

LEAPS & BOUNDS

CHALLENGE ROPES COURSE
Croydon Community School, Neal St.
P.O Box 2071 Bayswater Village 3153
Ph. 0407 926 720

PROGRAM INFORMATION

A typical day includes warm up and ice breaker games, Low Ropes and High Ropes. The program can be designed with the assistance of L&B and/or the Supervisor/Conductor/s conducting the activity. Groups should set some goals for the day with possible outcomes in mind. This will help us to design an effective program.

Parent/Guardian permission must be gained for minors wishing to participate in these activities. The attached document **General Information** may be used to present to your governing body to explain the nature of this activity. L&B will provide comprehensive medical and consent forms to use. These need to be seen by the Supervisor/Conductor/s before the day begins if there are any medical issues. They also need to be kept by L&B for four years after the session. We ask you to read them yourself and be able to brief the Supervisor/Conductor/s on any issues, and check that all sections are completed.

Rest and meal breaks are to be determined according to the progress of activities, and to group wishes. Groups need to bring their own food and drinks. Kitchen facilities are available. A BBQ is available on request. We recommend shorter meal breaks and simple snacks, especially for young people who find it difficult to sustain attention.

The Supervisor/Conductor/s will manage games and ropes course elements. Group staff must supervise their clients at all times, including inside the ropes storage building. Group members must not be allowed into the areas surrounding the ropes course where L&B and Bayswater College school programs are running.

Many of the Rope elements are time consuming leaving group members as observers and perhaps restless. We recommend that staff encourage the use of cameras, bring worksheets, reading material or activities to occupy restless members.

Groups need to bring their own **first aid kit** and a **fully charged mobile phone**. Participants should dress warmly and bring wet weather gear. Unless the rain is heavy or lightning is present we will continue activities. Long trousers should be worn at all times. Strong closed toe shoes with non-slip rubber soles should be worn. Sunglasses and hats are useful items in bright weather. Cameras are a good idea.

Please notify me ahead of schedule if you wish to borrow any equipment that is not normally stored in the ropes storage building. Eg. props' for games, BBQ.