



# Zip Wire

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## About the activity

Once at the top of the zip wire platform, pupils are securely attached to the overhead wire before making their flight across the sky! Their route may take them through a forest or even over a lake. It's a hugely exhilarating experience that requires personal courage and determination – it pushes most children beyond their natural comfort zone. It's also a chance for the rest of the group to offer support and encouragement.

## Activity aims

### The aim of this activity is to:

- Introduce the zip wire and the necessary equipment.
- Ensure that participants understand the technical workings of the equipment to experience the activity to its full potential.
- Allow each participant to experience a zip wire.
- Encourage participants to set their own goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.
- Leave the platform/tower backwards, with their eyes closed and without holding onto anything.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand, and act on instructions received.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated an approved technique to egress the zip wire safely under supervision.
- Supported their peers throughout the activity and recognised achievements.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor, identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. hazard, personal protective equipment, risk assessment, safety area.
<b>Words relevant to equipment</b>	e.g. Dynamic rope, safety rope, static rope, GriGri, karabiner, trolley, pulley, captive bar gate, chest harness, sit harness, helmet.
<b>Words relevant to the activity</b>	e.g. Zip Wire, belay, drop the black/white rope, return the rope relay.
<b>Words relevant to teamwork</b>	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.