



Tui Ridge Park

ROTORUA NEW ZEALAND

Burma trail

What is a Burma trail?

A Burma trail is a rope trail through the bush and over obstacles. This activity is usually done at night with no lighting aids but can also be run during the day with each participant being blindfolded.

You are in good hands

In order to keep your costs down we are happy for you to look after your selves. Our qualified instructors will give your group leaders a thorough briefing on each step of instructing the Burma trail. Each instructor has been fully trained and is totally competent in every aspect of all the activities and procedures. For an additional cost Tui Ridge can provide an instructor for this activity.

What do I have to wear?

We advise sturdy shoes, relatively comfortable fitting practical clothes. Hats and warm jackets are recommended and a raincoat just in case as it can get cold at the park.

Food and Water

Taps with drinking water are close by the site so you can fill up your drink bottles there if needed. Tui Ridge can provide meals by request but must be booked prior to arrival.

Who can use it?

Any member of the public can hire our Burma trail on any day of the week except Saturdays and subject to booking availability. Prices will vary depending on group numbers and time required. If you are staying onsite then the Burma trail is free of charge.

Contact details

You can book with us by email at tuiridgepark@extra.co.nz or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



Tui Ridge Park

BURMA TRAIL PROCEDURES **This is an adult supervision activity**

DESCRIPTION

The Burma trail is a rope trail set up through the bush. It runs over logs and around trees to create an obstacle course. The trail is designed to be run at night but blind folds will be handed out if the group wishes to run the trail in the daytime.

The trail is run by assembling the group at the start point, and placing each member's hand on the rope. Then the group follows the rope trail through the bush. It must be stressed that no one should take their hand off the rope until they reach the end point of the trail.

GROUP RESPONSIBILITIES

Adults should make themselves familiar with trails before activity
Adults must supervise activity at all times
Adults should be stationed at any hazards along trail during activity
No more than 20 participants at any one time during activity
Adults should be stationed at both start and finish points of activity
Group leaders are solely responsible for the safety and well being of all the group members during activity

TUI RIDGE PARK RESPONSIBILITIES

Tui Ridge Park will point out trails and possible hazards to group leader prior to activity
Tui Ridge Park will maintain the trails on a regular basis
Tui Ridge Park will check the course every two months for any repairs
Tui Ridge Park will make sure trail start and finish signs are in place and maintained

DISCLAIMER

I the under signed have read and understood the procedures for the use of the Tui Ridge Park Burma trails and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____(Group leader) Date: ____/____/____

Group name: _____



Safety Action Plan

Burma Trail

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
Brakes, sprains from slipping or falling	Lack of supervision/instruction Group control	Clear instructions given to group leaders 12/1 student to adult ratios Sturdy shoes	Tui Ridge Host Group leaders	Prior to group using the course At the beginning of each rotation
Head injuries from hitting ground or trees	Going too fast Not concentrating Slippery conditions	Clear instructions given to students prior to going out on course	Group leaders	Prior to group using the course
Possible eye injuries	Broken branches/sharp sticks	Assess course safety Trim branches away	Tui Ridge Park	Every 2 Months
Fear or panic	Afraid of the dark No bush experience People giving frights	Challenge by choice philosophy Emotional sensitivity	Group leaders	Before or after the activity



Safety Action Plan

Emergency Action Plan

If someone is injured:

- Stop activity
- Locate group leader or Tui Ridge Staff member or host
- Leader or TRP staff member to assess injury and apply first aid if needed
- If injury is serious contact Ambulance services immediately
- Notify TRP host if not already done
- Assess if activity can continue

Instructor requirements

- Understanding of Burma trail risks
- Current first aid
- Group leadership skills

Pre activity check list

- | | | |
|--------------------------|--|--------------------|
| <input type="checkbox"/> | suitable shoes | Participants have |
| <input type="checkbox"/> | given | Clear instructions |
| <input type="checkbox"/> | walked/checked earlier by group leader | Course has been |

Additional requirements/Qualifications:

None

