

SPOTTING INSTRUCTIONS

PARTICIPANTS MUST READ & UNDERSTAND THESE INSTRUCTIONS BEFORE USING ANY ACTIVITIES.

- **SPOTTING IS THE SAFETY SYSTEM USED TO PROTECT PARTICIPANTS ON MANY LOW ELEMENT COURSES & INITIATIVE ACTIVITIES.**
- **THE MAIN ROLE OF EACH SPOTTER IS TO PROTECT THE HEAD & UPPER BODY OF THE PARTICIPANT SHOULD THEY FALL DURING THE ACTIVITY.**
- **IT IS IMPORTANT FOR SPOTTERS TO UNDERSTAND THAT THEY ARE NOT THERE TO ACTUALLY CATCH A PARTICIPANT, BUT TO BREAK THEIR FALL.**
- **SPOTTERS MUST TAKE THEIR ROLE VERY SERIOUSLY, & CONCENTRATE ON THE PARTICIPANT AT ALL TIMES.**
- **AS A SPOTTER YOU SHOULD BE WATCHING THE PARTICIPANT CLOSELY AT ALL TIMES & BE EXPECTING A FALL FROM THE MOMENT THEY BEGIN. IT IS ESSENTIAL THAT SPOTTERS FEEL CONFIDENT THAT THEY ARE ABLE TO PERFORM THEIR ROLE SUCCESSFULLY.**

THE SPOTTING STANCE

- **ONE LEG IN FRONT OF THE OTHER.**
- **FEET ABOUT SHOULDERS WIDTH APART.**
- **KNEES SLIGHTLY BENT TO ABSORB IMPACT.**
- **HANDS UP, WITH PALMS FACING FORWARD & ELBOWS BENT.**

SPOTTING IS REQUIRED ALWAYS.

