

# McGimsey Tower Participant Safety Brief

## Paperwork & Personnel

- Medical Forms – “Everyone has one filled out & signed?”
- Hold Harmless Forms – “Everyone has one filled out & signed?”
- \_\_\_\_\_ is certified in First Aid
- \_\_\_\_\_ is certified in CPR
- “No, you can’t participate.” for incomplete form. Example: no parental signature

## Participant Instructions

- Behavior
  - Review Challenge by Choice. This activity is not competitive.
  - Don’t be mean to each other. We want to be encouraging. Parents, please refrain from being over-zealous. Let the instructors talk the kids through challenges.
  - Review Standards for Behavior ie Goof around, ignore commands, = go home
- Dress
  - Take off & place in backpack all rings, earrings, watches, other jewelry, knives, pens, pencils, other sharp objects, and cell phones
  - Shirts must be tucked inside your pants
  - Pull back long hair into a ponytail so it does not get caught in equipment
  - Wear a helmet inside Fall Zone - the telephone pole mulch ring
  - Harnesses need to be tight. Instructors will help put on & adjust harnesses. Do not climb unless your harness & helmet have been CHECKed.
- Let’s go over these commands “On Belay? Climbing? Rappelling?” Communicate with your belayer
- You may be taught how to belay each other. You will give undivided attention to your job as belayer and ensure you keep participants safe.
- The Staff will be giving you further instructions during the day’s activities. Listen to them and follow their directives.
- Safety is the concern of everyone on staff and is your concern too. If you see something that is unsafe, please tell an Instructor

## In Case of Emergency

- Follow the directions of the Lead Instructor
- Everyone gets to a safe spot & comes a halt.
- Do what instructors, unit leaders, parents tell you to do. It may be as simple as keep out of the way emergency personnel can do what they need to.