



## **UN-INSTRUCTED ACTIVITIES**

**Please note that all uninstructed activities will be run by YOUR group leaders. Please ensure all instructions have been read prior to coming to camp. TRP will provide the resources for each activity. Please bring pens and stop watches for these activities.**



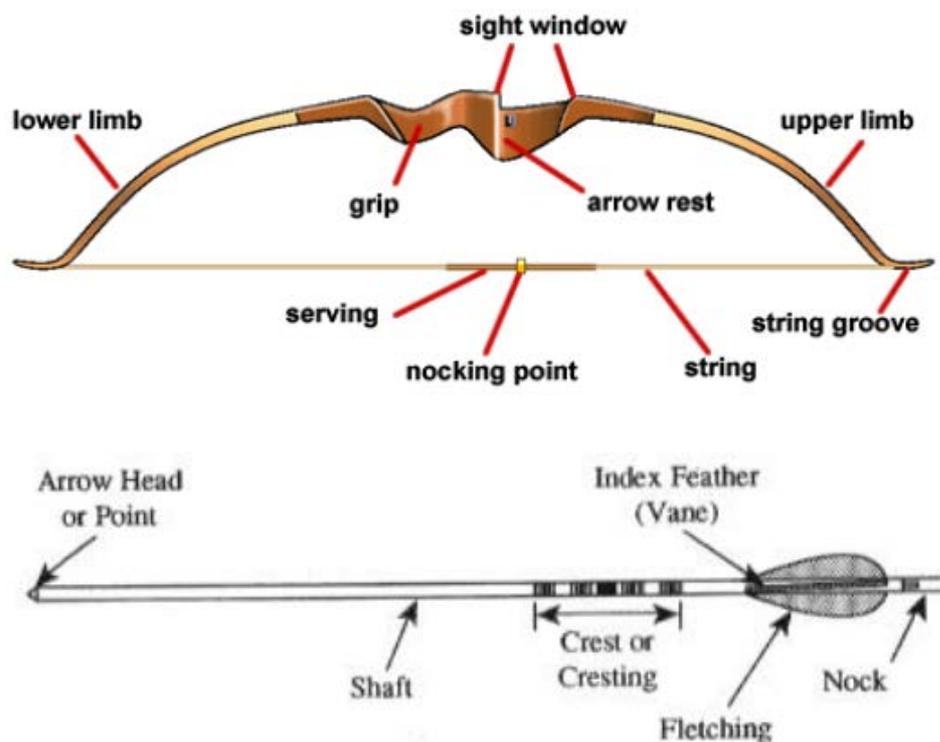
# Archery

## Quick Notes:

- Make it fun!
- Go through parts of the bow / arrow
- Show how to safely with cock feather pointed away from Bow
- Start shooters at 4m, move to 6m as they progress
- Ensure every child gets an opportunity and help those in need of assistance

## Archery Safety Guidelines:

- Establish a defined shooting line
- Only archers on the shooting line
- All students behind shooting line while shooting is in progress
- Once arrows are spent, bows on ground while archers retrieve arrows
- Ensure loaded bows are pointing only towards targets
- Safety is most important
- Never dry fire a bow





# 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.



# **Burma Trail**

## **What is a Burma Trail?**

The Burma trail is a rope trail set up through the bush. It runs over logs and around trees to create an obstacle course. The trail is designed to be run at night.

## **Group Instructions:**

- The group should assemble at the starting point - this is found in the Ampitheatre
- Everybody should be wearing closed in shoes
- Place each group member's hand on the rope and send them off in small groups or individually
- The group follows the rope - over obstacles and through the bush
- No-one should ever take their hand off the rope - not until they reach the end point.
- The group can call out encouragement and warnings to the people behind them... or they can be instructed to be silent, making the activity even more challenging!

## **Leader Instructions:**

- Teachers could add a bit of fun to the activity by hiding in the bush and making animal noises or squirting the participants with water pistols.
- Group leaders should bring torches with them in case of an emergency
- Group leaders should bring a basic first aid kit with them to this activity
- Group leaders should be at the start point - ensuring people have their hand on the rope
- Group leaders should be at the end point to collect the group as they finish



# Team Building



## Moon Ball

**Group size:** 2+

**Objective:** For the group to keep the ball off the ground for as many hits before a foul occurs.

**Gear needed:** One rather large bean ball / gym ball

### **How its done:**

Basically, get the team together and inform them of the rules below. Once they are familiar with the rules, give them a dummy run and then get into it!

