

## Helium Pole

### Equipment Required

	No. required	Comment
Pole	1	Collapsible tent pole

### Set Up / Assembly

1. Set up the pole and leave it out of the way
2. Split group into two equal halves
3. They line up facing each other, with both of their index fingers pointing 'gun style' at their opposite number. They must stand close enough so that their hands are next to the adjacent opposite person's.
4. Brief the group and don't lay the pole on their hands until last minute – KEEP HOLD OF THE POLE!

### Operator Instructions

The pole is laid across the top of everyone's hands, with the top of their index fingers in contact with the pole – No hooking thumbs over the top

The team are instructed that they must *lower* the pole to floor level, without anyone breaking contact. The instructor lets the end of the pole go...

This is (or can be) a conflict game – tempers can run high. Be prepared to stop the exercise if required.

I have read and fully understand the risk assessment, assembly, operating & briefing instructions and any other safety procedures in relation to:

### Helium Pole team building exercise

Signed:

Date:

Event Manager / Trainer Signature:

Print:

Print:

Risk Assessment for:  
 AR Entertainments  
 Mount Pleasant Way  
 Stokesley Business Park  
 Stokesley North Yorkshire  
 TS9 5NZ

**ASSESSMENT UNDERTAKEN**  
 Date:  
 Assessor:  
 Activity / Equipment: Helium Pole

**ASSESSMENT REVIEW**  
 1<sup>st</sup>: 03 – 09 – 2014

Significant Hazard	People at Risk	Control Measure
Caught by end of pole	Participants Operator	Care to be taken when moving equipment
Splinters from pole	Participants Operator	Split / Broken pole sections to be replaced