

KCC Activities Rules

Burma Trail

(1 Person)

Key Supervision Rules

- **Set up Burma trail Safely** running the rope in, around trees, up and down hills/banks, through swampy ground as desired, keeping in mind age, ability & height of persons using it.
- Give clear instructions on safety issues
- Blindfold people and lead to start of rope and tell them to follow it. When they reach end take off blindfold
- At end of camp use pack up rope and pickup any rubbish etc left behind

Key Safety Points

- Check people for adequate clothing/footwear
- **Keep away from or eliminate danger** (eg Sharp objects, twigs at eye height, sudden drops – Have people assisting at tricky/dangerous areas)
- If walking along road at night have car in front & rear warning other traffic of people on road
- **Monitor people** as they follow Burma Trail for safety issues (Hypothermia, injury)
- At night have torch/s for emergencies

Tips

- Best done at night
- Can have surprises along the way, eg people spaced along the rope making scary noises, tapping them with twigs etc