General Guidelines for Bungy Jumping and Pendulum Jumping

1. Staff at jump facilities (bungy, pendulum jump)

Bungy and pendulum jump specialists work at commercial jump facilities where customers, secured on a rope, make a jump with free fall. A distinction is made between two types of jump facility: facilities for **bungy jumps** on an elastic cord with rebound, and facilities for **pendulum jumps** (also called canyon swing or swing) on a static rope, where customers typically jump into the pendulum swing that gives the jump its name.

2. Purpose of the guidelines

The guidelines set out the requirements for operating commercial jump facilities and govern the training of full-time and part-time jump facility specialists at different levels. They also regulate how nature and the environment are treated.
Customers should be able to make bungy and pendulum jumps properly equipped, under expert leadership and with the greatest possible safety.
Terms used in these guidelines such as specialist, operator, customer etc. refer to persons of all genders.

3. Training and further training of Jump Masters and jump specialists

3.1 The following qualifications are distinguished for staff at jump facilities:

- Level 1A: Pendulum Specialist
- Level 1B: Bungy Specialist
- Level 2: Jump Master

3.2 The structure of the training, the admission requirements and the training content are set out in the training guidelines (see appendix). As a rule, the SOA offers a non-compulsory introductory course when needed and holds the final exams for the three qualifications. The training itself is provided by the operators.

3.3 Staff at jump facilities must undertake further training. This is to maintain the level of knowledge and skills acquired and adapt it to new developments.

3.4 The SOA Bungy Section decides on the recognition of training courses and the classification of other qualifications for the attention of the expert commission of Safety in Adventures.

4. Rights and duties of Jump Masters and jump specialists

4.1 **Pendulum Specialists** are entitled to work on pendulum jump facilities in accordance with an operator's safety concept. With sufficient experience (at least two seasons of full-time employment), they may also train Pendulum Specialist candidates on behalf of an operator in accordance with the SOA guidelines.

4.2 **Bungy Specialists** are entitled to work on bungy jump facilities in accordance with an operator's safety concept. With sufficient experience (at least two seasons of full-time employment), they may also train Bungy Specialist candidates on behalf of an operator in accordance with the SOA guidelines.

4.3 **Jump Masters** (and all SOA Bungy Jump Masters up to 2014) are entitled to work on all types of jump facility (bungy and pendulum jump) in accordance with an operator's safety concept. They may also train candidates as Pendulum Specialist or Bungy Specialist on behalf of a company in accordance with the SOA guidelines. A Jump Master may also train candidates as Jump Master under the following conditions:

- at least 3 years of professional experience
- recommendation from the company

5. Rights and duties of operators

5.1 An operator is anyone who runs a jump facility, advertises its jump offers, makes the necessary preparations, determines the schedule, deploys the responsible jump specialists and is in charge of the organisation.

5.2 In Switzerland, operating jump facilities for bungy jumping and pendulum jumps is subject to the risk activities legislation. An operator must therefore draw up a safety concept, have it certified and then apply for a permit. Further information can be found on the website of the Federal Office of Sport FOSPO (BASPO).

5.3 Operators must take out all necessary insurance, in particular business liability insurance. Details are governed by the risk activities legislation.

5.4 Operators and responsible Jump Masters and jump specialists have the following tasks:

- Setting up and securing the jump facility
- Drawing up a safety concept, to be certified by Safety in Adventures
- Obtaining the operating permit in accordance with the risk activities legislation
- Employing qualified staff and briefing any assistants
- Instructing and equipping participants
- Briefing, including information on the risks of the jumps and the requirements for participants

- Deciding whether the jumps go ahead

6. Requirements for jump participants

6.1 Taking part in bungy or pendulum jumps requires good health. People with health problems should seek medical advice and inform the jump facility staff of any problems.

The operator is entitled to set further requirements (e.g. minimum age, minimum height, minimum or maximum weight) for its offers. The operator is entitled to have participants confirm in writing that they meet these requirements.

6.2 Participants must follow the instructions of the jump facility staff.

6.3 Participants must take out their own accident insurance.

7. Safety plan and rescue

7.1 The safety concept must be drawn up by the operator. It also includes emergency planning and details on rescue.

7.2 Every staff member at a jump facility knows the safety plan for that facility, including equipment, requirements, procedures and emergency planning.

