



Tui Ridge Park

ROTORUA NEW ZEALAND

9 Stage Confidence Course *Facilitator Notes*

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.



9 Stage Confidence Course Procedures

DESCRIPTION

The Tui Ridge Park confidence course is made up of 9 obstacles that are designed to promote teamwork and to build self-confidence in young people. This activity can be done as an individual or as a team.

GROUP RESPONSIBILITIES

Adults must supervise the activity at all times

Adults should make themselves familiar with the confidence course and the facilitators notes before the activity. These are available from your camp host or the office.

Adult supervision is required for each element

Group leaders are responsible for pointing out any hazards or potential risks

Group leaders are solely responsible for the safety and well being of all the group members during activity

TUI RIDGE PARK RESPONSIBILITIES

Tui Ridge Park will supply any equipment needed for the activity

Tui Ridge Park will point out any hazards or potential risks to group leader prior to activity and explain each obstacle as well as provide a copy of the facilitators notes

Tui Ridge Park will complete regular safety/maintenance inspections

Tui Ridge Park will maintain the course on a regular basis

DISCLAIMER

I the under signed have read and understood the procedures for the use of the Confidence course at Tui Ridge Park and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____ (Group leader) Date: ____ / ____ / ____

Safety Action Plan

9 Stage Confidence Course

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
Twisted Ankle, broken bones, grazes, cuts, splinters, Concussion	Lack of instruction/supervision	Instructions and written procedures and safety info given to group leaders Appoint adult supervision	Tui Ridge Host Group leaders	Prior to activity Prior to activity
	Falling off the elements	At least 2 spotters per person to support them	Leader	During activity on each element
	Uneven ground	Bark spread over applicable areas Check for any hazards on course Regular checks of course	Tui Ridge Staff Leader	Check course every 2 months Prior to activity
	Element not maintained/failure		Tui Ridge Staff	Safety checks conducted every 2 months
	Weather conditions	Check weather, check course and plan accordingly	Leader	Prior and during activity

Safety Action Plan

Emergency Action Plan

- Stop activity
- Contact Tui Ridge Staff member at the office
- Assess injury and apply first aid if required
- If serious injury contact ambulance services, do not move patient
- Stay with patient until emergency services arrive
- Continue activity if appropriate

Instructor requirements

- Group leadership skills
- Knowledge and understanding of the Confidence course operating procedures

Pre activity check list

- Check site for hazards
- Check weather conditions
- Give leaders instructions and operating procedures

Additional requirements/Qualifications:

None