



USING ROPES AND SWINGS

Safety Guide

Forest Schools

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Key Benefits

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Checklist Items

KEY BENEFITS

Physical Development

Improves balance, strength, and coordination through dynamic movement.

Physics Learning

Teaches concepts like tension, gravity, and momentum experientially.

Cooperation

Encourages turn-taking and inclusive participation.

Confidence Building

Builds confidence through managing swinging and balance activities.

KEY HAZARDS & CONTROL MEASURES**Branch/Rope Failure**

- ✓ Daily inspection of anchors
- ✓ Check ropes for wear
- ✓ Use only tested branches
- ✓ Replace damaged equipment

Collisions

- ✓ Clear swing zone marked
- ✓ Spotters positioned
- ✓ One user at a time
- ✓ Brief on standing clear

Entanglement

- ✓ No loose clothing/scarves
- ✓ Supervise closely
- ✓ Hair tied back
- ✓ Teach safe rope handling

Rope Burns

- ✓ Teach proper grip technique
- ✓ Gloves available
- ✓ Long sleeves if needed
- ✓ First aid kit nearby



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