

Air Rifles

Supervisor instruction sheet

Guidelines for supervising an air rifle session

2 competent supervisor 18+ operating 3 air rifles, or 1 competent supervisor 18+ operating 2 air rifles.

Loading the Pellets

- Only competent adults are allowed to load the air rifles.
- Open the barrel by placing the stock of the air rifle into your leg, grasping the end of the barrel firmly and pulling it down until it clicks and becomes limp.
- With the air rifle in this position, load it by placing a single pellet in the opening of the barrel (the solid nose of the pellet goes in first with the hollow tail sitting flush).
- Pull the barrel back into its original position until it locks into place (this will cause the safety selector to activate).
- Place the air rifle into the tunnel, laying it on its left side (this helps stop the sights of the rifle from being unwound due to movement within the tunnel).
- Do not reuse pellets or use pellets that have been dropped on the ground (this may cause the gun to become jammed).
- Do not load the air rifles until you are ready for the participants to fire.

Shooting

- Once the air rifle is loaded, instruct the participant to step onto the platform and up to the tunnel.
- The participant must be wearing the safety goggles provided.
- Instruct them to hold the air rifle with one hand along the body of the gun and the other on the trigger hand-hold. The stock should sit in their shoulder socket.
- Instruct the participant to sight the rifle onto the target, release the safety and on your "3, 2, 1, SHOOT" they are to gently squeeze the trigger.
- The air rifles are strictly to be fired **ONLY** in the tunnels at all times.

Please Note: Any firing of the air rifles other than on the air rifle range inside the tunnels will result in that person being requested to leave Carey Park.

Placing/Collecting Targets

- If there are two adult helpers: one adult is to supervise the air rifles whilst the other places/collect targets. If there is only one adult helper, get the group to sit on the bench whilst you place/collect the targets.
- Before stepping in front of the platform, ensure all air rifles are lying **LEFT SIDE DOWN** inside the tunnels, **UNLOADED**. They must remain **UNTOUCHED** while collecting targets.
- Targets are clipped onto the top wire, and the bottom wire if required due to wind.

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Packing up

- When the session is over, please ensure that the last round has been fired and the barrel of the air rifle is completely empty.
- Ensure the air rifle is no longer cocked.
- Please return the air rifles to the Activities Office at the end of the session or whenever there is a break between sessions.

Safety Catches

Norica Titan



When the barrel of the gun is cocked the safety automatically comes on. To shoot the gun simply push the safety forwards. Please DON'T try to fire the gun with the safety on as this breaks the safety mechanism.

Important Safety Notes

- Always treat all firearms as loaded, keep your finger off the trigger until you are ready to fire and always point the firearm in a safe direction (at the ground when transporting to and from the activity).
- Always use the eye protection equipment provided.
- Air rifles are not toys and are only to be used with competent adult supervision.
- Never leave the air rifles at the firing platform without adult supervision. Bring them back to the activities office during any break times.
- **NEVER** point an air rifle at people or animals, even if it is not loaded.
- Only shoot when the air rifle down tunnel and ensure no-one is near the targets.
- If a pellet becomes lodged inside the barrel, please take it to a staff member, **NEVER** attempt to clear stuck ammunition by firing another pellet through the air rifle.
- Do not touch your face or mouth after handling pellets; make sure you wash your hands with cold water after handling the pellets as they are lead.

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Archery

Supervisor instruction sheet

Guidelines for supervising an archery session

1 Competent supervisor 16+ required

Loading the Arrows

- Ensure that when loading the arrows the bows are pointed towards the ground or downrange at the targeted area (away from any person or animals).
- Place the arrow on the rest, with the nock (end) secured into the string between the two finger grips. Always make sure the different coloured vane is facing outwards (at a right angle to the bow). If loading the bow horizontally, the odd coloured vane should be facing up.

Shooting

- Stand with your body at a right angle to the target, with your left shoulder closest to the target (reverse if left-handed).
- Stand up straight with your feet shoulder-width apart.
- Hold the bows hand-grip with your left hand and place 3 finger tips of your right hand on the string around the nock, one above and two below. Ensure your fingers don't touch the arrow.
- Pull the string back towards you, keeping your right arm level with your shoulders. Bring the nock back as far as your ear.
- Ensure that your left arm is slightly bent to avoid the string slapping it when released.
- Take aim, keep your elbow up and release the arrow while breathing out.

Collecting Arrows

- Adults must collect the arrows and the bows must not be touched whilst this is happening.
- Take the quiver with you and put the arrows in it (12 arrows total).
- Grab the arrow as close to tip as possible to prevent it bending or snapping, then place your other hand on the target for support, twist and gently pull until it comes out.

Important notes

- Only two participants may shoot at one time.
- It is very important that the remainder of the group stands at least 2m behind shooters.
- It is recommended that you rotate the participants by letting two shoot 6 arrows each. Then collect the arrows and give the next pair their turn and so on until they have all had an equal amount of turns.
- Never pull back the string and release without an arrow.
- Never point the bow anywhere other than the downrange at the targets. Supervise participants closely to ensure this is adhered to.
- Bring gear back to the office at the end of a session or in any break times in-between sessions.
- Report any broken equipment to OBA staff.

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Blast From The Past

Supervisor instruction sheet

Guidelines for supervising a blast from the past session

Equipment Provided

- Chairs from dining room (if required)
- 4x Sacks
- 4x Spoons
- 4x Golf balls
- 6x Leg ties
- 12x Rolled newspaper
- 4x Cones
- 4x Tennis balls
- 6x Wooden blocks
- Straws
- Balloons
- Tug of war rope
- CD

The following are a range of old-fashioned games which people love playing, especially when healthy competition is involved! Most games require the group to be in two teams, so split them in half at the beginning of your session. You will not necessarily have time to play all games, so start with the ones that are best suited to your group. If running your sessions outside you won't have music. Have fun!

3-Legged Race

- In pairs, participants will each have one leg bound together. They then have to race from start to finish with the fastest pairs going on to a final to find the fastest pair in the group!

Sack Races

- The two groups will race against each other with one participant going at a time. Each participant will get a sack and have to put both legs into. From there they must hop to the end of the room and back to tag the next person.

Egg and Spoon

- Each group will be given an egg (golf ball) and two spoons. One participant at a time, they must race against each other to the finish without dropping their egg or else they have to start from the beginning.
 - Variations include going backwards and holding the spoon in their mouth (wash spoons after).

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Balloon Soccer

- Participants are split into two teams with goals at each end. The kids then have to use straws to try and blow a balloon into the goal (please throw out straws after).

Musical Chairs

- Set up a circle of chairs enough for everyone in the group. The music will play and the participants will dance around while you remove a seat. Once the music stops everyone must scramble to get a seat, this continues until there is one person left!

Ball Hockey

- Split the participants into two teams, number them off and set up two goals with cones. When you call their number out, participants use the rolled up magazines as hockey sticks and they have to try and hit a tennis ball between the cones.

Chair circle game

- Have all apart from one participant arrange chairs in a circle. The leftover participant stands in the middle. Participants sitting on chairs will make eye contact with someone across the circle and then swap chairs. The person in the middle is trying to get a chair. The idea is that lots of people will be swapping at the same time and you don't want to be the person left in the middle.

Stick Swingers Relay

- Split the group into two team and give each team 3 of the wooden blocks. Participants should tie these around their waist with the block dangling between their legs at about ankle height. The aim is to swing the block so that it whacks the tennis ball across the room and back. Have each participant race down to a cone at the other end of the room and back to their team. The first team to have all their team members back wins!

Tug of War

- Split the participants into two groups and put two lines on the ground (use either the cones or rolled up magazines). Both groups are pulling their end of the rope trying to pull the other group over their line.

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Burma Trail

Supervisor instruction sheet

Guidelines for supervising a Burma trail session

Burma Trail Checklist

- Please ensure at least 1 competent adult is responsible for running the Burma Trail and has received a briefing from One Big Adventure staff.
- Use the Kauri Dieback Station before the Burma Trail to prevent any disease from entering the bush area.
- Headcount the participants before and after the Burma Trail to ensure everyone is accounted for.
- OBA staff will have checked the trail for fallen branches and would have cleared the path if necessary.
- Ensure that all adults who are to be hiding in the bush to scare the participants are equipped with warm clothing, good footwear and a flashlight each.
- Place an adult near the end of the Burma Trail rope to guide groups back out once finished.
- We recommend that you take participants down in groups of no more than 20 at a time, with at least 1 adult per group. The remaining participants can be entertained in the gym, dining room or at the campfire with songs or scary stories!
- Blindfolds are available, however the bush is usually dark enough without them!
- Ensure participants have warm clothing and good footwear. Don't let them take torches – the aim is for it to be dark and scary!
- Instruct participants that under no circumstances can they leave the group. Warn them of the danger of getting lost or falling into the stream.
- Instruct them to hold onto rope and follow it around, moving slowly and carefully so as not to run into trees or trip on roots. They should not let go of the Burma Trail Rope. Have fun!

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Bush Survival Skills

Supervisor instruction sheet

Guidelines for supervising a Bush Survival Skills session

Before you go into the bush all participants must spray their shoes at one of the Kauri Dieback spray stations.

Aim: To teach participants basic skills needed to survive in the bush in the event of an emergency, including preparation and shelter building.

Packing a Bag

Aim: To teach the participants what is and isn't essential to have in the bush. This activity will take approx. 10mins.

Location: The yellow room

Activity: Participants are split into teams and need to work together to decide what 11 items are essential to take when going on a day trip into the bush. They will have more items than they need in the bag and will need to choose between them on what to take. Give them about 5 minutes to decide and then have a group discussion to see why they chose those certain items, go through any they may have missed.

Bivouac or temporary shelter making

Aim: To teach the basics of making a bush shelter (20-30mins)

Location: In bush clearing by the Burma Trail or at the back of the gym

Materials: Tarpaulins, rope and any dead material from the bush e.g. sticks or rocks. Note that bivouacs need to be dismantled at the end of the session so ensure materials can be easily removed.

Instructions

- From the room, groups must take their tarps and ropes and go to the designated bush area.
- They may use their tarps, ropes and any dead material to build a shelter they can all fit under to spend the night in.
- You can briefly discuss the importance of caring for our native bush and the motto 'leave the bush as you found it' or 'take only memories' and 'leave only footprints'.
- Use the Kauri Dieback Station before going in the bush.
- Allow the participants to choose a spot in the area surrounding the clearing but they must be within sight at all times.
- Let them get building! Walk around and help them with ideas - give advice on knot tying (refer to knot-tying sheet), etc.
- Once they have finished, call all participants together. Walk to each shelter and get each group to explain their design.
- Invite discussion and seek feedback from the other groups. Try for one positive and one constructive comment. Ask questions to challenge them e.g. would this design be effective if it was raining? How could you improve it?

Packing up



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Ensure that all bivouac tents are taken down and untie all knots in the ropes and fold the tarps ready for the next session. Headcount all participants to ensure all are out of the bush and get participants to help check that the bush looks as if no one has been there.

Discussion Points for Packing a Bag

A pocket knife

- Because a pocket knife is small and light to carry, it is a useful item to have. Situations often arise in the bush where you may need to cut rope or clothing etc.

First aid kit

- This is a must if going on a bush trip. A first aid kit should be well stocked with bandages, saline solution, an instant ice pack and a survival blanket.

Water bottle

- Water is essential, always take more than you will need in case you are out in the bush longer than expected.

Torch

- Chose a waterproof torch, a source of light is essential in case you get caught out in the dark.

Matches

- Having the ability to start a fire is good, in case you get lost or end up having to stay the night in the bush, it can help start a fire that will keep you warm or signal for help.

Food

- Food gives you energy and is important to keep your energy up when out in the bush.

Communication—Walkie Talkie or cell phone

- It's important to be able to communicate in case you get into trouble, check cell phone reception where you're going, you may need to take some other form of communication if your phone won't get reception, such as a personal locator beacon.

Navigation (map & compass)

- Having a map and compass is helpful for if you get lost, make sure you learn how to use these before taking them with you.

Warm clothing

- The bush is always colder than expected, and if you climb a mountain the temperature can drop significantly.

