

St.Bartholomews Church Great Gransden - Bell Ringing Training Record

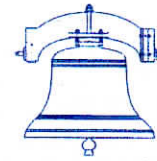
Name

D.O.B. and Age if under 18

--	--

Telephone No

Start date



		Date	Initials	Notes
1	Permission to ring			
a	If under 18, appropriate permission to ring must be obtained by parents.			
2	Visit to the belfry			
a	Safety First			
	Restricted access			
	Danger from bells which are up			
b	Bell fittings - how they work			
c	Bell up / down			
d	Rope attached to wheel			
e	Stay and slider			
f	Demonstration of bell			
3	Teaching Bell Handling			
a	Safety First			
	Teacher is in charge and fully responsible for the student.			
	If told to let go - do so immediately.			
b	Student must listen carefully and must not be afraid to ask questions.			
c	Teacher must ensure that instructions are understood and followed by the learner.			
4	Understanding the Bell Rope			
a	Parts of a bell rope			
b	Tug of war - rope does not work under compression.			
5	Check if the bell is up or down			
a	Hold tail end and gently pull the sally to see if the bells swings.			
b	Compare this with bell which is up.			
6	Demosntrate need to pull harder at handstroke			
a	Pull off at backstroke and let the bell stand.			
b	Pull off at handstroke - bell will not stand.			
7	Standing Position			
a	Standing in correct place			
b	Position of feet			
c	Holding the bell rope - relative position of hands			
d	Rope always in front			
e	Safety First			
	If using a box, always keep feet within the perimeter.			

Use of this form. The teacher must cover all items listed and date and initial each one to confirm that they have been explained to the student.

St.Bartholomews Church Great Gransden - Bell Ringing Training Record

Name

D.O.B. and Age if under 18

--	--

8	Backstroke			
a	Position of hands.			
b	Looking straight ahead.			
c	Let rope take hands up.			
d	Pull down immediately keeping rope tight.			
e	Do not pull hard.			
f	Feel the bell through the rope.			
9	Handstroke			
a	Hand Ring exercise.			
b	Position of hands.			
c	Lift bell off the stay to the balance and release back gently.			
d	Touch and Go method			
e	Rest hands low and in front of body after releasing the sally.			
f	Pull harder than at backstroke.			
g	Feel the bell through the rope.			
h	Use counting technique to catch the sally. 1,2,3 catch on three.			
10	Standing the Bell			
a	Natural progression from section 9c and 9h			
b	Feel the bell through the rope			
11	Both Strokes Together			
a	Use of dummy tail end?			
b	Dry run - practice transfer of rope in hands.			
12	Ringing a Bell Up			
a	Dry run - practice taking and releasing coils.			
b	Releasing coils when rope tightens on fingers.			
c	Pull less hard as bell reaches the balance.			
d	Release the last coil from the thumb.			
13	Ringing a Bell Down			
a	Dry run - practice taking coil by creeping the fingers up the tail end and slipping the rope to make a coil.			
b	Managing the sally when bell is coming down.			
c	Keep rope in front of you at all times.			

	Attendance	(Record until tied bell practice has been completed)	
1	First lesson		
2	Subsequent lessons		
3			
4			
5			
6			
7			
8			
9			
10			

Use of this form. The teacher must cover all items listed and date and initial each one to confirm that they have been explained to the student.