### **Rules:**

You must stop counting when a foul occurs.

A foul is when: -The same person hits the ball twice in succession (like volleyball)

-The ball makes contact with the ground.

-You can have as many attempts as the team wants.

-You can rebound off walls, trees, fences, cars, roofs, etc. so long as the ball does not leave the ground.

**Note:** as this is a goal setting activity get the team to set a goal of how many hits

they think they can achieve without fouling.

### **Debrief**

#### **ideas:**

Did the group set their goals low? Why?



# Team Building



## Toxic Waste

**Group size: 4+**

**Objective:** To retrieve the life saving serum from the centre of the toxic waste puddle. **Gear needed:** Large rope or cones to mark out boundary. Four ropes and a container half full of water (serum). Container should be open topped to make it interesting.

## **How its done:**

Set up an area as shown below and then explain to the team what the objective is. Then explain the rules as set out below.

## **Rules:**

- No one can walk in the toxic puddle.
- They can only use the gear provided (the 4 ropes)
- If they spill the serum they can start again (don't tell them this until it happens)

**Note:** To make it a little more fun and a bit of a laugh, make up a scenario/story; it could go something like this. “A mad scientist, the toxic avenger, has created a deadly virus that is about to be unleashed upon the world. Luckily the UN scientist have discovered a life saving serum and were about to distribute the first batch of the serum when the toxic

avenger broke into their lab, destroyed all the data and research and stole the first and only batch of serum. Being a mad scientist the toxic avenger, rather than destroy the serum, placed the serum in the middle of a toxic puddle. You and your great CIA team have located the serum and now must try and retrieve it without spilling a drop! Good Luck, the fate of the world is in your hands.”



# Team Building

## The Magic Hat

### **Objective:**

You and your team must go on a hike through an enchanted forest and you have come to a mysterious river that you must cross. You've noticed that the river seems to be filled with a type of acid that will completely consume you if any part of your body touches the river. Fortunately before you entered into this forest you were given a hat that you were told has magical powers. That hat can protect the wearer from the hazards of the river.

However, as with everything there is a catch. You can only wear the hat for one trip across the river. After that, it will no longer work for that wearer. Also the hat cannot be thrown back across the river, as losing contact with the hat will make it lose its powers.

You must get all your team members onto the other side of the river.

It can be done so good luck.

### **Rules:**

- Individuals can wear the hat once, one way, across the river.
- The hat cannot be thrown back across the otherside.
- People can be carried.
- Only the person wearing the hat is protected from the river, anyone being carried must not let any part of his or her body touch the river.
- Anyone who touches the river must go back to the start.



### ***Solution:***

The solution is simple. You will have to carry more than one person across at a time. So start flexing your muscles. (Don't tell the group the solution unless they are running out of time)

# Team Building



## Icebergs

### **Objective:**

To get the whole group over the “water” without losing too many icebergs.

### **Gear Needed:**

As many blocks of wood as members in your group

### **How it’s done:**

Get the group to take a block of wood each and tell them it now becomes their own personal iceberg. The group must not lose contact with any of the blocks, doing so will mean the block in question will be confiscated. They must devise a method of getting the team across trying not to loose any blocks.

### **Rules:**

- If you touch the ground with any part of your body you lose one iceberg
- If any of your team breaks physical contact with an iceberg it will be taken off the team.
- You can practice as much as you like, behind the start line. But once over the line you have begun

- Only one person needs to be in physical contact with a block.



### ***Variation:***

The team could opt to go back and start again rather than lose an iceberg.