Tarpaulin/emergency shelter

- Helpful to take in case you have to end up spending the night in the bush, it can be used to make a shelter.

Sun Protection

- Being protected from the sun can help protect you from injury and disease

Items that are not essential (however can be taken for enjoyment on a hike)

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Carabiner, scissors, mug, insect repellent, togs, candle, ropes, towel.



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Bush Walk

Supervisor instruction sheet

Guidelines for supervising a bush walk session

Before you go into the bush all participants must spray their shoes at one of the Kauri Dieback spray stations.

Before the Bush Walk

- Check that participants are wearing appropriate footwear and clothing.
- Take water bottles.
- Use the Kauri Dieback Station before the bush walk to prevent disease coming onto camp.
- You will be provided with a handheld radio and shown how to use this in case of an emergency.

Guidelines for the Bush Walk

- Discuss the map with the students.
- Start with crossing the stream near Poles and Planks. (*Participants should remove their shoes or wear shoes they don't mind getting wet*). Have an adult stand either side of the stream to ensure safety of the participants while crossing.
- Help participants up the bank, follow track on left and continue travelling along the path to the Bush Walk entrance.
- Follow the blue rope up the hill until you reach the point where the blue rope turns and heads back down the hill (this is the old Burma Trail area). At this point, leave the blue rope and continue to head up the trail, following the circular yellow and white markers.
- Keep following the markers on the trees and direction arrows to guide your walk.

Other notes

- Do a headcount before and after the walk.
- At a standard walking pace the bushwalk should take approximately 30min.
- If there is time, extend the session by stopping along the way to observe the bush and enjoy learning more about our NZ native trees.
- Discuss the importance of respecting the native bush and the motto 'Take only pictures, leave only footprints' for when in the bush.

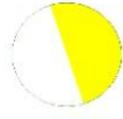
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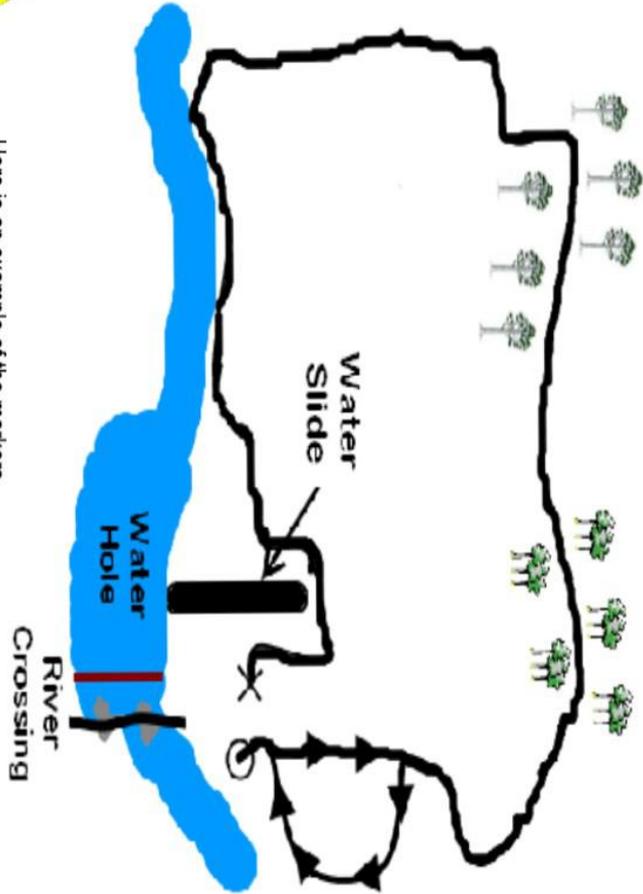




Bush walk map not



Here is an example of the markers located throughout the bushwalk



KEY:

- Burma Trail
- Kauri Tree
- Rimu
- Finish
- Start

Bush Walk Map

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Camp Wide Relay

Instruction sheet

- Participants will do this in their activity groups, moving from station to station as a team.
- At each station there will be a challenge for the teams to complete. After which, they will be given a clue sending them to the next station.
- There will be a competent adult helper or a One Big Adventure staff member at each station to supervise the activity.
- This activity is a race and the first team to the finish line will be crowned as the winners.

Flying Fox

- At this station, teams must nominate one member to go down the line blindfolded and receive their clue once they have taken off their equipment.
- This activity will have a One Big Adventure staff member and requires two competent adult helpers, one to unclip the participant at the ladder and one to harness participants (*they will be trained by One Big Adventure staff*).

Archery

- At the archery station, the team must shoot an arrow to pop a balloon taped to the target.
- This activity requires at least one competent adult to supervise the area and they will first be trained by a One Big Adventure staff member.

Rope maze

- At rope maze one child must complete one of the ropes.
- This will require one competent adult to put a waist harness on the participant and ensure they complete the course properly.

Dining Room

- In the dining room there will be three activities which groups must complete before they can receive their clue.

1) As a group, teams must do 20 star jumps

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- 2) Every group member must stand on one finger
- 3) Team members must stand on chairs and sing twinkle twinkle little star.
 - Once the team has completed the activities, the supervisor can hand them their clue.

Gym

- In the gym, teams must complete three activities before receiving their clue.
- 1) Teams must shoot a hoop from the free throw line.
 - 2) Holding hands in a circle, the team must pass a hula hoop around every member.
 - 3) Teams must build a human pyramid.
 - Once the team has completed the activities, the supervisor can hand them their next clue.

Field

- The group must nominate 3 people to dribble the soccer ball weaving through the cones and shoot a goal.
- At least one competent adult will be required to supervise this activity.

Rock Wall

- At this station, teams must nominate one member to climb the easy wall blindfolded.
- This activity will have a One Big Adventure staff member and requires one competent adult to supervise the remaining group members.

Concrete Pad (outside cabins 11-15)

- Each team will have half a raw onion that must be eaten before receiving their clue.
- At least one competent adult will be required to supervise this activity.

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Jumping Pillow

- Each team member must do a trick or dance move on the jumping pillow to get their team's clue.
- At least one competent adult will be required to supervise this activity.

Foyer

- Teams must find Lake Omapere, Mount Tasman and Lake Waikaremoana on the NZ map in the foyer before receiving their next clue.
- At least one competent adult will be required to supervise this activity.

Confidence Course

- Starting at the Miss Piggy, three members of the team must do the last part of the course Together (without falling off or touching the ground).
- At least one competent adult will be required to supervise this activity.

Air Rifles

- Teams must shoot the alien using an air rifle to receive the next clue. If they hit the paper around it, it is the next person's turn.
At least one adult (18+ years) will be required to supervise this activity. You will be trained by OBA staff.

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Campfire

Supervisor instruction sheet

Guidelines for supervising a campfire session

Campfire Checklist

- Please ensure a competent adult from your group is responsible for starting, running and extinguishing the campfire.
- This adult needs to have started the fire about an hour before the rest of the group arrives.
- Wood and kindling is provided in the green box near the campfire area. Paper and a lighter is provided in the blue box in the adults lounge.
- If you are having toasted marshmallows, please use the metal sticks provided by staff. Clean them after use by burning the marshmallow residue off in the campfire.

Safety

- Please ensure there is an adequate ratio of adults to participants during the campfire. We recommend 1:10
- Instruct the participants on basic fire safety and make it clear that they must not wander away from the group under any circumstances!
- Participants should also wear warm clothing and good shoes.
- Headcount participants before and after attending the campfire.
- Please take note of where the hose is located and completely douse the fire at the end of the session (No Embers!).
- Should a fire spread or otherwise become dangerous, you must ring the fire service, dial 111 using the nearest phone.

Marshmallow Sticks

- We have 10 metal sticks to roast marshmallows on. These heat up very fast - please be careful when putting on & taking off the marshmallows.
- To clean these sticks, please leave them sitting in the embers until all the residue has burnt off.
- Let them cool down before putting them back in the container.

Recommendations

- We recommend taking participants down in groups of about 30-60 at a time, as space

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- around the fire is limited.
- Keep the other participants entertained with stories, songs or games in the gym while they wait their turn.

How to start a fire

- Screw up paper into balls and make a small pile
- Place kindling (dry twigs and smaller sticks) around pile of paper and build it up like a tepee.
- Then light the paper in several different places and make sure that there is enough heat for the kindling to catch.
- Once kindling has caught fire then build up bigger logs around the fire so that they may light.
- Add logs as needed to keep fire going.

Putting the fire out / returning equipment

- When you have finished with your campfire please douse the fire with the nearby hose. Turn over with the spade provided (the spade is situated inside the green box where the wood is kept) and be sure that there are no embers. It should be cool enough to stick your hand into.
- Please bring the blue box and clean marshmallow sticks back into the adults lounge at the end of your session.

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Cargo Net

Activity instruction sheet

Guidelines for assisting a Climbing Net session

There will be a One Big Adventure Instructor running the activity session. However adults are needed to help supervise and participate in the sessions by coaching the participants, doing equipment checks and manoeuvring some activity specific equipment to ensure participants can ascend and descend the Cargo Net. This ensures the climbers safety.

The instructor will give you training on the correct procedures for assisting the facilitation of a Cargo Net session, feel free to ask them any questions and let them know if you don't feel confident.

It is important to pay attention to the participants at all times during their session.

How the Cargo Net operates

- At the start of the session an Instructor will brief you and the participants on the operation of the Cargo Net.
- Each participant will be fitted with the correct safety equipment. This includes a waist harness and a helmet.
- Participants will take turns at being either one of the participants climbing the Cargo Net (there can be up to two at a time), or being part of the 'Belay Team or as a Spotter'.
- The participants climbing will be connected to the belay rope by the Instructor.
- Their aim is to climb up the Cargo Net using the net itself, to either the top or to a height that they feel comfortable.
- Once completed, the climber under the instruction of the instructor will let go of the net, be directed to turn sideways and push the net away as they are being safely lowered back down to the ground by the belay team.
- A spotter at the bottom can assist with moving the cargo net out of the way if required.

Safety points to note

- The participants and their safety is primarily the Instructors' responsibility for the entire duration of the session, but your full participation in helping to supervise and run the session is needed!
- If you have any concerns about the activity, the equipment or your level of ability in regards to this activity, please speak with One Big Adventure staff immediately.
- Please ensure you are acquainted with these Activity Instructions and the RAMS documents for this activity, prior to beginning the session.
- Do not allow any participant to leave the area without supervisor permission.
- Please ensure your cell phone is off and attention is on the participants at all times.
- Please be careful with all equipment.

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Equipment fitting

Harnessing

- Participants will be fitted with an appropriate waist harness that is sized to them.
- There are 3 sizes of harness (small, medium and large) labelled accordingly. Your OBA Instructor will show you the different sizes and how to fit these correctly.
- The instructor will physically check every harness prior to the participants starting to climb.

Helmets

- Participants will be fitted with a helmet.
- Ensure the helmet is fitted correctly by adjusting the chin strap and circumference strap at the back of the participants head.
 - If the helmet is correctly fitted there should be no sliding or movement if the participant moves their head back, forth and side to side.

Pre Climb Checks

- Before the participant ascends the Cargo Net the OBA Instructor will check all equipment to ensure correct fitment and suitability.
- The Instructor will connect the participant to the rope (**Please note that this is done by the instructor only**).
- The instructor will make sure that the participants, belay teams and adult supervisors are ready prior to the participant climbing.

Participants belaying

- The participants will be given a demonstration on how to belay along with coaching and support from the trained supervisor. This will include the technique whilst the participant is climbing and the technique for safely lowering the participant back to the ground.

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Catapults

Supervisor instruction sheet

Guidelines for supervising a catapults session

Equipment

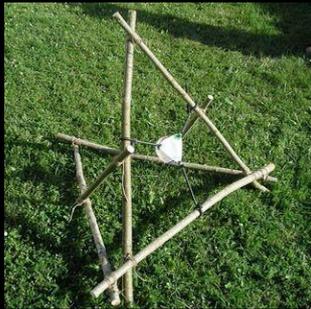
- 15 Blue sticks
- 15 Red Sticks
- 15 Green Sticks
- Rubber Bands
- Tape
- Cups
- Table Tennis Ball

Instructions

Split the group into teams and give the participants a pile of sticks, about 10 rubber bands, some cups and a table tennis ball. They have about 30 minutes to build a catapult that will use to fire a table tennis ball.