7.3 In the event of serious accidents, the operator or the responsible jump specialist notifies the police.

8. Nature and the environment

Operators and jump specialists protect nature and the environment. In particular, they ensure environmentally friendly access to and from the jump facilities, considerate behaviour towards nature along the way and good relations with neighbouring landowners.

9. Further development of the guidelines

These guidelines are as of January 2016. They are reviewed periodically by the SOA and updated where necessary.

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Jump Master leader training – structure (summary of the training guidelines)

Level	Title: role	Admission	Outline content	Duration
0	**Introductory course specialist** jump facilities	- 18 years - Basic knowledge of knots recommended	- Introduction to working on bungy facilities (approx. 1 day) - Equipment knowledge (approx. 1 day) - Introduction to working on pendulum jump facilities (approx. ¾ day) - Short exam (approx. ¼ day)	3 days
1A	**Pendulum Specialist exam**** Entitles the holder to work on pendulum jump (canyon swing) facilities	- 18 years - Samaritan certificate (incl. CPR course) or equivalent training - practical experience working on pendulum jump facilities (at least 250 jumps or 25 days as an assistant on an existing facility); the introductory course can be credited as 5 days* - Exam recommendation from the person responsible for training at a company that operates a pendulum jump facility	The exam consists of a theory part and a practical part. Content: - Normal operation / daily practice of pendulum jump facilities - Emergency planning/safety concept/rescue - Knowledge of the operations manual (of your own jump facility) - Basic rope techniques (knots/pulley systems etc.) - Inspection/maintenance/storage/equipment knowledge - Jump records - Administration - Psychology (leading staff/stress/fear, dealing with customers) - FAQ - Mastery of the jump types - Health/medicine - Leadership/personality (short talk/presentation)	1 day

1B	**Bungy Specialist exam**** Entitles the holder to work on bungy facilities	- 18 years - Samaritan certificate (incl. CPR course) or equivalent training - practical experience working on bungy jump facilities (at least 400 jumps or 40 days as an assistant on an existing facility); the introductory course can be credited as 5 days* - Exam recommendation from the person responsible for training at a company that operates a bungy jump facility	The exam consists of a theory part and a practical part. Content: - Normal operation / daily practice of bungy jump facilities - Emergency planning/safety concept/rescue - Knowledge of the operations manual (of your own jump facility) - Basic rope techniques (knots/pulley systems etc.) - Assessing bungy cords/construction principle - Inspection/maintenance/storage/equipment knowledge - Jump records - Administration - Psychology (leading staff/stress/fear, dealing with customers) - Physics (terms/calculations related to bungy jumping) - FAQ - History of bungy jumping - Mastery of the jump types - Health/medicine - Leadership/personality (short talk/presentation)	1 day
2	**Jump Master exam**** Entitles the holder to work on all jump facilities	- 18 years - Samaritan certificate (incl. CPR course) or equivalent training - practical experience working on bungy jump facilities (at least 400 jumps or 40 days as an assistant on an existing facility) and pendulum jump facilities (at least 100 jumps or 10 days); the introductory course can be credited as 2x2.5 days	The exam consists of a theory part and a practical part. Content: - Normal operation / daily practice of bungy AND pendulum jump facilities - Emergency planning/safety concept/rescue - Knowledge of the operations manual (of your own jump facility) - Basic rope techniques (knots/pulley systems etc.)	1 day

		* - Exam recommendation from the person responsible for training at a company that operates a bungy jump facility Persons who have passed both the Pendulum Specialist and the Bungy Specialist exams separately automatically also receive the Jump Master qualification.	- Assessing bungy cords/construction principle - Inspection/maintenance/storage/equipment knowledge - Jump records - Administration - Psychology (leading staff/stress/fear, dealing with customers) - Physics (terms/calculations related to bungy jumping) - FAQ - History of bungy jumping - Mastery of the jump types - Health/medicine - Leadership/personality (short talk/presentation)	

*The 3-day introductory course can be credited as 5 days towards the exam requirements of the three possible exams.

**Exams are held on request. The exams are based on the operations manual of the training company. The operations manual must therefore be sent to the person responsible for the exam at least five weeks before the exam. Confidentiality is guaranteed.