# Top Team

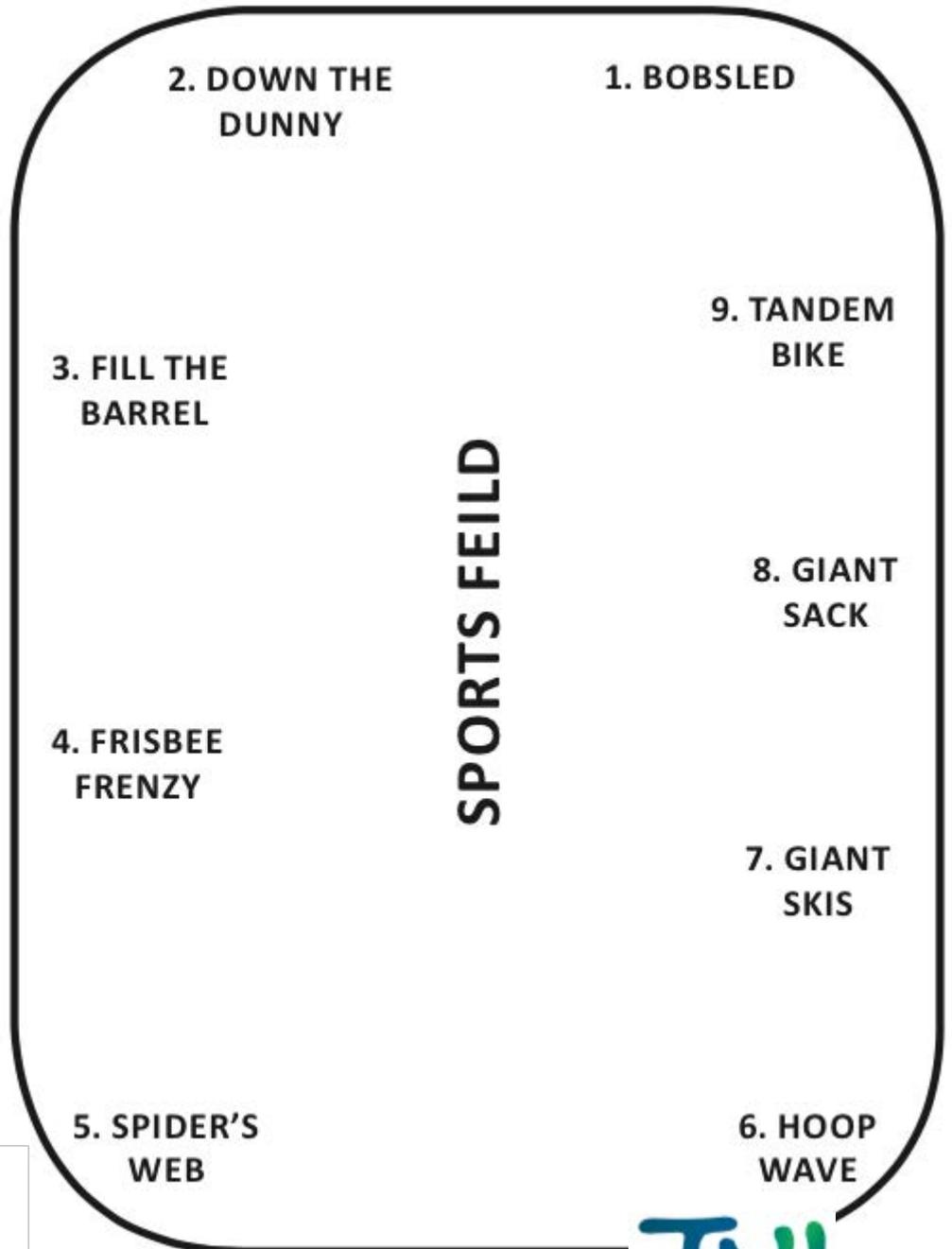


## INSTRUCTIONS

To get as many points for their team as possible and have heaps of fun in the process. You will be split into nine teams. The nine teams will rotate every eight minutes until each team has completed every activity. When the hooter blows they must quickly go to the next activity. Teams will rotate in the same order 1 through 9, for example if your team starts at activity 9 the next activity will be 1 and so on.

## ACTIVITY ORDER

1. Bobsled
2. Down the dunny
3. Fill the barrel
4. Frisbee Frenzy
5. Spiders Web
6. Hoop Wave
7. Giant Skis
8. Giant Sack Jump
9. Tandem bike



## Setup



# BOBSLED

## INSTRUCTIONS:

Team must work together to get the bobsled around the course as many times as possible. With each circuit there must be a new team of three. Two push from behind, and one sits and steers in the bobsled using the rope.