After the catapults, have a few competitions to test the catapults.



- into a bucket or container

Leave about 10 minutes at the end for the participants to pull apart their catapults. Try to reuse the rubber bands and cups, although they can be thrown out if not reusable. Peel all the tape off the sticks.

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Centipede

Supervisor instruction sheet

Guidelines for assisting a Centipede Climbing session

There will be a One Big Adventure Instructor running the activity session. However adults are needed to help supervise and participate in the sessions by coaching the participants, doing equipment checks and manoeuvring some activity specific equipment to ensure participants can ascend and descend the Centipede. This ensures the climbers safety.

The instructor will give you training on the correct procedures for assisting the facilitation of a Centipede session, feel free to ask them any questions and let them know if you don't feel confident.

It is important to pay attention to the participants at all times during their session.

How the Centipede operates

- At the start of the session an Instructor will brief you and the participants on the operation of the Centipede with a visual demonstration of all roles. (climbing, belaying, spotting).
- Each participant will be fitted with the correct safety equipment. This includes a waist harness and a helmet. Only the climber, spotters and the Instructor require helmets.
- Participants will take turns at being either being the participant climbing the Centipede or being part of the 'Belay Team' or as a Spotter.
- The participant climbing will be connected to the belay rope by the Instructor.
- Their aim is to climb up the Centipede using the metal staples to either the last staple or to a height that they feel comfortable.
- Once completed the climber under the instruction of the instructor will let go and be safely lowered back down to the ground by the belay team.
- A spotter at the bottom will assist with moving the lower section of the Centipede out of the way.

Safety points to note

- The participants and their safety is primarily the Instructors' responsibility for the entire duration of the session, but your full participation in helping to supervise and run the session is needed!
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Please ensure you are acquainted with these Activity Instructions and the RAMS documents for this activity, prior to beginning the session.
- Do not allow any participant to leave the area without supervisor permission.
- Please ensure your cell phone is off and attention is on the participants at all times.
- Please be careful with all equipment.

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Equipment fitting

Harnessing

- Participants will be fitted with an appropriate waist harness that is sized to them.
- There are 3 sizes of harness (small, medium and large) labelled accordingly. Your OBA Instructor will show you the different sizes and how to fit these correctly.
- The instructor will physically check every harness prior to the participants starting to climb.

Helmets

- Climbers and spotters will be fitted with a helmet.
- Ensure the helmet is fitted correctly by adjusting the chin strap and circumference strap at the back of the participants head.
 - If the helmet is correctly fitted there should be no sliding or movement if the participant moves their head back, forth and side to side.

Pre Climb Checks

- Before the participant ascends the Centipede the Instructor will check all equipment to ensure correct fitment and suitability.
- The Instructor will connect the participant to the rope (**Please note that this is done by the instructor only**).
- The instructor will make sure that the participant, belay team and adult supervisors are ready prior to the participant climbing.

Participants belaying

- The participants will be given a demonstration on how to belay along with coaching and support from the trained supervisor. This will include the technique whilst the participant is climbing and the technique for safely lowering the participant back to the ground.
- Some important notes for belaying safely;
 - Belayers must have approximately double the weight of the climber.
 - Belayers must keep the rope tensioned at all times.
 - Belayers must not try to haul the climber.
 - Belayers must not lower the climber faster than 1 metre per second.
 - All involved must use communication. E.g. climber asking to climb, climber asking to come down with appropriate responses from belayers such as “belayers ready, climb away climber (red rope, yellow rope etc), and on descent belayers ready (braced in appropriate positioning).

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Confidence Course

Supervisor instruction sheet

Guidelines for supervising a confidence course session

Before you go to the confidence course all participants must spray their shoes at one of the Kauri Dieback spray stations.



Before starting

- Check the course prior to beginning, particularly if it has been raining. Use towels provided by the activities department to wipe slippery areas dry, if needed.
- Ensure that there are at least 2 competent adults running this activity (preferably 3). The main places an adult should be stationed are at the start of the course, at the lily pads and near the rope swing platforms.
- Ensure participants are wearing adequate shoes, i.e. Sneakers or strong sandals (no jandals).
- Use the Kauri Dieback station before using the Confidence Course to prevent any disease coming onto camp.

During the session

- Walk participants through the confidence course on the ground pointing out how to do each element and the potential risk.
- Allow participants to then do the course as a group first. After that they may split up and do it individually or go to a section they particularly enjoyed.
- Encourage competition for those who want it. This can be done by timing participants to see who has the fastest time, or the participant with the least number of falls.

Important notes

- If it rains, monitor the slippery wood, and skip the elements that get particularly wet. This activity may be halted or cancelled due to heavy rain if it is unsafe to continue. This will be made at the discretion of an OBA Activities Staff member. If cancelled, they will advise you on a wet weather alternative. Have fun!

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Crate Stacking

Supervisor instruction sheet

Guidelines for assisting a crate stacking session

There will be a qualified One Big Adventure Instructor running these sessions. However competent adults are needed to help supervise the sessions by ensuring stackers are as safe as possible. They will be required to hand up crates to participants and harness participants (this will be checked by OBA staff prior to participant starting).

The instructor will give you training on the correct procedures, feel free to ask them any questions and let them know if you don't feel confident about helping.

It is important to pay attention to participants at all times during Crate Stacking as there is potential for accidents to happen.

During the climb



Keep your eyes on the climber at all times. Continuously monitor harnesses for any loosening—advise OBA staff if you have any concerns or observe anything that you are unsure of (it is better to be safe than sorry). Provide tips for stacking. Instructor will go over the correct procedures, be mindful of the crates being attached to each other. Pass the crates to the participant—Instructor will give instruction on how to do this safely and efficiently.

- Provide encouragement - climbers can often do far more than what they expect!

Descending

- Once the climber has finished their stack, encourage them to lean back while holding the two shoulder straps of the harness, and to then kick the crates out in front of them.
- Ensure that the landing area is clear, as the Auto-Belay system will lower them gently to the ground

Instructions for adult fitting harnesses

- We use a full body harness for Crate Stacking. The One Big Adventure Instructor will show you how to put these onto participants.
- There are four sizes; x-small, small, medium and large.

Putting the harness on:

1. Put the Harness on the participant first. Ensure it is not back to front or twisted.
2. Do the chest strap up first; it needs to be thread through 3 times.
3. Ensure both shoulder straps and leg straps are done up tight (tighten the shoulder straps first). Don't do them so tight they are uncomfortable - you should be able to fit your fingers snugly under the straps. All participants must be wearing the appropriate length shorts. If they do not go past where the harness straps are they must go change.

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Flying Fox

Supervisor instruction sheet

Guidelines for assisting in a flying fox session

The Flying Fox activity will be led by a One Big Adventure Instructor with the assistance of 2 competent supervisors.

If you are a supervisor helping with this activity, you will be assigned one of the following two jobs:

- Fitting Harnesses, helmets and the lanyard prior to participant going on fox / group supervision
- Operating the ladder at the finish point

The One Big Adventure Instructor will be at the top of the wooden tower and will check each harness and equipment before connecting the participant to the cable.

How the Flying Fox operates

- Participants will wait at the bottom of the tower until they are harnessed up and ready to go, then they can ascend the tower.
- 10 harnesses, 3 helmets and 3 lanyards are available and will be used in rotation until the session time is up.

Safety points to note

- The participants and their safety is primarily the Instructors' responsibility for the entire duration of the session, but your full participation in helping to supervise and run the session is needed!
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Please ensure you are acquainted with the Activity Instructions and the RAMS documents for this activity, prior to beginning the session.
- Do not allow any participant to leave the area without supervisor permission.
- Please ensure your cell phone is off and attention is on the participants at all times.
- Please be careful with all equipment.

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Instructions for supervisor fitting harnesses

We use a full body harness for the Flying Fox. The One Big Adventure Instructor will show you how to put these on.

There are four sizes (Multiple quantities of each size are available for use):

- X-Small
- Small
- Medium
- Large

Putting the harness on:

1. It's best to put it on from behind. Step through the leg loops first then put the arms through (like a backpack)
2. Do up black chest connection between top handles first. This goes through 3 times, doubling back on itself.
3. Do the leg straps first and then the shoulder straps. Make sure they are done up tight. Don't do them so tight they are uncomfortable - you should be able to fit your fingers snugly under the straps.

Attaching the trolley and lanyard

1. Instruct the participant to hold the trolley while you attach the lanyard
2. Aluminium carabiners attach to the harness
Blue lanyard carabiner attaches to both top loops at chest level
Red lanyard carabiner attaches to both bottom loops at waist level
3. Hang the trolleys over the back of the participant's shoulder so it is out of the way.
4. Put a helmet on and adjust straps so it fits snugly. If no-one is with the instructor, you can send them up. If there is then send them up to the half way platform.

Instructions for supervisor operating ladder at finishing point

1. Before a participant comes down the cable, ensure the Ladder is rolled back out of the way. Check that the 2 metal sensors are aligned.
2. Make sure that you are out of the way too.
3. The instructor will visually check that the line is clear, if so, they will blow their whistle or shout "Ready". This signals to you that the next participant is heading down the flying fox.
4. The participant will come down the cable, go to the end and roll back towards the middle.
5. When they come back, allow them to come to a stop before going and holding their legs. Guide them towards the ladder. Pull the ladder across for them to climb up.
6. Climb up the ladder behind the participant. Get them to turn to face you, then take the trolley off the cable by unclipping the carabiner attached to the red stop; then push the trolley off the line and unclip the carabiner attached to the blue lanyard from the line (not the trolley)
7. Put the trolley over their shoulder and you go down the steps first. Instruct the participant to follow you. Both of you must go down backwards and hold onto the handrails.
8. Instruct the participant to walk back to the base of the tower with the equipment. Get them to go around the tree stump on the way to avoid

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9. the path of the next participant.
Move the ladder back out of the way until the blue light turns off again.



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Giant Games

Supervisor instruction sheet

Guidelines for supervising a giant games session

Aim: Play giant versions of classic games

Games:

Pick up Sticks - Yahtzee - Jenga

Pick Up Sticks

Aim is to get the most points by picking up sticks

Taking turns try and pick up a stick without moving another stick. If you move a stick while you are trying to pull out another stick, you must let go of the stick and stop your turn. Every time that you successfully pick up a stick, you may try to pick up another stick. If you manage to pick up the black stick then you may use that stick to move other sticks away from sticks that you want to pick up. The black stick is the only stick that can be used to move other sticks

Points are assigned based on the color of the sticks. Black = 25 points, Red = 10 points, Blue = 5 points, Green = 2 points, Yellow = 1 point

Jenga

Set up

Place down three blocks side by side, place another three blocks on top facing the other direction, keep building the tower with alternating rows until all blocks are used up; straighten the tower so all sides are nice and even.

To Play

Try to take a block out by tapping the short side of it, or by pulling it out.

Once you pull it out, place the block on the top of the tower, take turns doing this until the tower falls. When the tower falls the game is over.



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Yahtzee

Aim is to roll 5 dice to come up with different combinations

The game consist of 13 rounds.

Each round a player can have up to 3 rolls to make their combination.

A score must be written in for each round, if nothing can be written in then put a zero in one of the categories; and you forfeit being able to gain points for that category for the rest of the game.

Scoring

The Upper Section: In the upper score section, you total only the specified die face. In these boxes, if a player scores a total of at least 63 points, a bonus of 35 points is added to the upper section score, when the game is over.

Three-of-a-kind: In this, 3 dice out of 5 should have the same face. The score is calculated as sum of all the dice faces.

Four-of-a-kind: Similarly, Four-of-a-kind should have 4 out of 5 die faces the same. Score will be the summation of all the face values.

Full House: A Full House is a roll where you have a combination of a 3 of a kind, and a pair (two cards same). Full house score is 25 points.

