

Confidence Course

Safety Statement:

Karakariki Christian Camp takes all practical steps to keep all participants safe and require activity supervisors to consistently be wary of and manage potential hazards and risks that may arise during this activity. If the supervisor feels it necessary to stop the activity for any given reason they must do so promptly, thoroughly and contact camp staff A.S.A.P.

Activity overview:

The Confidence Course at KCC doubles as a playground that can be used during free time with Adult supervision. It can be used for individual as well as team challenges as an activity. You can run the activity as a time challenge, or a team building one.

Prerequisites of Activity Instructor:

Before a leader is to run this activity they must have the following prerequisites:

- Be over 18 years of age (or competent/ experienced 16+ years)

Induction:

- Leader is given tips for how to make the confidence course challenging and fun as an activity
- Leader is made aware of how to get help if a problem occurs.

Running procedure:

Setup:

- Check CC area for unsafe objects left lying around
- Check Equipment for obvious safety issues (e.g. Damage or Slippery due to rain/dew etc.)

Before Activity:

- Set activity within ability of person/s** using activity. Adjust activity anytime as needed for safety
- Avoid doing activities at the top of cargo net or on top of top beams (e.g. Going too high)
- Have one supervisor per activity group ready to give immediate assistance to person/s on CC

Pack up:

- Report any breakages or equipment failures to staff

Emergency Procedures:

- Minor injury**
 - Administer first aid
 - Assess whether activity can continue
- Suspected major injury:**
 - Administer first aid
 - Stop the activity
 - Contact group organiser and camp staff for extra assistance or to call an ambulance

Helpful Tips

8. Towers course:

- Give members 5 minutes to familiarise themselves with the course
- Time trial of the whole team (or individual) completing the course starting with the unlevel posts.
- Time trial of the whole team (or individual) completing the course starting with the concrete pipe tunnel.

Extra team challenges

- Complete the course with team members linking together
- Complete the course with two members blind folded

9. Tyre swings course:

- Give members 5 minutes to familiarise themselves with the course
- Time trial of the whole team (or individual) completing the course starting with the climbing wall

Extra team challenges

- Complete the course with team members linking together
- Complete the course with two members blind folded



10. Other team activities:

You may choose to include other team building challenges such as:

- **line ups:** have the group line up on the Confidence Course boundary (or the fence line balancing logs) in alphabetical order of their names. Once they are in order you may get them to reorder their line up using another category (birthdays, height, age, etc). Challenge them further by instructing that they can not:
 - come off the beam
 - talk
 - see (blindfold option)
- **Maze run:** run heel to toe as fast as you can, red verses blue line (two teams against each other, on the courts)

For more ideas and team challenges see the Camp Manager