

HAMMOCK LESSON PLAN



STAFF REQUIREMENTS, TRAINING AND RESPONSIBILITIES

Staff that are qualified to lead the activity have been trained on the program standards, local operating procedures and emergency procedures for the site.

Training for CHMK-owned hammocks shall include manufacturer's set-up instructions, safety guidelines, inspection, and maintenance of the hammocks in use at the camp.

Staff that wish to take their own hammock on trip, must get the hammock inspected by the Program Manager or designate. This training must be documented and on file.

PARTICIPANT PREPARATION

Campers must be briefed on the use of hammocks and oriented to any safety precautions prior to use.

Campers shall only use hammocks owned and maintained by the Camp Ho Mita Koda Foundation. If a camper brings their own hammock, it must be inspected by the Program Manager or their designate.

SAFETY AND RISK MANAGEMENT

- Staff shall follow all manufacturer's instructions for set-up and safety. Hammocks or suspension systems shall not be modified from the manufacturer's provided equipment, excepting for repairs or additional reinforcement. Never use plastic zip ties, chain, aircraft cable, or bolts to attach hammocks to trees.
- Staff shall inspect the area underneath the hammock, and within a meter on either side, to ensure that the area is free of sharp objects, rocks, stumps, trash, and any other debris that could cause injury in the case of a fall. Staff shall thoroughly look for yellow jacket nests, ant hills, poison ivy, etc., as well.
- Hammocks shall be tied to live, stable, sturdy trees or to sturdy posts. Avoid trees that bend when the hammock is attached, or trees in wet areas that could become uprooted under load.
- Staff shall ensure the area above the hammock is free from dead limbs or snags.
- Under no circumstances should a hammock be set up so that the lowest part of the hammock, when loaded, is higher than 45 cm (18 in.) off the ground.
- Before every use, the hammock shall be inspected by a qualified staff member, including any hardware, rope, or webbing, and the suspension system shall be checked for snags, fraying, and general wear and tear. If anything suspect is found during inspection, the hammock shall be taken down.
- A qualified staff member shall load test any hammock to ensure it is set up correctly before the hammock is used by campers or other staff.
- On overnights, a second staff member shall double check hammock set-up and safe area.
- Do not stack hammocks. Do not exceed the manufacturer's load capacity or recommended number of occupants for the hammock.
- Do not jump or swing aggressively in hammock.
- The camp shall have a system for managing the use, repair, inventory and replacement of hammock equipment.