Confidence Course

This is a **non-instructed activity**. Your group leaders will need to run this activity on their own. ***Please bring a stop watch and pens with you***. Scoresheets will be provided.

Introduction and Overview

The Obstacle course at Tui Ridge Park is a competitive and challenging activity that can be run either as a race between two participants (There are two of each element), as a time trial against the clock, or as a single or double team activity. The 9 elements or activities require physical participation such as crawling, running, climbing, swinging etc. These activities are in the order as set out below. Each activity and the procedures to facilitate this activity will be outlined in the following document.

1. Balance Beam

Description – The balance beam has two parallel beams just under a metre off the ground and about eight metres in length. The beams do not run straight; they change direction and then change back again before the end.

Objective - The participant has to cross the beam from start to finish without falling off. If they fall off or touch their spotters they must start the activity again.

Risk management – As this element is off the ground each participant will require two "spotters", people who walk alongside them on the ground with arms out in bumpers up position, ready to catch or support them if necessary.

***Note*: Spotters should be physically able to support the participant if they should fall.**

2. The Wall

Description - The wall is two metres high and one and a half metres wide. It is smooth and flat on the front and has a platform about halfway up the back.

Objective - Participants need to climb up and over the wall and then down the other side. Once over the wall the participant stands on the platform at the back to climb down, or to help lift another team member up and over the wall if completing a team pursuit.

Risk management – This element requires some climbing and includes some height and therefore will also require the use of spotters, either non participants or other team members.

3. The Crawl

Description – The crawl is two and a half metres long and one and a half metres wide. It has two horizontal beams, one at each end, over which a net has been hung which is approximately twenty centimetres off the ground.

Objective - Participants need to crawl under the net that is stretched between the two horizontal beams.

Risk management – Making sure the ground beneath the net is clean and clear of any hazards such as blackberry or thistles will minimise any potential injury.

4. Bouldering Wall

Description – The bouldering wall is a three metre high wall that has climbing holds bolted to it for the participants to climb. The top of the wall is level with the bank behind it.

Objective – Participants have to climb up and over the wall, and onto the ground behind it using the climbing holds provided.

Risk management – Each participant requires two spotters situated at the bottom of the wall.

5. Pipe Crawl

Description – The pipe crawl has two "L" shaped concrete pipes buried in the ground. The top entrance of the pipe is covered with a lid which will need to be removed before starting the activity. Inside the down pipe are ladder rungs.

Objective - Participants climb down the upright section of the "L" shaped concrete pipe using the ladder rungs provided. Once they have climbed down they need to crawl along and out of the horizontal section of pipe, finishing on the bark covered ground at the opening.

Risk management – Participants need to make sure that they do not bump their heads against the concrete while climbing down or out of the pipe. The potential for scraped elbows or knees is also to be noted. Participants must climb down using the ladder provided and not jump.

6. Monkey Bars

Description – The monkey bars is made up of three stages with a ladder at each end. The first stage has ladder rungs that rise slowly to the highest point. Then there are criss cross rungs, and then finally a single bar that lowers down to the ladder at the far end.

Objective - Participants climb up one end of the bars and, swinging from their arms move hand over hand along all three stages, the ladder rungs, the criss cross rungs and then down the single bar to the end where they will climb back down onto the ground.

Risk management – As this element contains climbing and height a spotter or catcher will need to be on the ground ready to break a fall if one does occur.

7. Suspended Fish Net

Description – The suspended fish net has been suspended a metre and a half above the ground. It is supported by and hung across a wooden and steel frame. There are a set of two stairs at each end of the net.

Objective - Participants will climb the two steps to the suspended net. They will then proceed to roll head first, or crawl, across the net to the other side where they will climb off and descend the two steps back to the ground.

Risk management – If rolling, the participant needs to make sure that they roll straight so that their legs and feet land on the net and not on the edge of the construction. Spotters should provide guidance for participants as they cross.

8. Cargo Net climb

Description – The cargo net climb is a three metre high nearly two metre wide wall that has a cargo net attached to both sides. The net is bolted through eyelets to the top bottom and sides of the wall and has crash pads situated at the bottom of both sides.

Objective - Participants climb up and over the wall using the cargo net as a ladder, then climbing back down the other side the same way.

Risk management – The use of two spotters per participant is required for this activity on both sides of the wall and care taken that arms and legs do not slip through the holes in the net. Participants must climb all the way down and are not permitted to jump.

9. Under Over

Description – The under over has five beams like hurdles spaced over nearly four metres. The beams alternate high and low, with the low beams being half a metre off the ground and the high beams being 80cm off the ground.

Objective – Participants need to climb over the low beams and under the higher beams. The five beams make this activity: Over, under, over, under, over.

Risk management – Care should be taken that the participants' heads do not bump against the beams they are climbing under and that their shins do not bump against the beams they are climbing over.