Small Straight: A small straight is a sequence of 4 consecutive die faces, and they fetch you 30 points.

Large Straight: A large straight is a sequence of 5 consecutive faces, scoring 40 points.

YAHTZEE: A Yahtzee is actually a Five-of-a-kind, i.e., all the dice faces are the same, and it scores 50 points. If you roll more than one Yahtzee in a single game, each additional Yahtzee roll will earn a 100-point bonus, provided that you have in store a 50 in the Yahtzee category. If you have not scored anything in the Yahtzee category, you will be devoid of bonus. If you have a zero in the Yahtzee category, the rule is that you cannot receive any bonuses throughout the game.

Chance: Chance is the catch-all roll; a turn that will not fit in any other category, hence the name. You can roll anything and all you do is total all the die values, to get the score.



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Group Games

Supervisor instruction sheet

Guidelines for supervising a group games session

These games are designed to be played in the gym and are a great evening activity for your group.

You will have access to game equipment and a booklet of game ideas. You may play your own games if you prefer.

Games include:

- Dead Ants
- Rewind Tag
- Red light/Green Light
- Rock Paper Scissors
- Ultimate Duck Duck Goose
- Rob the Nest
- Star Wars Dodgeball
- Captains Coming
- Octopus
- Huckle Buckle
- Chain Tag
- Four Corners
- Doctor Dodgeball
- Poison Pole
- Last Waiter Standing
- See the Games booklet for game instructions and equipment needs.

General Rules

- Respect the facilitator
- Boundaries: Don't go out of the gymnasium
- Participants should let adults know if they need to leave the gymnasium for any reason
- Don't climb on the blue mats at the rock wall
- No cheating

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Hobo Stoves

Maori Bread

Supervisor instruction sheet

Guidelines for supervising a Hobo Stoves session

1 competent supervisor utilising 2 Hobo Stoves.

Before starting

- Carry all equipment down to the campfire pit.
- Split the participants into 2 groups.

Materials

- 2 Hobo stoves
- Newspaper
- Wood blocks
- Lighter
- Bowl, measuring cup, cutlery, tongs
- Non-stick spray

Ingredients

- 1 x Cup self-raising flour
- Pinch of salt
- Water
- Maple syrup

Method

- Place the hobo stoves on the ground (or concrete slab if wet) Have 1-2 participants assemble newspaper, while the others start making the dough.
- Mix 1 cup of self-raising flour and a pinch of salt, add water (be careful not to pour too much in at once) and knead until it forms into a doughy ball.
- Light the fire, starting with 2 blocks and watch the kids as they feed more blocks into their fire 1 at a time (each stove can only have 9 blocks of wood per session so make sure it is spread out).
- Divide dough into 6 portions and roll into balls. Flatten balls out to no thicker than 1 cm. Spray some oil on top of the stove and place dough on stove 2 at a time.
- Cook for 2-3 minutes per side (be careful not to touch the stove as it will be hot).
- The kids can eat their bread plain or with the maple syrup.

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One Big + Adventure

YOU HAVE TO BE THERE

At the end of each session

- Once the groups have finished cooking, extinguish their fires with a little bit of water.
- Wash up the bowls, cutlery and stoves (careful not to touch them while they are hot!). Return everything to the box. Scrub stoves a lot as they get quite messy!
- Bring all gear back to the teachers' lounge when done.



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Human Foosball

Supervisor instruction sheet

Guidelines for supervising a human foosball session

Equipment

- Soccer ball
- Score cards & pen
- Human Foosball playing field

Session beginning

Divide the participants into two teams of up to 6 people.

One team will be red team and the other will be blue team. Each team will have a maximum of one Goalkeeper, three Defenders and two Strikers. These positions will be clearly visible on the piping. Just like normal foosball, the players are only allowed to move sideways along the pipe, and if the person next to them moves they will have to move simultaneously. The object is to move the ball around the field passing from player to player and ultimately score a goal.



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Indoor Bush Survival Skills

Supervisor instruction sheet

Guidelines for supervising an indoor bush survival skills session

Before you go into the bush all participants must spray their shoes at one of the Kauri Dieback spray stations.

Aim: To teach participants skills to survive in the bush in the event of an emergency, including preparation.

Packing a Bag

Aim: To teach the participants what is and isn't useful to have in the bush (10mins)

Activity: Participants are split into teams and need to work together to decide what 11 items are essential to take when going on a day trip into the bush. They will have more items than they need in the bag and will need to choose between them on what to take. Give them about 5 minutes to decide and then have a group discussion to see why they chose those certain items, go through any they may have missed.

Knot Tying

Aim: To teach some basic knots (15min)

Materials: Ropes

Instructions:

- Have the participants practice 3 simple knots, reef knot, bowline, clove hitch
- Use the ropes to practice
- These knots will come in helpful when making their shelters

Bivvi/Temporary Shelter Making

Aim: To teach the basics of making a bush shelter (20-30mins)

Materials: Tarpaulins and Ropes

Instructions:

- Have a look at some of the tarp designs on the wall and get each group of participants to choose a design to make.
- Give them about 10 minutes to make their shelter.
- Once they have made them get each group to talk about the pros and cons of the shelter they made (think about rain, wind, insulation, space etc), and how it could be improved?
- Repeat the exercise another 1 or 2 times using different shelter designs

Building a Fire

- If there is time left at the end you may talk through the basics of building a campfire - there is an information sheet on the wall to help you out.

Discussion Points for Packing a Bag

A pocket knife

Because a pocket knife is small and light to carry, it is a useful item to have. Situations often arise in the bush where you may need to cut rope or clothing.

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First Aid Kit

This is a must if going on a bush trip. A first aid kit should be well stocked with bandages, saline solution, an instant ice pack and a survival blanket.

Water bottle

Water is essential, always take more than you will need in case you are out in the bush longer than expected

Torch

Chose a waterproof torch, a source of light is essential in case you get caught out in the dark

Lighter

Having the ability to start a fire is good, in case you get lost or end up having to stay the night in the bush, it can help start a fire that will keep you warm

Food

Food gives you energy and it's important to keep your energy up when out in the bush

Communication—Walkie Talkie or Cell Phone

It's important to be able to communicate in case you get into trouble, check cell phone reception where you go, you may need to take some other form of communication if your phone won't get reception, such as a personal locator beacon

Navigation (Map & Compass)

Having a map and compass is helpful for when you get lost, make sure you learn how to use these before taking them with you

Warm Clothing

The bush is always colder than expected, and if you climb a mountain the temperature can drop significantly

Tarpaulin/emergency shelter

Helpful to take in case you have to end up spending the night in the bush, it can be used to make a shelter

Sun Protection

Being protected from the sun can help protect you from injury and disease.

Items that are not essential (however can be taken for enjoyment on a hike)

- Carabiner
- Scissors
- Mug
- Insect Repellent
- Togs
- Candle
- Ropes
- Towel



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Indoor Orienteering

Supervisor instruction sheet

Guidelines for supervising an indoor orienteering session

Aim: To locate stations 1-15 and as a team and try to figure out the Quizzles. Once you solve it, report the answer back to your leader and if correct, move on to the next Quizzle. This is a race against other teams.

Before starting

- Before starting the orienteering course, split your participants into two groups. These groups will race against each other to finish the course first.
- One group should start at station 1 and work forwards; the other group should start at station 15 and work backwards.

Instructions

- There are 15 stations to visit, numbered 1-15 on the leader's map.
- Give participants the co-ordinate for their next clue, e.g. A3, E1, etc. Using their own map students will head to the area and look for their clue.
- Once they have worked out the Quizzle as a team, they will give you the answer. If correct, give the team their next co-ordinate. If incorrect tell them to keep trying and give suggestions to help them.
- Remind groups that the map is not to scale and that the card could be anywhere within a 5m radius of the point marked on the map.
- The first group back to base with all the Quizzles completed will be the winners.

Helpful Hints

If the participants are struggling to work out the Quizzles, you may give them the following hints...

- Where are the words positioned on the page - up, down, left, right, top, and bottom?
- How many times are the words positioned with other words? In the middle, below, above, over, under, etc.

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Answers



	BLACK	Grid Ref		BLUE	Grid Ref
1.	Tricycle	A,2	1.	Jack in the box	J,5
2.	Forecast	A,2	2.	Top secret	J,4
3.	Head over heels	B,5	3.	I see you are too wise for me	H,5
4.	Travel over seas	C,1	4.	Left out	I,3
5.	Broken Promises	D,3	5.	Lost for words	H,3
6.	For instance	E,4	6.	Drink up	H,2
7.	Five times tables	D,1	7.	Last straw	B,3
8.	Your time is up	H,1	8.	Middle East	H,1
9.	Back door	B,3	9.	Search high and low	D,2
10.	Middle aged	H,2	10.	Too good to be true	E,3
11.	Cross roads	H,3	11.	Pay up	C,4
12.	Half hearted	H,3	12.	Cross country	C,1
13.	I understand	H,3	13.	Last but not Least	B,5
14.	Man over board	J,4	14.	Scrambled eggs	A,3
15.	For better or worse	J,5	15.	Double jointed	B,2

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Jumping Pillow

Supervisor instruction sheet

Guidelines for supervising the jumping pillow

Instructions

The jumping pillow will be available for use between the hours of 8:00am and 4:30pm. OBA staff will be responsible for inflating and deflating the jumping pillow during these hours.

It will also be available for use outside of these hour at the request of the group. A competent adult will need to be trained by OBA staff on how to safely operate the systems in order for it to be inflated / deflated.

Whilst in use outside of the normal operating hours the jumping pillow will need to be supervised by a competent adult to maintain group control.

Rules

- No more than 12 people on the jumping pillow at one timed
- No shoes or socks are to be worn whilst on the jumping pillow – bare feet only
- No digging in the sand surrounding the jumping pillow
- No sharp objects are to be taken onto the jumping pillow

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Kayaking

Supervisor instruction sheet

Guidelines for assisting a kayaking session

There will be a qualified One Big Adventure Instructor running the session. However competent adults are needed to help supervise and participate in the sessions, to ensure participants are as safe as possible.

Please let the instructor know if you haven't kayaked before so they can give you the instruction necessary. Feel free to ask the instructor any questions and let them know if you don't feel confident about anything.

It is important to pay attention to participants at all times as there is potential for accidents.

Rules that must be enforced

- Everyone, including adults, must wear a life-jacket.
- Ensure that the adult supervision ratio of 1:6 is adhered to at all times.
- One Big Adventure Instructor is to assess stream beforehand. If it is moving too fast, appears to be rising or it is raining heavily do not commence activity.
- Do not drag the kayaks — lift them (2 people if necessary)
- Store kayaks upside down.
- Report any damages/areas of concern to instructor.
- Participants are to stay within sight of an adult at all times.

Guidelines

- Participants should wear clothing that can get wet, i.e. Togs, wetsuit, etc.
- Participants should have a towel and/or a layer of warm clothing to put on straight after kayaking.
- In colder weather, participants should also wear a warm hat and jacket.
- The kayak shed can be used to store towels, etc. To keep dry during the session.

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Orienteering

Supervisor instruction sheet

Guidelines for supervising an orienteering session

2 competent supervisors if the group is to be split in two, or 1 competent supervisor if the group remains as one.

Guidelines for running an Orienteering Session:

- There are 3 different courses, colour-coded blue, purple and orange. You will be given one which will take around 45-60 minutes.
- You will be given an answer sheet with clues for yourself and maps and blank sheets for the participants to fill out as they do the course.
- It is recommended to divide your group into two. Then you will be able to have a competition between the two groups as to who can finish first.
- One adult must go with each group.
- There are 16 stations to visit numbered 1-16 on the map.
- Participants must copy the word from each station into the boxes onto their answer sheet.
- Once you have finished, rearrange the list of words to form a sentence!
- All stations can be found using the map and the landmarks on it.
- The first group back to the base with the correct sentence will be the winners.
- Caution –watch out around the Flying Fox area, archery, and air rifles.



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Outdoor Cooking

Pikelets

Supervisor instruction sheet

Guidelines for supervising an outdoor cooking session

1 competent supervisor.

Before starting:

- Split your participants into two groups and give them a set of equipment each.