● DOTS MARK COURSE FOR BOBSLED



# DOWN THE DUNNY



## INSTRUCTIONS:

Team must attempt to get as many balls “down the dunny” as possible. 2 points for every ball.



# FILL THE BARREL



## INSTRUCTIONS:

You have a large barrel full of holes. Your team must try and fill the barrel with as much water as possible in the time allotted. Use the times at the tap to fill your barrel. The outside of the barrel has points marks on it- score from those marks.

**BARREL**



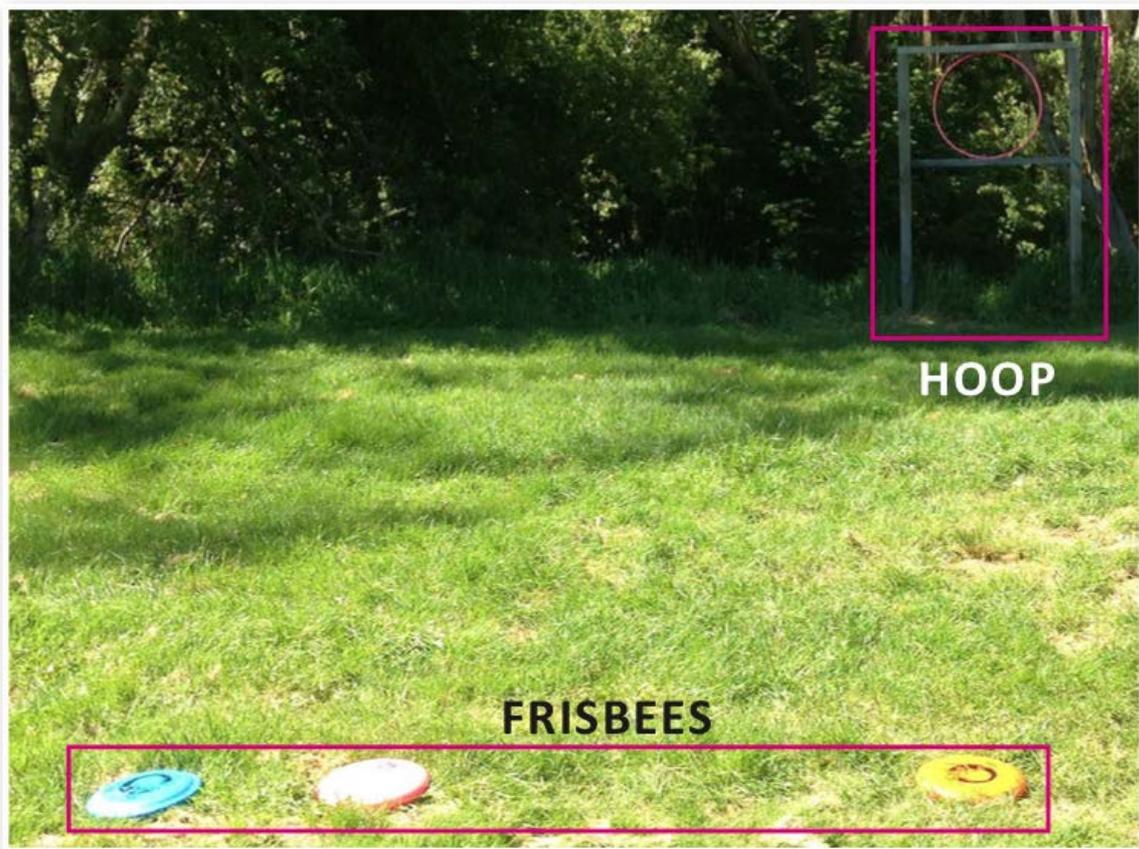
**TAP AND TINS**

# FRISBEE FRENZY



## INSTRUCTIONS:

The team has to throw the frisbee through the hoop from the mark. For every frisbee through the hoop you get 2 points. Try and get as many points as possible!



