



SAFETY IN ROCK WORK

***This is the most important part of Rock Work (as well as the entire weekend):
the safety of everyone who attends and staffs.***

- **Physical Safety**

- The “Physical Issue” Question “Do you have any physical issues that we need to be aware of? If at any time any thing comes up will you let us know?”
- During every process, particularly “anger processes” where there is physical exertion be aware of:
 - Any issue the attendee shared with you at the beginning of the process.
 - Does the process you are choosing create a safety risk given the person’s physical issue? (Eg., bad knee/back, a surgery, ... any body part impacted)
 - Removing glasses or any object which could harm someone during the process.
 - When using props (ropes, belt, blanket,...) which might impact the physical comfort of the attendee. Ask: *“Is this okay?” “Is this comfortable?”*
 - Monitoring the physicality of every process.
 - Is everyone involved in the process physically safe?
Eg., Gauntlet, Pile on, Pulling ropes.... Any physical process where the attendee and the people involved in the process are pushing, pulling, being met with resistance, etc.
Are the people involved physically safe?
CHECK IN WITH THEM BEFORE AND DURING THE PROCESS (EVEN AFTER).
 - In preparing your Rock Work staff team before Saturday afternoon, check in with them about their own physical needs. Ask them to take care of themselves by communicating when they cannot participate in certain processes due to physical issues.
 - **See Updated Rock Work Manual Stage One for more details on Safety in the process for all attendees and staff.**

- **Emotional/Mental Safety**

- Following the attendee during Rock Work as opposed to leading (potentially manipulating) the attendee with your own agenda or lack of awareness of what the attendee actually wants and needs.
- When an attendee says “I don’t want to do this (Rock Work)” we do not want to force them to do it.
- Do not force or try to convince a person to do work on a specific issue if they do not want to or if they are resistant/reluctant to do so.
- See STAGE ONE Manual for instructions on how to work with this scenario.

- **Spiritual Safety**

- Anchoring the Rock Work experience with a Biblical Foundation
- Prayer time
- During Rock Work communicate the “Key Themes” which address spiritual principles
- Referring to specific Scripture throughout Rock Work to give attendees a connection between the mental/emotional work and their Christian faith.
- *Neglecting this spiritual foundation creates a lack of safety where attendees are anxious, skeptical and resistant.*