Ingredients:

- 1 egg (Found in fridge in the campers kitchen)
- 4 Tbsp of sugar
- 2 Tbsp of milk powder mixed with 3/4 cup of water
- 1 cup of self-raising flour
- 1/4 tsp salt

Mixture method

- Beat egg and sugar together until smooth
- Add milk and flour
- Add the salt
- Mix it all together until smooth

Cooking method

- Place a small amount of oil in the pan and spread around evenly.
- Place a spoonful of mixture onto your hot pan, cooking 1 pikelet at a time.
- When bubbles start to appear, it is ready for turning over
- When you have cooked all your pikelets for your whole group, put the maple syrup on and enjoy!

At the end of each session

- Stop 10 minutes early for cleanup.
- Take the gear up to the campers kitchen and get the participants to hand wash everything ready for the next group.
- If it is the last session of the day, clean everything and bring all the gear back in the box to the teacher's lounge.

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Lighting the gas cooker



- Make sure the gas bottle regulator valve is open (anti-clockwise)



- Position the lit lighter near the **gas outlets**, slowly opening the gas cooker **regulator valve** (anti-clockwise) until it ignites and there is a constant flame. This is required for both elements and can be adjusted during cooking to provide more or less heat by opening or closing it slowly. **NB:** make sure to have the lighter lit prior to opening the cooker regulator valves (otherwise a build-up of gas can occur).

- To turn the cooker off, close the gas bottles regulator valve completely (clock-wise) until tight. This will cause the flame on the cooker to go out.
- Then turn both regulator valves on the cooker to closed (clock-wise) until tight.

Other notes

- Eggs will be located in the camper's kitchen and stored in the fridge.

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Poles & Planks

Supervisor instruction sheet

Guidelines for supervising a Poles & Planks session

1 competent supervisor

Aim

- Poles and Planks aims to challenge the participants' team building and problem solving skills utilising 7 different small activities.

Guidelines

- You may choose to split your group or keep them together.
- Familiarise yourself with the instructions for each activity prior to starting.
- Encourage everyone to participate and try to involve every group member (especially those less confident). Try to discourage any single person from dominating the group – encourage team work!
- Not all of the activities need to be completed. It's ok if a team is taking a long time on one particular activity if they are working well together and enjoying that activity.
- Let the participants work out and solve the problems together, give little hints if necessary but don't solve it for them.

Safety Points

- Think safety in all activities. Any inappropriate or dangerous behaviour must be stopped immediately.
- Be ready at any time to give extra support or to stop a participant hitting the ground, especially their head. (e.g. on Trust Fall or on Spider Web.)
- Do not run the activity if stream is flooding (speak with OBA staff if you have any concerns).
- Please ensure all the group stays together.
- Some elements of this activity can be slippery when wet, please use careful consideration and skip activities if you are unsure.

Trust Fall

- If you don't feel confident or if that particular group is not listening well, then the Trust Fall activity does not have to be completed. As the supervisor you have the end decision in regards to which activities they complete.

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Different Activities

Bridge the Gap

- **Objective:** To transport a group from the first post to the last without touching the ground.
- For the boards to be used, they must fit into the slotted posts, i.e. they may not be turned flat and placed on top of a post.
- If a participant's body touches the ground, the group must start the activity again.

Mohawk Walk

- **Objective:** to move a group from start to finish without anybody touching the ground.
- Group members must hold on to one another to provide balance for each other.
- The group does not necessarily have to go over as one unit.
- The supervisor should choose a suitable number of falls that are allowed before the group must start again. The challenge is to complete the task with the least number of falls.

The Big Log

- **Objective:** to get a group to organise themselves on the log without falling off!
- Start with the whole group standing on the log.
- The supervisor chooses an order that he/she wants the group to get organised into (e.g. birthdays, height, last names, etc.)
- The group then arranges themselves in that order without hopping off the log. If anyone touches the ground, the group needs to start again.

Ring Puzzle

- **Objective:** To transfer all of the rings from the first post to the last post.
- Only one ring may be moved at a time.
- A ring must be placed over a pole before the next one can be moved.
- No ring can be placed on top of a ring smaller than itself.

Chinese Checkers Puzzle

- **Objective:** For 2 groups of people to exchange places along a line of stumps.
- Divide your group into half, with each half facing each other on the stumps. Start with two empty stumps in the middle.
- Only one person may move to one stump at a time.
- You may only pass someone going the opposite way to you if the stump behind them is empty.

Spider Web

- **Objective:** Each member of your group must pass through the web without touching it.
- Each hole in the web may only be used once and by only one person in the group.
- If anybody touches the web, the whole group must start again.

Trust Fall

- **Objective:** For a member of a group to fall backwards into the prepared arms of the rest of the group.
- The rest of the group should form two 'shoulder-to-shoulder' lines facing one another. Their arms will be bent with their elbows near their own stomachs and their hands near the opposite persons elbows.
- The supervisor should ensure that they are positioned at the very end and be able to catch the fallers head, that the rest of the catchers are well distributed, that the faller is properly aligned with the catchers and crossing their arms.
- Ask the catchers to look to the faller & for the faller to fall. **Ensure the faller's head cannot fall on to wooden edging.**
- The faller should keep their arms held closely to the side of their body & fall backwards with their body rigid (not bending at the waist) and their head slightly tilted back.

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Problem Solving

Minefield Maze

Instruction sheet

Guidelines for running a Problem Solving Session:

Aim: To get the team from one side of the Maze to the other without stepping on a 'mine'. To use their memories to remember what squares on the maze are 'mines' and what ones are safe!

Materials

- Large floor mat with squares
- Laminated sheets with the safe map on it
- Whiteboard markers

Instructions

- A leader is responsible for holding the 'safe map' card - be sure to not let the students see the answers!
- Form one line of participants at either end of the mat.
- To start one participant steps out onto a square in the first row. Using the safe map, the leader says 'yes' or 'no', according to if the participant has stepped onto a 'mine' square.
- If the participant is on a mine, they 'die'! They must go to the end of the line then the next person tries. If the participant is correct, they keep moving until they guess wrong.
- Everyone must memorise what squares are safe or unsafe to get through to the other side!
- Your task is complete once each participant makes it to the end of the maze safely.
- To add challenge, if you have time – turn the mat around so they are doing it the opposite

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Problem Solving Pipeline Challenge Instruction sheet

Guidelines for running a Problem Solving Session:

Aim: This is a group problem solving and communication exercise. This activity involves moving balls down lengths of half pipes or gutters.

Materials

- Different size balls (Tennis Balls/Softballs)
- Half pipe/gutters
- Bucket

Instructions

- Groups must work together to control a marble/ball down lengths of half pipe/gutter
- Give the group the pipes and the ball and 5 minutes planning time
- Have a start point and a finish point (*a bucket will be provided for the finish line*)
- Every person must carry the ball at least once

Variations on the task

- Challenge the group to see how fast they can get the ball through the obstacle course
- Get the participants to take turns in a certain order
- Complete the task in silence
- Do the task on one foot

Important Notes

- As a facilitator you can control how hard or easy to make this task. You can take them over obstacles - downstairs and around trees etc
- Allow the group several attempts if you have the time and motivation
- This task can be done indoors or outdoors

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Problem Solving

Radiation Spill

Instruction sheet

Guidelines for running a Problem Solving Session:

Aim: To remove a bucket of 'radioactive fluid' from a 'contaminated' area and put it in a safe place without 'losing' any team members in the process.

Materials

- Bucket/Cup of radioactive fluid
- A rope to mark off the contaminated area
- A safe place to drop the radioactive fluid into (e.g, hula hoop)
- A set of ropes attached to a central hook

Instructions

- Mark out a large area (4-5m in diameter, using rope, a mat or something similar) and declare it a *danger zone*. If anyone enters that area they will immediately dissolve (be removed from the game for a set amount of time) or if any body part crosses over the rope that person will lose the use of that limb for the rest of the activity.
- Place the bucket of radioactive fluid in the middle of the danger zone.
- Tell the group they must somehow remove the poisoned bucket using the ropes and hook
Given, dropping it into the safe area (hula hoop placed a short distance away.)
- Half of the group should be blindfolded. These ones are allowed to hold onto the ropes attached to the hook.
- The ones who are not blindfolded are not allowed to touch the rope or the blindfolded students. (Pretend they are armless!) Their job is to guide the blind participants by speaking to them.
- To do this without contamination, the participants must stretch the ropes out until the hook is in the centre of them all, then move along carefully, until the hook can connect with the handle of the bucket. Once they have hooked the bucket, they must carry it safely over to the hula hoop, without touching the contaminated area or dropping any nuclear waste..

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- Once the bucket is inside the hoop, you can congratulate yourselves! You have saved the planet from destruction!

Important Notes

- Telling a story can help people get into the role and make it a bit more of an adventure. E.g.
 - “There has been a chemical spill in Henderson Valley. You and your team are the only ones who are able to diffuse the situation before innocent civilians are killed.....”
- Depending on age groups you may want to drop hints to help or you may want to make it more difficult. To make it more difficult you could say that the area 2m around the danger zone is also now contaminated so you can only be in that area for 30 seconds or else you dissolve.
- Don't be tempted to jump in and help too soon. See if the participants can figure it out - see if a natural leader emerges.
- Make it fun!** After the exercise have a de-briefing time. Ask questions like, “How well do you think you did”. “What strategies worked well”. “What didn't work so well”.

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Problem Solving

Shark Infested Water

Instruction sheet

Guidelines for running a Problem Solving Session:

Aim: To get the whole team and three planks from one island to the other, without anyone touching the water (ground)

Materials

- Two platforms (*islands*)
- Three planks
- Seven blocks (*stones*)

Instructions

- Set up the course as per the diagram on the other side of this sheet.
- The planks can only touch the '**islands**' and the '**rocks**' that are 'sticking up out of the water'.
- The planks can only be placed vertically or horizontally, **not diagonally**.
- If anyone touches the water the whole team must start again
- The planks do not float (*i.e. Will 'sink' unless resting on 'stones'*).
- The challenge is finished only when all the members and the boards are safely on the other island!

It's story time

Make up a story that will make it into an adventure to help participants to "live" the game. E.g. You were on your way to spend your school holidays on an island resort. Unfortunately as you were flying, some birds got sucked into the plane engines. The plane crashes and you find yourself stranded on an island, waiting for your rescuers. Later in the day you see the searchers in the distance picking up the other survivors, but they don't see you stranded on your island. Fortunately you see an emergency pack with a radio on another island a short distance away. The only problem is that to get to the radio you have to cross shark infested waters to get to them. You need to get the whole team and the three planks of wood over to the other island. The planks of wood can only rest on the rocks sticking up out of the water. The planks can only go horizontally and vertically, not diagonally.

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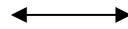
Important Notes

- Don't be tempted to jump in and help too soon. See if the participants can figure it out - see if a natural leader emerges.
- **Make it fun!** After the exercise have a de-briefing time. Ask questions like, "How well do you think you did". "What strategies worked well". "What didn't work so well".

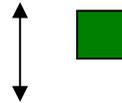


Set-up Diagram for the Activity:

('Island')



(2 plank wide)



(1 plank wide)

('Island')



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Problem Solving

Ski Bog Cross

Instruction sheet

Guidelines for running a Problem Solving Session:

Aim: To get the whole team from one side of the 'Bog' to the other without touching the ground.

Materials

- Wooden skis
- Obstacles (*a big stick - something challenging to get over*)

Instructions

- Make up a course that the team has to travel using the wooden skis provided. Don't make it too tricky or too long - just a couple of corners and one low obstacle to go over is usually enough. Try to get them to work out how to use the skis themselves.
- Make up a story that will make it into an adventure and help participants to 'live' the game.
E.g. "You are part of a team of weapon inspectors in Iraq. One day as you are driving along, your Land Rover slides off the road into what appears to be a swamp. However, as you watch your Land Rover slowly dissolve, you realise that you are stuck in a 'bog'. Fortunately, the locals saw the accident and feel sorry for you. They throw you two strange logs. They tell you that they will get you across the bog safely, but they warn you not to take too long or else they will dissolve. Unfortunately they disappear into the desert before they can tell you how to use the two strange logs."