# SPIDERS WEB



## INSTRUCTIONS:

Team must try to get as many members as possible through the spider's web in the time allotted. They can use any hole. You cannot touch any part of the web or its frame, no points will be awarded for those that touch. If the whole team makes it through and there is time left they can continue on.

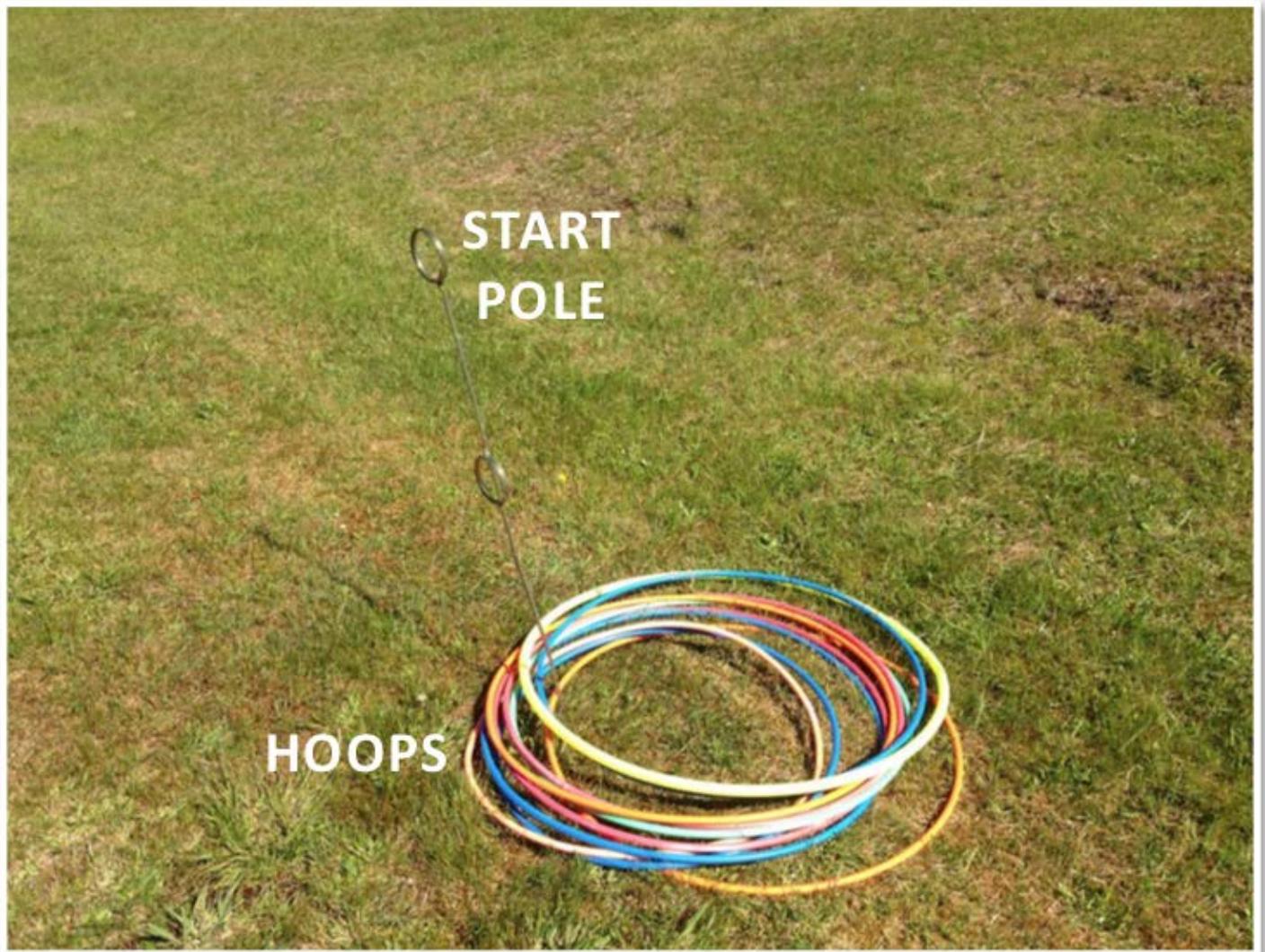


# HOOP WAVE



## INSTRUCTIONS:

Team members hold hands in a line, first person stands inside the hoops on the start pole, last persons free hand is on the return pole and they stand in the hoops as they arrive. They must stay joined the whole time. 1 point per hoop.



