



SELF LED ACTIVITIES

ADVENTURE COURSE – WOODHOUSE PARK

Session Aim

This session encourages communication and cooperation and helps children build confidence, developing balance and coordination as they navigate their way through the course, supporting and spotting for each other as they complete.

Session Outcomes

- Learn to spot effectively and manage risk for others
- Develop balance and coordination skills
- Plan and communicate with team members

Ratio, Supervision and Ages

Instructor Ratio: 1 Instructor: 12 Participants

Max Group Size: 12 + 1 supervising adult

Activity restrictions: Minimum age 5 years.

Equipment for session (*Optional items)

Session Requirements

- Helmets
- Games equipment (i.e. Water, tennis balls)

Participant requirements

- Appropriate clothing for conditions

Instructor requirements

- Radio if available
- First Aid Kit

Session Requirements

(Timings are for guidance only, all items included below must be adhered to, further guidance on coaching, setting up the activity and training activities is included in the Technical Support Document)

Time	
Pre Session	Set up the equipment for the activity. <ul style="list-style-type: none">○ Flush water for 30 mins before session, Turn OFF before session starts.
0 mins	Meet the group <ul style="list-style-type: none">○ Ensure the group are wearing correctly fitted helmets.○ Ensure the group are wearing sturdy footwear.○ Take time to talk through the safety briefing below○ Check the weather conditions.
5Min	Safety Briefing <ul style="list-style-type: none">○ Emphasise that the course will require teamwork to complete, help each other.○ Helmets must be worn at all times.○ Some of the platforms may become slippery to use caution when crossing them.○ Some elements require supervision in case participants get into difficulty.
15 Min	Main Session Content <ul style="list-style-type: none">○ Explain the different elements○ Divide into groups, to include spotters○ Start groups at different points around the course, use leaders to help with group control.○ Ensure safe use of each element.○ Include games such as relay races, timed sections etc.
85 Mins	Review <ul style="list-style-type: none">○ Conduct a suitable active review
Post Session	End of session <ul style="list-style-type: none">○ Collect all equipment from participants and report any damage○ Return all equipment to the appropriate store or secure the activity area if it is being used again over the day.

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Please return all equipment to the Store when finished.