Important Notes

- Don't be tempted to jump in and help too soon. See if the participants can figure it out - see if a natural leader emerges.
- **Make it fun!** After the exercise have a de-briefing time. Ask questions like, "How well

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- do you think you did". "What strategies worked well". "What didn't work so well".
- Did they figure out that it is easier to go over something if they first pulled up alongside it and then step over?

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Raft Building

Supervisor instruction sheet

Guidelines for supervising a raft building session

2 competent supervisor that are also competent swimmers.

General Water Safety

- No participant is allowed in the waterhole without adult supervision.
- You will need to use lifejackets - a range of sizes can be found in the kayak shed.
- When participants enter the water on their built raft(s), the adult supervisors are to make a plan in relation to positioning themselves in appropriate locations to maximise their observations of the participants e.g. Be responsible for watching different areas of the swimming hole. This ensures no part is left unobserved.
- If a participant falls off the raft or goes under the water, the adult supervisor(s) are to make sure that they resurface and are not caught or tangled in any rope / equipment.
- Have a life ring easily accessible.
- If a participant gets into any trouble whilst in the water, it is expected that the adult supervisor(s) immediately provides the appropriate response to the situation.
- Instruct all participants to not leave the area without permission. Do a head count before and after the session.

Materials

- 12 Ropes
- 4 Barrels
- 12 Bamboo
- 2 Paddles
- 8 Plastic Containers

Instructions

- Divide the group in half. They must use the materials provided to build a raft that can take the entire weight of their team. Give the participants about 30 minutes to build their rafts.
- After they have built the raft they may enter into the waterhole and try it out – see if they can paddle around with the entire team on-board or play some of the games listed below (15mins).
- In the last 5– 10 minutes get the participants to dismantle the rafts and have it set up

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ready for
the next group to go, then send them off to go and get changed.



Games to Play

Ambulance

Have one person from each team on the other side of the waterhole; they will be crying out for help as they have broken both their arms and legs. The rest of the team is the ambulance. The ambulances need to race over to the other side making the loudest ambulance sound; carefully place the patient on the raft (the patient can't hold on or move because of their broken limbs) and then transport them back to the other side.

Ninja

Teams must race across to the other side of the waterhole and back while being the quietest team.

Pirate Ship

Teams will be given a napkin as their treasure map, as they race to the other side and back they are trying to wet the other teams treasure map while keeping theirs dry. Team members must be on the raft at all times (they can't swim over and try and tip the other teams raft over). The team with the driest map at the end wins. Make sure all paper is removed from the waterhole.

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Rainbow Tag

Supervisor instruction sheet

Guidelines for supervising a rainbow tag session

Equipment

- 6 different colour paint pots
- 6 paint brushes
- 5+ buckets of water
- 12+ old rags

Instructions

- Hidden around a designated area are 6 adults with colours of paint in a pot.
- The participants must run around, find the hidden adult with paint and put a stripe on their arm.
- The remaining adults are spread out around the designated area with wet rags which they will throw at and try and hit (tag) the participants with the wet rag.
- When they tag someone, they wipe the paint off of their arm, one stripe or all.
- The goal is to get all the colours in the game on your arm and make it back to base.

Rules

- Concrete pad is a "safe zone" for a drink, rest and refuel (they can stay there for 30 seconds max).
- Adults cannot "goose guard" this area.
- Adults must stay in the same hiding spot for the entire game.
- Participants must stay inside the designated boundary lines.

Boundaries

- Driveway
- Stream
- Garden by High Ropes
- Archery Area/brown fence of staff houses
- Plant area alongside road by the big field



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River games

Supervisor instruction sheet

Guidelines for supervising a river games session

Aim

- To have a fun and creative time getting wet with some old-school games in Opanuku stream!

Before Starting

- We highly recommend that participants are wearing appropriate clothing and footwear for this activity (e.g. swimming togs, shorts & t-shirt, etc. and water shoes or sneakers, etc)
- This activity may be called off in heavy rain, please talk to One Big Adventure staff if you are unsure about the weather conditions.
- Divide your group into 2 teams and they will be in these teams for all 5 river games.
- There are 5 activities and you may not get through them all in the hour. Start with the activities you most want to do, to make sure you have time for them.

Equipment

- Leg ties (at least 6)
- 2 sets of containers with holes in the bottom
- 1 tug-of-war rope
- 2 large black barrels (with holes in them)
- 2 sponges
- 4 buckets

River Games Activities

Leaky Barrels

- Each team has a barrel on the bank of the stream which is full of holes. They have a container and a bucket, which also have holes in them.
- Teams race against each other to try and fill their barrels.
- Teams may block holes with leaves, branches, fingers, etc. but let them work it out themselves!

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- Please ensure barrels stay on the shore and don't end up in the water.

Over-under Sponges

- This game is played on land, next to the river, but teams should get pretty wet doing it.
- Each team lines up, one behind another. At the front of their line will be a bucket of water
(taken from the stream) and at the back of their line will be an empty container.
- The person at the front of the line will dunk a sponge in the bucket and try and soak it as much as possible. They pass the soaking wet sponge over their head to the person behind, who then passes the sponge between their legs to the person behind.
- Over-under continues until the sponge reaches the end. The last person in line must wring the sponge into the container and then run to the front of the line to start again.
- Teams race against each other to fill the container first.

Three-legged Races

- In teams, participants pair up and tie their leg to their partner's leg.
- Teams will then compete in a 3-legged relay race in the water (make sure it is in the shallow).
- Pairs will 'run' to a certain point in the river, then turn around and race back to their team.
- Teams race against each other to be the first team back.

Tug-of-War

- In their original teams
- Choose a section in the stream that is not too deep, but deep enough for the kids to get wet if they fall over!
- Tug of war can be done on grass if preferred.
- Now choose an imaginary "middle line". The white rag indicates the middle of the rope. Each team stands in the water and takes one side of the rope. When you call "GO", the teams start pulling. The first team to get the white rag past the imaginary middle line is the winner!

Three legged bucket fill

- In their teams, participants will pair up and tie their legs together.
- Place two buckets of water at one end of the grass, and two empty buckets at the other end.
- Teams must race against each other with a sponge full of water and fill up their empty bucket as fast as possible by squeezing the water out of the sponge into the bucket
- Every time a pair comes back with a dry sponge, the next pair then soaks the sponge

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and
races down to fill the bucket, and so on until the first team to fill their bucket wins.

At the end of the session

- Please make sure all the equipment is placed back inside the black barrels and is ready to be used for the next session.
- Please ensure that barrels are placed back up by the bush at the end of the day.



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Rock Climbing

Supervisor instruction sheet

Guidelines for assisting a rock climbing session

There will be a One Big Adventure Instructor running the session. However adults are needed to help supervise and participate in the sessions by coaching the climbers and doing equipment checks. This ensures the climbers safety.

The instructor will give you training on the correct procedures for assisting the facilitation of a rock climbing session, feel free to ask them any questions and let them know if you don't feel confident.

It is important to pay attention to the climbers at all times during rock climbing as there is potential for accidents to happen.

Harnessing

- All participants will be fitted with a rock climbing waist harness.
- There are 3 sizes of harness (small, medium and large) colour coded accordingly.
Your OBA instructor will show you the different sizes and how to fit these correctly.
- The instructor will physically check every harness prior to first climb and periodically throughout the session.

Pre climb checks

- Ensure Climbers are properly attached to the triple lock carabiner. This is a self-locking device; Give the gate a push inwards (it should make a clicking noise) to ensure its shut properly after which there is no need to touch it. The OBA instructor needs to physically check that this is correctly locked prior to the participant starting the climb.
- Do not release the carabiner without connecting it to the nose of the harness or the floor stop—if this happens the carabiner will retract automatically. This results in the loss of climb for an extended period of time.

During the climb

- Keep your eyes on the climber at all times.
- Continuously monitor harnesses for any loosening—tighten where appropriate.
- Provide encouragement - climbers can most often do far more than what they expect! Point out different holds or positions to try out too.

Descending

- Encourage the climber to get into the “spy position”, this will be trained in the safety briefing by the instructor. This position is achieved by placing their feet flat against the wall and having their hands on the rope in front of them as the walk down the wall. This position protects their body from hitting the wall and causing injury.

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Once the climber has reached ground level you will need to disconnect the carabiner from the climber's harness and attach it to the next climber, or alternatively to the red floor stop.



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Rogaining

Supervisor instruction sheet

Guidelines for supervising a rogaining session

Rogaining

- You will be given maps and a question-and-answer sheet for the participants. You will also have the master answer sheet.
- It is recommended to divide your group into two. Then you will be able to have a competition between the two groups as to who can finish first.
- The aim is for the participants to find the numbered location on the map and answer the relevant question when there. They should write the answers down on the sheet provided.
 - Each answer is worth a different amount of points.
 - One adult must go with each group.
 - Only give clues if absolutely necessary!
 - The first group back to the base with the correct answers will be given the most points. The team with the most points will be the winners.

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YOU HAVE TO BE THERE

Rope Maze

Supervisor instruction sheet

Guidelines for supervising a rope maze session

Equipment

- 4 x waist harnesses
- 4 x blindfolds
- 4 x plastic cups
- Water

Guidelines for the session

- There are four different coloured ropes. Each participant starts on a different post and goes through the maze to each of the other 7 posts before finishing at the post they started from.
 - 2-4 participants can race at one time. The remaining participants can watch them to ensure there is no cheating! Alternatively those not racing can help with timing their fellow participants.
 - Those who are racing must wear a waist harness and clip themselves to the start of one of the coloured ropes.
 - At the same time, all the participants race through the maze.
 - When they arrive at a post, they must unclip their carabiner and clip it back on to the other side of the bolt to continue racing.
 - The first one to complete their maze and get back to the starting post is the winner!
 - Please ensure participants don't wander off to the waterhole while doing this activity.

Challenges

- Time the participants as they race to see who can complete the maze the fastest.
- Blindfold the participants to make the maze more difficult while racing.
- Fill up plastic cups from the waterhole and try to race through the maze without spilling any water - the person to finish with the most water left wins

Packing Up

- Please bring the equipment back to the activities office at the end of every session that has a break in-between and at the end of the day.

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Royal Drama

Supervisor instruction sheet

Guidelines for supervising a royal drama session

Charades and Pictionary

Aim: To have a fun and a crazy time trying out your acting and drawing skills, to become the winning team!

Instructions:

Divide your group into two teams and put them on either side of the room. You will spend the first 30 minutes playing Charades and the second 30 minutes playing Pictionary. The two teams are competing against each other.

Charades:

- Explain to the participants that you hold a list of at least 20 things to act out. These are either
People, Movies or Actions. Each group is to send up someone from their group to get the
word from you, then without a word they must return to their group and start acting!
- The remainder of their group must guess what it is. Once they get it right, the next person has
to run up to the leader to get the next word. This continues until the team has correctly
guessed each word in the list!
- If a group is really struggling to guess, the leader can give them a clue by revealing if it is a
Person, a Movie or an Action.
- Give the teams 1 point each for every word they get correct. If you see them cheating, remove
1 point.

Pictionary:

- Explain to the participants that you hold a list of things to draw. These are either
Characters,
Movies, Books, Animals or Things. Each group is to send someone from their group to get the
word from you, then without a word they must return to their group and draw!
- The remainder of their group must guess what it is. Once they get it right, the next person has
to run up to the leader to get the next word. This continues until the team has correctly
guessed each word in the list!

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- If a group is really struggling to guess, the leader can give them a clue by revealing if it is a Movie, a Character, Book, Animal or Thing.
- Give the teams 1 point each for every word they get correct. If you see them cheating, remove 1 point.



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Scavenger Hunt

Supervisor instruction sheet

Guidelines for supervising a scavenger hunt session

Ensure that all participants are wearing appropriate clothing and footwear.

Make sure the participants are moving around camp safely.

Scavenger Hunts

There are 3 types of Scavenger Hunts listed below to choose from (depending on timing, you may only be able to complete one within the session):

Alphabetical: Participants are given a sheet with letters A-Z. They must race around camp and try and find an object for each letter e.g. G – grass.

