



# Challenge Course

## Session Guidelines

### Challenge Course

**Time: 90 minutes**

This fun and physically challenging course is designed to:

- Help all participants overcome physical challenges in the elements
- Improve confidence in all team members through the overcoming of obstacles
- Encourage discussion on ways to support each other to overcome obstacles

#### Objective

Starting at the start/finish point as indicated by your Groupie, participants must follow the green directional signs located around the course. At each sign a challenge must be completed before moving along the track.

#### Adapting the session

- Complete the course holding a partner's hand
- Attempt the course with a time limit
- How many times can you complete the course within the time limit?
- Get the group into teams of three and impede one of the senses of each team member (i.e. speech, sight etc.)

#### Safety rules

- Participants must stay together at all times
- Check in, around and under the elements before participants use them
- If another group is using an element, feel free to bypass and move to the next
- Some activity elements are wet and muddy - these can be bypassed if they are not wanted. Please make sure the group has old clothing on if you intend to get wet and muddy on the course
- Please do not run through or attempt to jump on or off any of the elements
- Be aware of trees around your location and the potential of branches falling in high winds

### The Mud Pit

#### Objective

Participants make their way through the water. A hose can be turned on at the start of the course to fill the mud pit and create a greater challenge!

#### Safety rules

- The mud pit can be bypassed if desired by continuing on the path along the dam wall
- Only two participants should go through the mud pit at a time
- No jumping or diving - shallow water

### Nitro Crossing

#### Objective

The group must swing from one end of the pit to the other, ensuring they work as a team to help everyone get across.

#### Safety rules

- Only one participant can swing at a time
- Make sure each participant holds the rope just above the knots
- Participants should avoid hitting each other with the rope when they swing it back to the other side
- If participants do not feel confident to hold their own weight, do not force them to complete the challenge

### The Great Escape

#### Objective

Participants need to move from platform to platform using the planks of wood provided.



#### **Safety rules**

- Only one participant can be on a platform at a time
- Participants must work together to pass the planks and must not throw them
- Encourage participants to bend at the knees when lifting planks

## **The Pole Forest**

#### **Objective**

Move through the Pole Forest, stepping from post to post without touching the ground.

#### **Too easy?**

Try working as a team and hold hands to stay connected together as you move through the forest.

#### **Safety rules**

- Only one participant on a pole at a time
- No climbing on top of the posts

## **The Wall**

#### **Objective**

Participants can either work individually to go over the low wall or as a team and go over one of the higher walls.

#### **Safety rules**

- Only one participant should go over the wall at a time
- Where possible, participants should support and help each other over the wall
- Movement over the wall should be controlled and slow to ensure participants don't accidentally kick each other
- No spear-heading (where participants go over the wall head first)

## **Under, Over Logs**

#### **Objective**

Participants move along the course, going over the low hurdles and under the high hurdles.

#### **Too easy?**

Try going over the high hurdles and under the low hurdles.

Add teamwork by getting the group to hold hands to stay connected together as they move through the course.

#### **Safety rules**

- Be careful not to hit your head whilst going under the logs
- Make sure participants aren't going under and over the same log at the same time

## **Cargo Net**

#### **Objective**

Climb up and over the cargo net. Make sure you are working as a team to help get everyone over it.

#### **Safety rules**

- No more than three participants to be on the cargo net at a time
- Only one participant should climb over the top at a time
- Participants must climb down feet first

## **Commando Crawl**

#### **Objective**

A series of rope nets are in your way and you will need to get down low to get through them.



### Too easy?

Try working as a team and hold hands to stay connected together as you move through them.

### Safety rules

- The Teacher/Leader must check each net for wildlife before participants go through them
- Be aware of roots, fallen branches etc.

## Balance Logs

### Objective

Get from one end of the logs to the other without falling off. If participants fall off, they must go to the back of the queue and try again.

### Too easy?

Try working as a team and hold hands to stay connected together as you move along the balance logs.

### Safety rules

- The group must not jump on the balance logs
- Be aware, very slippery when wet. Refer to spotting technique 'Fist of Friendship' in wet weather

## Review

Ask each participant to put their hand on the shoulder of an individual they believed challenged themselves on the activity. Without taking their hands off, ask them to put their other hand on someone's shoulder who they thought was really good at supporting their teammates. This will usually end up in a group hug. Once this has been done, ask a few of the participants who they chose and why.

## Finish

Now that you have finished the challenge course, complete the below:

1. Congratulate each other and celebrate the team effort made
2. Rest up and drink some more water
3. If there is time, try the course again in reverse or go back to a particular element
4. If your group is wet and muddy, ensure the mud is washed off as much as possible before heading back to your accommodation to get dry and into a fresh set of clothes.