

Student: _____

Date: _____



LOW ROPES COURSE EXAM

Time limit = 30 min

This exam is designed to identify any gaps that may exist in your knowledge. Missed exam questions may indicate that you require specific refresher training. Poor performance indicates that you are not yet ready to work as a low ropes guide/leader. Each missed exam question must be thoroughly reviewed until competency is achieved.

Carefully read each question then choose the most correct answer. This exam should be completed without the assistance or advice of others. You may refer to your own notes.

Competency can be demonstrated by initially scoring 100%

Q1. What is the definition of a low rope element (ie “low ropes”)?

Explain:

Q2. Is there a height above the Earth's surface (ie “the ground”) that a low rope element must not exceed?

☐ Yes

☐ No

If you answered “Yes” – what is that height? _____

Q3. True or False:

A person who is qualified to setup and conduct high rope elements is automatically competent and authorised to setup and conduct low elements.

☐ True

☐ False

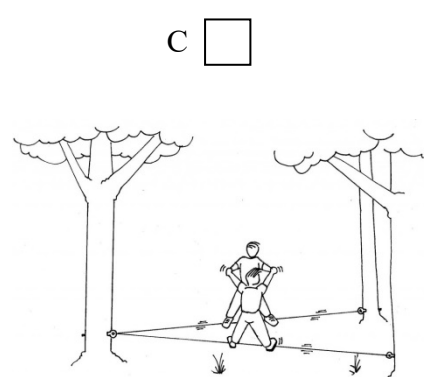
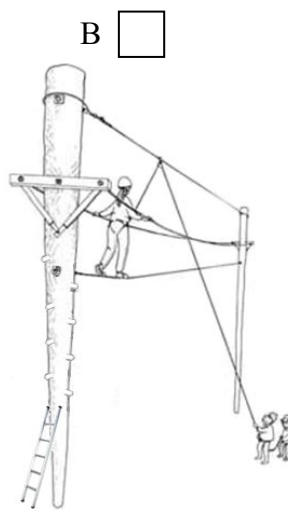
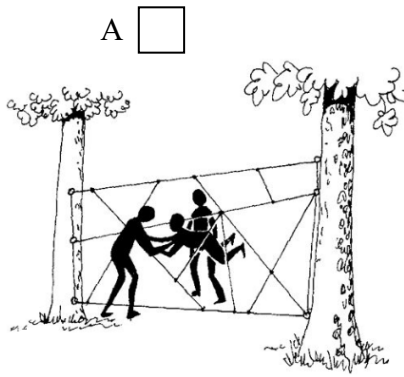
Q4. True or False:

An impact attenuation surface (soft fall) is mandatory for all low rope elements.

☐ True

☐ False

- Q5. Identify the low elements. There might be more than one correct answer.
Explain why you think your selection(s) are “low” elements.



Explain:

- Q6. What is a spotter and what is the principal role of a spotter?

Explain:

- Q7. True or False:

A spotter must be at least 18 years of age (ie an adult). Children are not permitted to act as spotters under Australian legislation.

☐ True

☐ False

Q8. True or False:

Only supervising staff can act as 'spotters'.

It is forbidden to allow clients/participants to act as 'spotters'. This is because all spotters must be certified and hold a nationally recognised qualification as a 'spotter'. Using persons without a certification as a 'spotter' is a breach of WHS legislation.

☐ True

☐ False

Q9. True or False:

When assigning 'spotter' duties, there is no requirement to give a safety brief or demonstration. Australia is a 'nanny state' – where everyone is wrapped in cotton wool to protect them from every conceivable harm. Being a 'spotter' is commonsense – and people can easily figure it out by themselves.

☐ True

☐ False

Q10. If you think a 'spotter' safety brief and demonstration is required, list the key safety rules for acting as a spotter: (list as many safety rules you can think of).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Student declaration:

I declare that I completed this exam paper without the assistance of others. I realise that my exam score is an indication of my current knowledge and experience in the area of challenge ropes courses. I accept and acknowledge that if I am Guiding participants on low elements, I owe a duty of care and that the safety of everyone will be my responsibility. I further agree and accept that I must be diligent and focussed at all times while working. All of my answers are my own work – and not the work of someone else.

Student signature: _____

Date: _____