# 16 Facilitate Group into Harnesses

## How to Get a Manager Check-Off

Have a manger observe you leading a group in the “harness talk.”

## Procedure Details

Provide clear instructions:

* How to prepare yourself to put on the harness.
* How to distinguish the front and the back.
* How to step into the harness.
* How high the harness needs to be.
* How tight the different straps need to be.
* How to double back.
* How to get checked.
* What to do if you need to use the restroom.
* How/when to take it off.

Also, demonstrate group management skills.