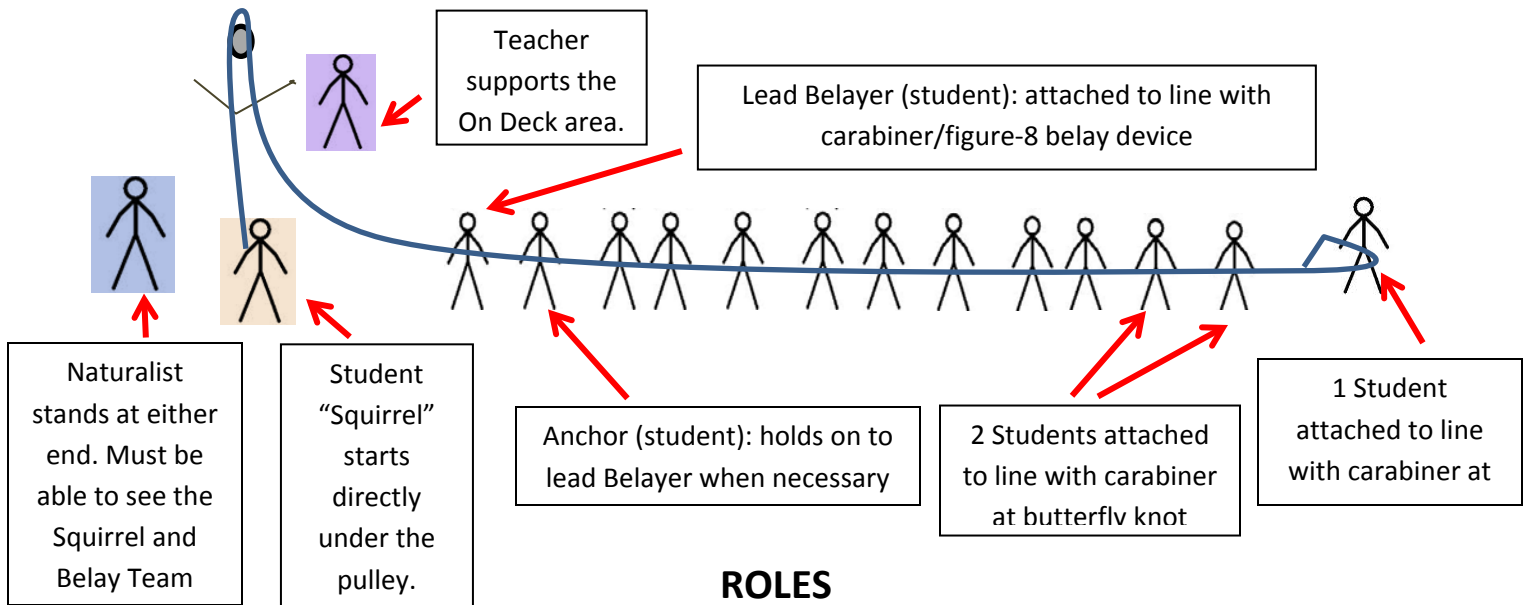


Flying Squirrel: Review of Roles and Instructions

Note: this documents does not replace hands-on training and review of your skills. Other knowledge, experience and observations are required prior to doing the Flying Squirrel activity alone.



Naturalist

- Responsible for all instructions
- Safety Check
 - Belay line and knots
 - Seat harness and chest harness, including tie-down in front
 - Carabiners
 - Helmet
 - Tripping hazards and awareness of other groups in area

Teacher or Mature Student

- Responsible for preparation of On Deck Person:
- Chest harness, including tie-down in front
 - Carabiners
 - Helmet

"Squirrel"

- Squirrel is always "in charge" and decisions on height and when to STOP are ALWAYS respected.
- Options:
 1. Stand or lie on ground; no swing if directly under pulley.
 2. Walk toward belay team on "2" count (gentle swing)
 3. Run toward belay team on "2" count

Belay Team

- All remaining students spread out along full length of the belay line, "zipper style," alternating on each side of line.
- No slack on line
- Refer to diagram above to assign roles: 1 Lead Belay; 1 Anchor; 3 students to clip in at end of line.
- Don't wrap line around any part of body.
- Listen carefully for instructions and signals
- When lowering the "Squirrel," keep weight back, pulling on line and slowly moving forward or as instructed.

Procedure

1. Naturalist checks Squirrel for safety and asks whether standing still or moving to get swing.
2. Assemble Belay Team and report on Squirrel's plan. Remind Squirrel to move on count of "2" and don't "dive"
3. Stand in location where you can see both the Squirrel and the Belay Team and all can hear your instructions (at either of the far ends of the area (see sketch):
4. Do a walk-through with first participant to mark a Stop Point and for practice for all regarding their roles.

5. **Commands:**

On 1: Everyone is ready and attentive; Belay Team turns to face back towards flagged tree.

On 2: If Squirrel wants to swing, move quickly towards Belay Team.

On 3: If Squirrel is standing still, Team walks to flagged tree and listens for STOP from Naturalist.

OR

If Squirrel wants to swing, Team jogs/runs to flagged tree and listens for STOP from Naturalist.

6. **When to STOP**

If Squirrel starts from a standing position directly under pulley, Squirrel can call STOP at any point. Naturalist relays info to the Team

If Squirrel walks/jogs, Naturalist should anticipate when Squirrel will reach halfway point. This provides the best swing and avoids swinging into supporting trees. Naturalist yells STOP to the Team. If Squirrel wants to go higher, direct the Belay Team to back up, stopping when the knot approaches the pulley.

7. **Lowering the Squirrel Down:** Belay Team should walk forward slowly and under control. On deck person or other designee grabs Squirrel's hands as they approach the ground until feet are fully on ground.

Tips, Tricks & Safety Reminders

- Squirrel is always in charge of their level of experience BUT Naturalist is responsible for all safety and is ultimately IN CHARGE of the activity.
- Take the time to do all safety checks in a methodical manner.
- Nervousness can cause participants to forget - always repeat instructions with each count: "Ready on 1; Squirrel moves on 2, Belayers walk/jog/run on 3."
- If you have a gut feeling that "something's wrong" – be mindful of it and re-check everything.
- Be in-charge! Have the attention of the group before speaking or continuing with the activity. Stop at any sign of fooling around or inattentiveness.