Photo: Participants are given a photo of a random object around camp. They must figure out where the photo was taken and go there and answer a question to do with that particular area.

Classic: The group will be given a list of items to find around camp. Participants have to try and gather the items to gain points depending on the difficulty of the item.

Alphabetical Scavenger Hunt Supervisor instruction sheet

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Aim: To get the participants running around camp collecting strange and unusual items. Each item must correspond with a letter of the alphabet. Try and outsmart the opposing team!

Instructions

- Ensure the group is wearing appropriate clothing and footwear (*they will be running around*)
- Split the group into two teams.
- Have an adult with each team.
- Send off both groups. They are to try and find a host of different items with each one corresponding with a letter in the alphabet. Encourage them to think outside the box and to get things that the other team won't have.
- Give the groups around 45mins to find whatever they can and spend the last 15mins comparing and returning the items if need be.
- Participants are provided with a bag to put the items in. They will need to keep their items to prove they found them.

Scoring

- Compare all items they have found. Any items that both teams have cancel out each other's points.
- Items that are unique to a team are given 10 points per item
- Anything that is strange or unusual or just cool can be given bonus points (*15 or 20*)
- Add all the points together and find a winner!

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Classic Scavenger Hunt

Instruction sheet

Aim: As a team, race around camp collecting as many things on the list as you can. Try to beat the other team back first!

Instructions

- Split the group into teams of three or four and give each team the list of items
- There are 26 items on the list below that teams must find all around camp. They are trying to be the first team back having found everything on the list.
- If after 45 minutes, no team has found everything, call them back and count how many items each team has found. The team with the most are the winners!
- Explain to students that they cannot collect anything that doesn't belong to them without asking first and that they are not allowed in other people's cabins

List of Items

- A veined leaf
- A birds feather
- 4 small pieces of rubbish
- A smooth stone
- A dead insect
- A petal from a flower
- A paper clip
- A battery
- Green shorts
- A red pen
- A blue sock
- A patterned pillowcase
- A balloon

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- A brown/dead leaf
- Tree bark
- A plastic water bottle
- A coin
- A piece of fruit
- A tissue
- A book
- A handful of grass
- A seed
- A piece of blue tack
- A zip lock bag
- A piece of coal
- A black sleeping bag case

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Photo Scavenger Hunt

Instruction sheet

Aim: Use your knowledge of the camp to locate exactly where the photograph was taken. Fill out the answer sheet as you go, the fastest team to complete it all is the winner!

Instructions

- Ensure the group is wearing appropriate clothing and footwear (*they will be running around*).
- Split the group into two teams - team one goes from Photo 1-14; team two goes from Photo 14-1.
- Have an adult with each team.
- Start by giving teams their first close-up photo. They must work out where this is around camp and run to that location. Once there, the parent with each team will read them the question for the station and students will fill out the answer sheet. There are 14 stations to visit.
- If groups are struggling with a photo, give them hints - but don't make it too easy!
- The first group back to the base with the correct answers will be the winners.

Photo Scavenger Hunt

Answers:

1. How many sockets are there in the Power board?

2 Power sockets

2. How many rivets on the inside of the swing?

6 Rivets

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3. What equipment do you need for this activity?

Slackline or strop

4. How many screws in this sign?

2 Screws

5. Name 2 places the boardwalk can lead to?

Wood Shed, Rope Maze, Waterhole, River Crossing

6. What colour are the four ropes?

Black, Red, Green & Blue

7. What activity runs next to this area?

Archery

8. How many immovable benches are around this area?

6 Benches

9. What area is this?

Bush Platform Area

10. What colour sign is in this area?

Red – Stop Sign

11. Whose name is on one of the memorial signs?

Vivienne, Edwin, Tim & Eric

12. How many green people on the sign?

Three

13. Why have the tyres been put here?

To stabilise the ground

14. What is this activity called?

Poles and Planks or Ring Puzzle

Sideline Soccer

Supervisor instruction sheet

Guidelines for supervising a Sideline Soccer session

Equipment

- Soccer Goals
- Cones
- Swiss Ball, Rugby Ball, Small Spiked Ball

Instructions

- Split the group in half and number them off in their teams. Have them stand on one side of the soccer field each, indicate which goal belongs to each team.
- The Instructor will call out a few numbers and whoever has those numbers is to run onto the playing field.
- Using a Swiss ball or other type of ball (e.g. rugby ball), teams will play soccer, aiming to score a goal.
- Once a goal is scored or after a certain time, everyone returns to their side.
- The Instructor will then call out a different number/s.
- Keep score.
- Game will last 30-60 minutes.

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Slacklining

Supervisor instruction sheet

Guidelines for supervising a slacklining session

Aim: To challenge participants to use their balancing skills to walk along the length of the line.

- All participants must wear appropriate clothing, this is a physical activity.
- One person on the line at a time.
- All other participants are to be at least 2 metres back from the line.
- Someone may assist the participant if required.
- Encourage participants to keep trying. It's not easy - ultimately the goal is to walk the full length.

Options:

- Backwards: Try and walk the line backwards!
- Blindfolded: Throw on a blindfold and grab someone to assist as you wobble your way along without being able to see.
- Plastic cups: Fill up a cup with water and see if you can walk along the line spilling as little as possible.

Tips

- Keep big toe on the line.
- Look forward and find a still spot in front of you to focus on.
- Keep arms out for balancing.

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Slip 'n' Slide

Supervisor instruction sheet

Guidelines for supervising a slip 'n' slide session

Location

- The slip n' slide will be set up on the bank of the field, next to staff house.

Set-up

- The slide will be set-up by One Big Adventure staff with a hose next to it.
- When your session starts, you will need to turn the hose on at the tap.
- Make sure to wet the slide before the first person goes down (*you don't need detergent*).

During the session

- Keep the hose on the slide throughout the session so it is wet for the participants sliding down.
- Wet each participant also before they go down (*this will help with sliding*).
- Participants can either go down on their stomach or sitting down.
- You must keep a look out for cars and let them past once all participants are out of the way.
- There should be no more than 2 participants sliding at a time to avoid collisions (they must be side by side, not one after the other).
- We do allow for trains as long as they are holding on onto each other the entire time (No breaking up when sliding).
- Ensure that once a participant reaches the bottom they hop off the slide before you send the next participant down.
- NB: Don't hang any clothing or towels on the back metal fence by the exit gate.

At the end of the session

- Make sure the hose is turned off at the tap. It is also a good idea to release the water that is still in the hose after the tap is turned off. This releases the pressure.
- Take all your equipment with you when you are finished.

At the end of the day

- If you are the last session of the day fold each mat up in half 4 times to let the grass

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- breathe. Leave the top 2 pegs in each mat.
- Coil the hose up.



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Stream Science

Supervisor instruction sheet

Guidelines for supervising a stream science session

Introduction (5-10 min)

- Explain to the participants that the aim of the session is to have fun learning about a typical NZ Stream. Understanding what lives in it and if it is a healthy environment.
- To start the session ask the participants: What is a stream? Have them brainstorm on the whiteboard provided. Encourage the children to think about where the water comes from (rain), what a catchment is, and where the water travels from to get to the stream.

At the stream (5 min)

- As a group, make observations and discuss the appearance of the stream.
- Does it look healthy? *Why/why not?*
- Consider: water level, how fast is it flowing, recent rain, clarity, etc.
- Paper and pens/pencils will be provided to record your findings.

Testing the health of the stream - temperature (5 min)

- Take the air temperature. Will the water be warmer or cooler?
- Take the Water temperature:
- Fill a bucket with stream water and hold the thermometer in the water for at least two minutes.
- If water temperature is colder than air, it's a sign it's healthy!

Testing the health of the stream - Clarity

- **Please do this test on land, not in the stream** – that way we don't lose/break parts of the clarity test equipment.
- Pour water from a bucket into clarity tube
- Place magnetic marble in tube and replace cap
- Hold the tube horizontally, and then one person looks through the end-cap to view the magnetic marble in the tube close to the viewing hole.
- Someone should then slide the magnetic handle to move the marble along inside the tube.
Stop when the viewer can no longer see the marble due to the water clarity. Take note of the marbles' place on the scale.
- This gives you a scale from 0-100 of how clear the water is. The closer to 100, the

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greater the
clarity - the healthier the stream is.

Invertebrate collecting

- Remember, we want to keep everything alive, so if you catch something, keep it in a tray of water to observe and then release it into the stream once you are done identifying.
- Using the nets, see if you can catch any fish or other invertebrates. The best way to do this is to swipe the nets quickly in the water, especially near the banks or under rocks (*creatures like to hide under the plants near the waters' edge*) and in deeper water.
- Turn over rocks and observe to see if any tiny creatures are living on the rocks. Hold the net down stream from the rock and gently brush the surface of the rock with your hand in the direction of the net.
- Empty the nets into the trays, carefully observing for signs of life in the material collected. Most stream life is well camouflaged & expert at hiding, so observe carefully!
- Use the magnifiers and charts to identify which stream creatures you have caught, and discuss what this means about the health in the stream.
- Discuss things that cause our water to become polluted and ways that we can help our streams stay healthy.
- Discuss why these streams and their tiny inhabitants are important to us! Why we should care for them?

Important notes

- Please ensure participants are wearing the correct clothing and footwear for being around the stream. They will not be swimming, but will potentially get wet.
- As you are around water, please ensure there is adequate adult supervision.

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Swingshot

Activity instruction sheet

Guidelines for assisting a Swingshot session

There will be a One Big Adventure Instructor running the activity session. However adults are needed to help supervise and participate in the sessions by fitting and doing equipment checks and coaching the participants to ensure safety at all times.

The instructor will give you training on the correct procedures for assisting the facilitation of a Swingshot session, feel free to ask them any questions and let them know if you don't feel confident.

It is important to pay attention to the participants at all times during their session.



How the Swingshot operates

- At the start of the session an Instructor will brief you and the participants on the operation of the Swingshot.
- One at a time participants will be fitted with the correct safety equipment including a full body harness and a helmet.
- The participant will ascend the A-frame ladder and be connected to the swing by the OBA Instructor.
- The additional participants and supporting adult will haul the participant up until they are at their ideal fall height. Note – this can be as little or as high as they like. **Challenge by choice.**
- The instructor will be coaching the participant from the instructor standing point.
- The participant will pull the release mechanism and will enjoy their swing!
- Once the participant is at a slow swing, the instructor or supporting adult will pass the participant the bungee brake and bring the participant to a standstill.
- The Instructor will assist the participant by disconnecting the equipment and descending the ladder.
- The next participant will have their turn as per above.

Safety points to note

- The participants and their safety is primarily the Instructors' responsibility for the entire duration of the session, but your full participation in helping to supervise and run the session is needed!
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Please ensure you are acquainted with the Activity Instructions and the RAMS documents for this activity, prior to beginning the session.
- Do not allow any participant to leave the area without supervisor permission.
- Please ensure your cell phone is off and attention is on the participants at all times.
- Please be careful with all equipment.

Equipment fitting

Harnessing

- Participants will be fitted with an appropriate full body harness that

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is sized to them.

- There are 4 sizes of harness (extra small, small, medium and large) labelled accordingly. Your OBA Instructor will show you the different sizes and how to fit these correctly.
- The instructor will physically check every harness prior to the participant being connected to the Swingshot.

Helmets

- Participants will be fitted with a helmet.
- Ensure the helmet is fitted correctly by adjusting the chin strap and circumference strap at the back of the participants head.
- If the helmet is correctly fitted there should be no sliding or movement if the participant moves their head back, forth and side to side.

Pre swing checks

- Before the participant ascends the ladder the OBA Instructor will check all equipment to ensure correct fitment and suitability.
- The instructor will make sure that the participant, haul team and adult supervisors are ready.

Participants hauling

- The participants will be given a demonstration on how to haul along with coaching and support from the trained supervisor. This will include the technique for raising the participant attached to the swing and the technique for when the participant is ready to swing and once they detach themselves.



