



# Camp Rumbug Activity Descriptions

## **Abseiling\***

Determination and courage are rewarded with an overwhelming sense of achievement for the student who manages to walk backwards over the edge of a climbing tower, under full supervision of a PGL instructor. In addition to learning a new skill, abseiling enables students to understand risks and how to control them.

## **Aeroball**

A cross between trampolining, basketball and volleyball - it's an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball in the opposing players net. As well as being lots of fun, your students will develop team tactics and improve communication skills along the way.

## **Archery\***

Our qualified archery instructors teach basic archery skills - students will need accuracy, control and a steady hand. The instructors encourage students to develop their technique and show awareness of all safety measures.

## **Bushcraft**

Learn basic survival skills in an on-site wilderness environment, building a shelter, water filtration, knot craft and signalling are some of the many skills developed by the group. Key responsibilities will be identified and shared by the team who will work together to get the most from the 'wilderness' experience.

## **Flying Fox\***

Travelling at high speed suspended and harnessed from an overhead cable isn't something forgotten easily! Determination, courage and exceeding limitations are qualities often observed.

## **Giant Swing\***

The ultimate test of nerve and decision-making! A member of the group is harnessed into the Giant Swing and then hauled up to 10 metres into the air by the rest of the group. When the instructor and the person in the swing both agree, the instructor releases the ripcord and the person swings towards the ground at high speed. The question is...how high will you go?

## **Initiative Exercises**

Students participate individually and as part of a team to complete a number of mental challenges, some of which may also require some physical ability to complete. Planning, making decisions and communicating with each other are all skills required in order to accomplish a set task.

## **Low Ropes Course**

Less than a metre off the ground, this activity promotes teamwork and communication. Students negotiate a series of obstacles and challenges which are not as easy or as straightforward as they appear!



### **Mud Run**

The PGL Rumbug Mud run is legendary – it's a well-loved and popular activity with plenty of opportunities for everyone to get involved; it can even get quite competitive sometimes! As your pupils negotiate the various obstacles that lie ahead, it's an experience that will promote teamwork, lateral thinking, problem solving and decision-making – as well as being physically challenging too.

### **Open Canoeing\***

Experience one of our most popular activities and take to the water in a canoe. Challenging and fun, students learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

### **Orienteering**

Students are introduced to practical map reading by working in small groups on a number of courses. They develop map reading skills by locating control points within the boundary of the centre. Decision-making, symbol recognition and judgement of distance travelled are all required.

### **Raft Building\***

Build it well or you are likely to get wet! Promoting teamwork, planning and communication skills, students work together to build a raft from different components that will float and which they can steer.

### **Team Challenge**

A variety of fun adventure activities with physical challenges which require cooperation and participation from everybody in order to complete.

### **Trust Exercises**

Trust Exercises develop openness, understanding and mutual respect within the group and require strong communication skills and teamwork.

\*Delivered by PGL instructors. All other activities are teacher led.