and Moderation Action Plan (AMAP) reference 0102

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

1 Definitions

Low ropes course usually involves a series of elements of a height where the participants' safety is managed by other participants spotting and a belay safety system is not required.

Activities involve a range of exercises relevant to using a low ropes course e.g. exercises preparing the group to perform necessary safety roles.

Elements involve fixed apparatus (e.g. poles, cables, ropes) designed to provide challenges for participants.

Groups are generally no less than five and no more than ten participants being the responsibility of one instructor.

- 2 This unit standard is intended for people wishing to instruct groups in low ropes course environments for recreational outcomes. If the low ropes course activities are being facilitated for educational or developmental outcomes the candidate should also hold Unit 24665, *Facilitate adventure programmes for the personal and social development of the participants*.
- 3 For assessment purposes the duration of the programme should be no less than four hours delivery excluding preparation and follow-up. “Lead-in” activities for the use of the low ropes course and session closure are included in the four hours delivery. The programme may be a series of sessions.
- 4 Before a candidate is assessed against this unit standard, it is recommended that they have logged a minimum of 30 hours of supervised practical experience instructing low ropes course activities with a variety of groups.
- 5 People being assessed against this unit standard should be able to lead low ropes course programmes independently. They must be familiar with and follow site specific operating procedures.
- 6 All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*; *New Zealand Water Care Code*; Health and Safety in Employment Act 1992; Injury Prevention, Rehabilitation, and Compensation Act 2001; and their subsequent amendments. The *New Zealand Environmental Care Code* and *New Zealand Water Care Code* are available from the Department of Conservation, Head Office, PO Box 10420, Wellington, and at <http://www.doc.govt.nz/>.
- 7 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz/>.

Elements and performance criteria

Element 1

Prepare for instructing low ropes course activities.

Performance criteria

- 1.1 Programme objectives are identified.
- 1.2 Programme is designed to meet the identified objectives taking into consideration the needs of the group, equipment and environment.

Range	may include – age, gender, health concerns, physical ability, confidence, prior experience, emotional and intellectual needs, group size, skills required.
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- 1.3 Specific low ropes course elements are selected and sequenced and their selection explained.
- Range explanation may include – competence of group, previous experience, other groups present and elements in use, environmental conditions.
- 1.4 Demonstrate knowledge of relevant site specific operating procedures.
- Range may include – location of low ropes elements and equipment, hazards and hazard management, spotting requirements, emergency action plans, emergency contacts.
- 1.5 Ability to perform the tasks required to effectively lead and to manage the risks of the programme are self assessed.
- Range may include – general state of health, current competency regarding skills required.
- 1.6 Programme briefing is prepared.
- Range brief may include – welcome and introductions, programme overview and objectives, responsibilities and expectations, logistics, equipment, hazards, boundaries.
- 1.7 Equipment and venue are checked and set up to meet participants needs and activity objectives.
- Range setting up may include – assembling necessary props and removable components to elements, conducting pre-use activity and equipment checks, checking for hazards.

Element 2

Instruct a programme using low ropes course activities.

Range programme includes – at least four different low ropes course elements.

Performance criteria

- 2.1 Programme briefing is provided to participants.
- Range brief may include – welcome and introductions, programme overview and objectives, responsibilities and expectations, logistics, equipment, hazards, boundaries.
- 2.2 The group is prepared for using low ropes course activities and performing safety roles as required.
- Range preparation includes – understanding roles and responsibilities, appropriate techniques, personal and group safety.

- 2.3 Effective briefing of participants for the activities is carried out.
- Range must include – clear instructions on participant and safety roles, relevant risk management procedures.
- 2.4 Instruction skills and techniques are demonstrated that are relevant to the group, programme, venue and environmental conditions.
- Range skills and techniques may include – instructing styles, instructing progression, adapting plans to suit needs, offering appropriate variations and challenges, responsiveness to group dynamics, maintaining a positive environment;
factors to consider may include – age, prior experience, group size, skills required, different learning styles and speeds, timeframes, environmental conditions.
- 2.5 Effective supervision and group management is provided.
- Range must include – on-going monitoring and interventions as required.
- 2.6 Effective communication is demonstrated throughout the programme.
- Range effective includes – clear, concise, constructive, timely;
communication may include – explanations and instructions, providing opportunities for participant questions, active listening.
- 2.7 Rapport is established with the group while maintaining a professional persona.
- Range factors may include – body and spoken language, appearance, maturity, respect, empathy, confidence.
- 2.8 Session/programme closure includes all participants.
- Range may include – debriefing, programme celebration.

Element 3

Demonstrate risk management of a programme using low ropes course activities.

Performance criteria

- 3.1 Risks are identified in accordance with accepted best practice
- Range must include – equipment, people, environment.
- 3.2 Effective risk management is demonstrated at all times.
- Range must include – equipment, people, environment.
- 3.3 Relevant site specific documentation is referred to and when appropriate customised to ensure that it is group and programme specific.

Element 4

Evaluate the programme and the instruction provided.

Performance criteria

- 4.1 The programme and objectives are evaluated against actual outcomes and reasons for changes are provided and explained.
- 4.2 The instructional and risk management components of the programme are evaluated for strengths and areas for improvement.

Please note

Providers must be accredited by NZQA, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by NZQA before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation Limited info@sfrito.org.nz if you wish to suggest changes to the content of this unit standard.