# TANDEM BIKE

## INSTRUCTIONS:

Two of the team members must ride the tandem bike through the slalom course, both there and back. Then two other team members have a go until everyone has been through. If there is still time they can go again. 5 points for each team of two that successfully returns.



# GIANT SKIS



## INSTRUCTIONS:

Team must travel as far as they can on multi person grass skis. 10 points for each time they return from the far cone.



# GIANT SACK JUMP

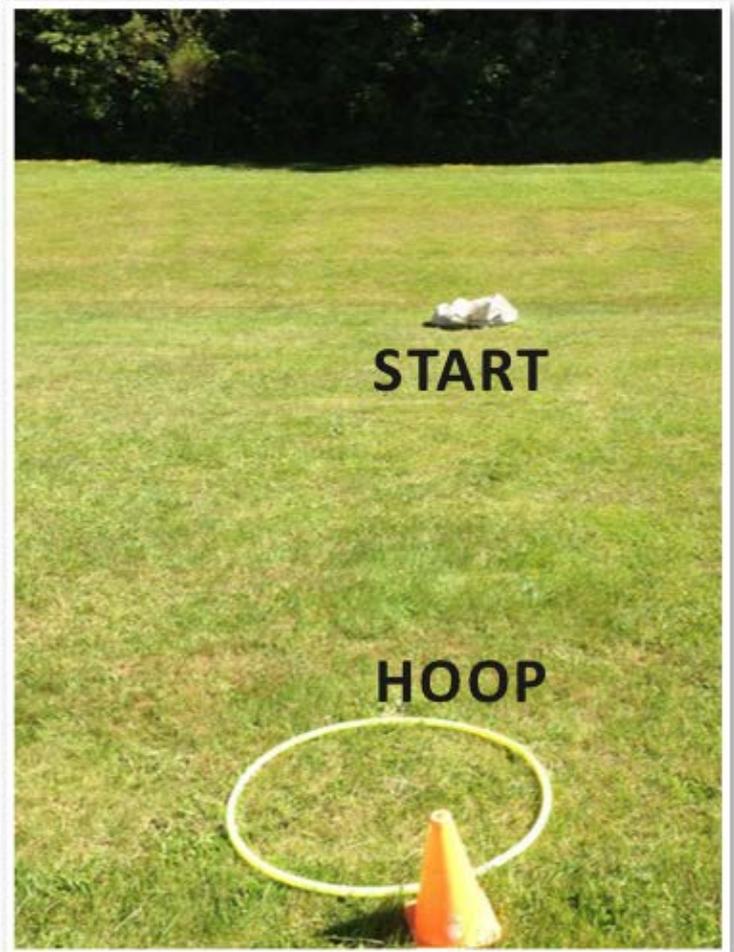


## INSTRUCTIONS:

Course is from start to the last cone carrying a ball with you. 5 points for each ball placed in the hoop at the finish line. Each team has 8 minutes to see how many balls they can place in the hoop. The whole team must complete the activity. You must have a minimum of 4 people in a sack. You cannot have people outside the sac helping once you cross the start line.



