

# LEAPS & BOUNDS

**CHALLENGE ROPES COURSE  
CROYDON COMMUNITY SCHOOL  
NEAL ST BAYSWATER 3136  
PO Box 2071 Bayswater Village 3153 Ph: 0407 926 720**

## **GENERAL INFORMATION**

“A challenge ropes course is a series of individual and group physical challenges that require a combination of teamwork skills and individual commitment. Constructed of rope, cables, and wood, courses are constructed outdoors in trees (or using telegraph poles) and indoors in gymnasiums.”  
Project Adventure Inc. 1989.

The use of ropes courses has spread from the physical education classes and outdoor education centers of forty years ago, to a broad range of educational, recreational, and therapeutic organizations and institutions. Youth-at-risk programs and agencies have seen the potential of the high impact training offered by the ropes course. A more recent trend is the use of the ropes course for professional and corporate training. At L&B we believe that the challenge ropes course is an invaluable educational tool for all people and that it can become a vital part of any schools program to assist personal growth and development.

The term ropes course is a generic term used to cover a much wider range of activities than the actual rope, wood and cable elements. It has things in common with an obstacle course and an indoor climbing gym. The Supervisor/Conductor may include a wide range of lead-up activities as well as a number of follow on activities. The whole package is part of ‘adventure learning’. The philosophy of adventure learning is based on ‘learning by doing’ where people can push themselves in a supportive, safe and controlled environment, beyond their perceived boundaries (mentally, emotionally and physically) and discover that they are usually more capable than they think they are.

On the day participants will play warm up games and move through a program including low and high ropes elements. This includes traversing cables as an individual or team that may be 30 cm off the ground or ten metres high. It may include climbing poles and ladders, being pulled to a height of 12 metres by your team members or jumping from a 10 metre platform to catch a trapeze bar. All this is done with the safety of spotters on the low ropes and the safety of harnesses, helmets and strong ropes on the high ropes. Because of the height of some activities this is often seen as a high-risk activity but the reality is that the risks are more perceived than real, and the industry has an excellent safety record.

Some of the changes we hope to encourage are:

1. Improved self-confidence and self esteem. Recognition of personal potential.
2. An increased level of physical co-ordination and agility. Greater pleasure in ones physical being.
3. A heightened sense of social responsibility.

4. Increased mutual support within a group. Teamwork, trust, co-operation, communication, problem solving skills, commitment, goal setting and making choices.
5. Maintenance and development of a sense of fun and enjoyment by participating in challenging but non-competitive activities.
6. To enhance peoples appreciation of the value of working well with others.

All this is encouraged through a planned, sequential program of individually challenging experiences and group problem solving situations.

The L&B Challenge Ropes Course is used by a wide variety of organizations including private and government primary and secondary schools, youth groups, Corporate groups, therapeutic agencies, private and social groups, churches and sporting clubs, the Metropolitan Fire Brigade and the Victoria Police.

The L&B ropes course is a modern pole construction built by Outdoor Initiatives, that includes ten low elements and eight high elements. All the necessary safety equipment is provided and groups may use their own qualified and approved Supervisor/Conductors to run sessions or hire them through the L&B Croydon Community School or Roam Evolution Outdoors. The facility includes a building with a toilet and kitchen facilities and some undercover meeting space. The ideal group size is between ten and twenty four. The ratio between qualified facilitator and participants is one to twelve.

The L&B maintains the highest standards of safety and maintenance. We can assist organizations to plan successful and interesting programs.

This is an activity that requires school council approval and L&B insists that all groups use our Medical and Consent forms. (see attached)

A copy of the Standard Operating Procedure is available on loan if further information is required, or representatives may phone L&B. Visits and tours of the Course can be arranged.