



# Teacher-Led Activity Sessions

## PGL Camp Rumbug

### Guidance Notes

The following notes are to help you run adventure activity sessions in a safe and enjoyable way.

They will tell you the aims of the activities, the safety rules to enforce and explain how to develop the activity should you wish to and if time permits.

### Support

Please read the notes before your session so that you are well prepared. If you are unclear on any point please ask any of the PGL instructors.

PGL staff are here to ensure you have the best experience possible. They also have a very strong focus on making sure the camp experience is a safe one so they may on occasion ask you to adjust your session in order to ensure the wellbeing of all involved.

### Clothing and footwear

Please consider the weather and the different environments you are in whilst organising the clothing and footwear for your group – no thongs, jeans etc. please.

### Welfare

Please ensure your group have water bottles with them.

When sending children to use the toilets during sessions we would suggest they go in groups of three.

### Timings

Each activity session will run for 1.5 hours. We will show you where they will start and finish. Changeover will be at the area signposted as the intersection. Please try and keep track of the time, even if you delegate the responsibility to the students. If you are late it will impact on your mealtimes and other activities.

### Contingencies and incident reporting

Any likely contingencies will be communicated to you by your Group Leader prior to sessions taking place (e.g. thunderstorms, severe rain, flooding, snow etc.).

In the event of an emergency, please follow the procedures outlined in your Welcome Talk.

Please report any incidents or accidents to your Group Leader, this helps us to continually improve our safety standards on all of our activity bases and provide further treatment, should it be necessary.

### Reviewing

At PGL we believe it's vitally important to allow all participants time to reflect on the challenges they have faced during activity sessions. We have suggested a series of short review questions targeted at specific learning outcomes for each activity.

### Challenge by choice

We recognise that any activity or goal may pose a different level and type of challenge for each participant. Challenge by choice allows each participant the right to voluntarily take part in challenges as they feel comfortable.