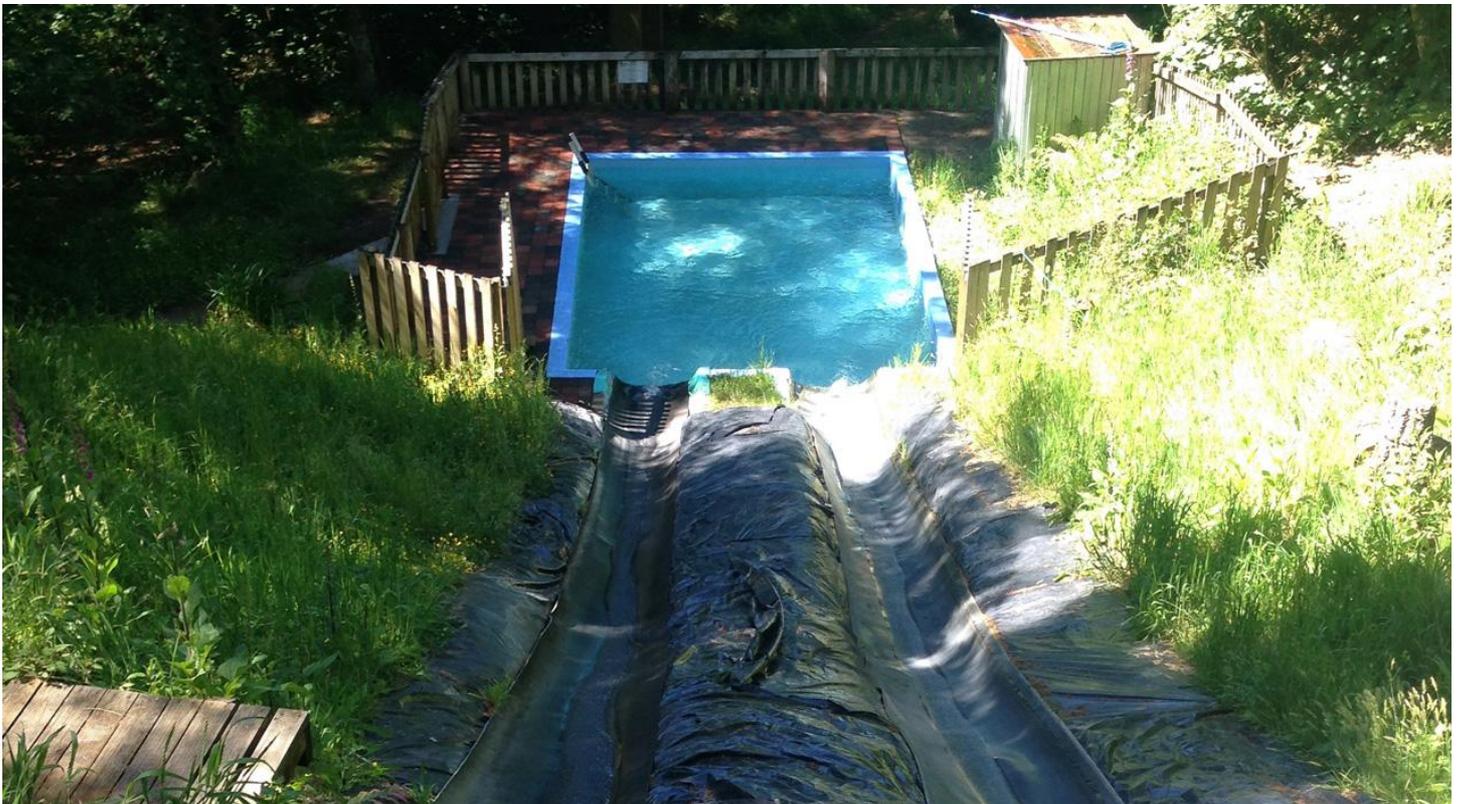
**GIANT SACK**



# WATERSLIDE RULES



1. Only one person down a slide at a time
2. Pool must be clear before next person goes down slide
3. You must go down the slide feet first and on your bottom  
(seated position)
4. No trains (or form of trains) allowed
5. No pushing or running around pool or slide area
6. Footwear is recommended
7. Activity must be supervised by an adult at all times
8. Slide is used at participants own risk



# Frisbee Golf

## Objective of the Game

Disc Golf is played like traditional “ball” golf, but with flying discs instead of balls and clubs. One point (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

### SAFETY FIRST

Never throw when players are within range. Always give park users the right of way. Be aware of your surroundings and environment.

1. Start at the first point, standing \_\_m away from the target net. Record how many throws it takes for each player to get the frisbee into the net.
2. Once everyone has had their turn, move on to the next point. Continue on until finished all target nets.
3. Tally up individual points, whoever has the least amount of throws wins!

Name: \_\_\_\_\_

HOLE	Number Of Throws
1	
2	
3	
4	
5	
6	
7	
TOTAL	