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Top Team

Supervisor instruction sheet

Guidelines for supervising a top team session

Activities

- Hoop Wave
- Giant Ski's
- Giant Sack Jump
- Frisbee Frenzy
- Ball in Hole
- Tyre Rolling
- Gumboot Throwing
- Commando Crawl
- Bean Bag Throw
- Ring Toss

Spilt the group into 10 teams, each team will rotate around 10 activities aiming to get the most points. Teams have approx. 3-4 minutes to complete an activity before the siren sounds, when the siren goes they must move to the next activity, there is no time in between activities so the quicker they move the more chance of earning points. Below are the 10 rotations they will go through - there will be an adult stationed at each activity.

1: Hoop Wave

Team stands in a circle joining hands - goal is to get the hula hoop around the circle as many times as possible without letting go of their hands.

1 point for each loop completed.

2: Giant Skis

Team must walk on Giant Skis between two cones, must change people each time so everyone gets a go.

1 point for each length completed.

3: Giant Sack Jump

1-4 people in the sack at a time. They must make it to the other cone, must change people each time so everyone gets a go.

1 point for each person that is in the sack when they make it.

4: Frisbee Frenzy

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Standing behind a cone, the team needs to throw a Frisbee through a suspended Hula hoop.

1 point for each Frisbee that gets through the Hula Hoop.

5: Ball into Hole

Standing behind a cone, one at a time, teams have to through a Ball through a Hole.

1 point for each Ball that gets through the hole.

6: Tyre Rolling

A couple of people will roll a tyre around a goal post, must change people each time so everyone gets a go.

1 point for each complete circle made.

7: Gumboot Throwing

Standing behind a cone, one at a time, throw a Gumboot over a Rope Line 5 metres away.

1 point for every Gumboot that lands the right way up.

8: Commando Crawl

One at a time, team member need to crawl under a Parachute and back.

1 point for every person that gets back.

9: Bean Bag Throw

Standing behind a rope with backs to hula hoop, team has to throw the Bean Bags over their head into the hula hoop.

1 Point for each Bean Bag that lands in the Hoop

10: Ring Toss

One at a time throw a Ring to try and get it onto a Post sticking up.

1 point for every Ring that gets on a Post.



Traversing Triangle

Activity instruction sheet

Guidelines for assisting a "Traversing Triangle" session

There will be a One Big Adventure Instructor running the activity session. However adults are needed to help supervise and participate in the sessions by coaching the participants, doing equipment checks and manoeuvring some activity specific equipment to ensure participants can ascend and descend the high triangle. This ensures the climbers safety.

The instructor will give you training on the correct procedures for assisting the facilitation of a Traversing Triangle session, feel free to ask them any questions and let them know if you don't feel confident.

It is important to pay attention to the participants at all times during their session.

How the Traversing Triangle operates

- At the start of the session an Instructor will brief you and the participants on the operation of the Traversing Triangle.
- Each participant will be fitted with the correct safety equipment, this includes a waist harness, helmet, tether and safety hook.
- Participants will be connected to the training triangle that is positioned at ground level until considered competent in the techniques required to move around the course.
- Once competent the participant will be linked into the high triangle attachment for the ascent.
- The instructor will call each participant up to the top platform where they will be connected into the first challenge portion of the course.
- The participant will complete the Ricketty Bridge challenge and move onto the wooden beam, and then onto the postie wire walk.
- While the participant is traversing the course, encourage the kids to do some variations, particularly if they are fast.
- The instructor will then assist the participant as they descend from the course.

Safety points to note

- The participants and their safety is primarily the Instructors' responsibility for the entire duration of the session, but your full participation in helping to supervise and run the session is needed!
- If you have any concerns about the activity, the equipment or your level of ability in regard to this activity, please speak with One Big Adventure staff immediately.
- Please ensure you are acquainted with the Activity Instructions and the RAMS documents for this activity, prior to beginning the session.
- Do not allow any participant to leave the area without supervisor permission.
- Please ensure your cell phone is off and attention is on the participants at all times.
- Please be careful with all equipment.

Equipment fitting

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Harnessing

- All participants will be fitted with a waist harness.
- There are 3 sizes of harness (small, medium and large) colour coded accordingly. Your OBA Instructor will show you the different sizes and how to fit these correctly.
- The instructor will physically check every harness prior to the first climb and periodically throughout the session.

Helmets

- All participants will be fitted with a helmet.
- Ensure the helmet is fitted correctly by adjusting the chin strap and circumference strap at the back of the participants head.
- If the helmet is correctly fitted there should be no sliding or movement if the participant moves their head back, forth and side to side.

Safety hook and tether attachment

- All participants will be fitted by an instructor with the safety hook and tether attachment.

Pre climb checks

- After the participant has been fitted with all of the safety equipment, the Instructor will double check that the gear is appropriately sized and fitted correctly.

Operating the connector blocks

- An instructor will brief you on how the connecting blocks function at the start of the course. The instructor will ensure you are competent and confident with the equipment and techniques before allowing participants to start the course.
- It is your responsibility to manoeuvre the connecting blocks and snaplink carabiners at the base of the course to allow the participants to ascend and descend the high triangle.

Participant training triangle & ascending the course

- Each participant will rotate anti-clockwise around the training triangle until they are confident with their safety hook and the connecting blocks (minimum of at least 2x around).
- At any time there should be no more than 6 participants attached to the training triangle.
- Practice 1 participant at each pole, 1 participant on each portion of wire in between poles. This is the same as how the high triangle is managed by the instructor.
- Once a participant is confident and you are happy with their ability, communicate this with the instructor and ask if they are ready for the participant to ascend the course. The instructor will instruct you on when to take the next actions to allow participants to ascend the course.

Participant descending the course

- Upon descent, take off the carabiner then disconnect the participant via the connector blocks, allowing them to exit the course.

True or false?
Camels humps are
full of Water?



Who discovered
New Zealand?



Trivia

Supervisor instruction sheet

Guidelines for running a trivia session

Equipment

- IPad connected to the projector – Dining Hall
- Pen / Pencils and answer sheets

Instructions

- On the IPad you will find the trivia PowerPoint. Open this and turn on the projector (OBA staff will show you this prior to running the trivia night).
- Split the group up into teams. Have each activity team sit at a table and give each team a pen and answer sheet.
- Have a group of adults that will be the marking the teams answers.
- Each round has 10 questions followed by the answers.
- Get the participants to hand in their answers to the marking team before going through the Answers.
- There are 9 rounds in total.
- For the Disney and Logo rounds a picture will come up and they have to guess the correct movie or logo.

If doing all 9 rounds it will take between 1.5 - 2 hours

Topics:

Disney
Logos
New Zealand
Science
History
World
Sports
Animals
True and False

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Guidelines for running a Trolley Carts session:

Location

On concrete Drive by garage and on field's bank.

Trolley Carts

Aim

Supervisor instruction sheet

Guidelines for supervising a trolley cart session

Instructions

Location

- **Split the group into three groups.**

Assembly location: Concrete area next to field (Not on driveway). Operational location: Main field's bank.

- **Each group will assemble their own trolley cart.**

Aim

- **Once the cart has been assembled you will need to**

Assemble your cart and ride it down the hill. **check over it before they ride it down the hill!**

Instructions

- **Make sure the participants wear a helmet before they**

- Split the group into three groups.
- Each group will assemble their own trolley cart.
- **Once the cart has been assembled you will need to check over it before they ride it down the hill!**
- Make sure the participants wear a helmet before they ride the cart.
- It is a good idea to start participants from halfway down the hill, and then slowly work their way to the top as they become more confident.
- Allow each participant to have a turn riding their cart down the hill.
- Their team members may follow them down to help bring the cart back up (please make sure they go down afterward).
- **Their team members may follow them down to help bring the cart back up (please make sure they go down afterward).**

Things to Check before allowing them to ride. **If time allows they can have another turn.**

- Ensure there is a washer and a circle pin on each wheel.
- **Make sure you leave time for the group to disassemble the cart.**
- Make sure the bolts are done up (tighter just past adult finger tight, so you cannot loosen it with hands).
- The front axle is underneath the centre beam, with knots facing up.

Riding the cart

Things to Check before allowing them to ride

- Make sure participants are wearing a helmet.
- Their feet are to be placed on the front axle.
- Use your feet to steer the cart, and the rope can assist.
- To stop, turn the cart towards an uphill.
- Do not place feet or hands on the ground to try and stop the cart.
- **Make sure the bolts are done up (finger tight is enough).**

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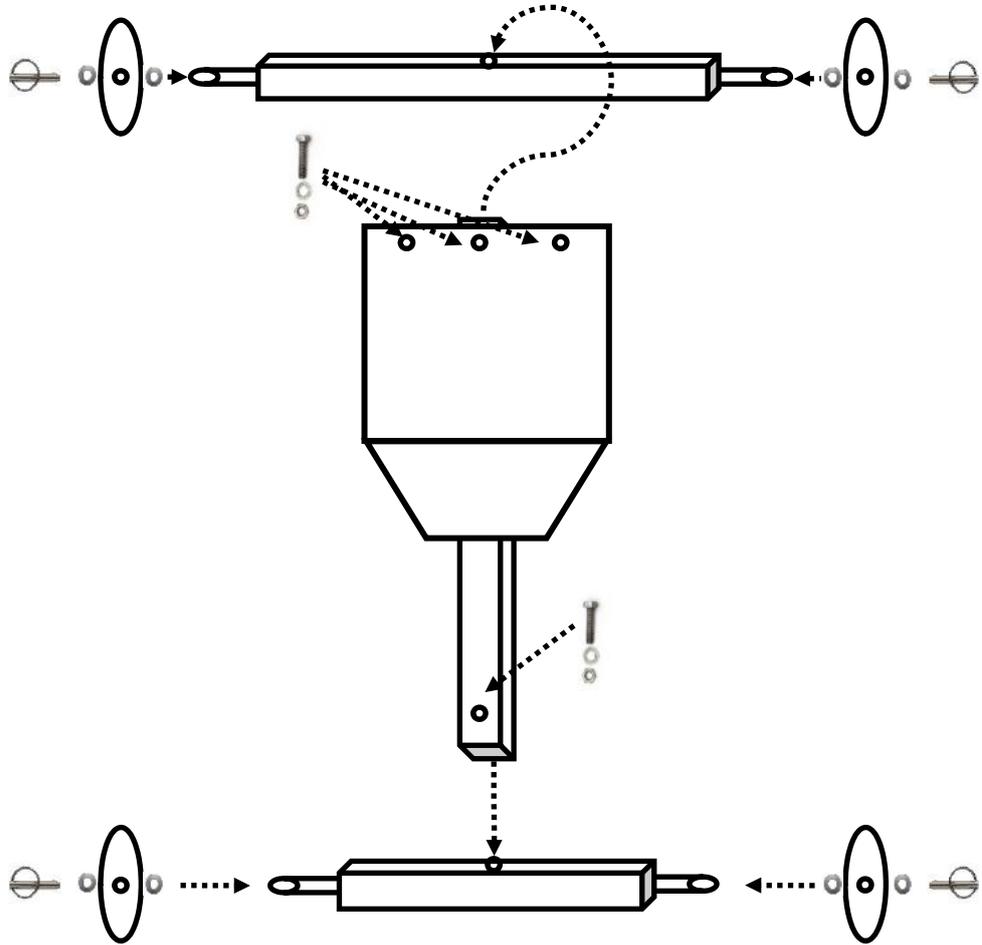
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Assembly Diagram



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Waterhole

Supervisor instruction sheet

Guidelines for supervising a waterhole session

General Safety

- No participant is allowed in the stream without adult supervision.
 - The recommended supervision ratio is 1:6
 - Keep a whistle on hand and instruct all participants to leave water hole immediately if required.
 - Adults to make a plan with their observations of swimmers, e.g. be responsible for watching different areas of the swimming hole. This ensures no part is left unobserved.
 - Have a life ring easily accessible.
 - No running around the water hole.
 - Instruct all participants to not leave the area without permission. Do a head count of all participants before and after the session.
 - See an instructor for a Life jacket if you have any concerns about the swimming ability of a participant. Using these is recommended especially for the rope swing and waterslide users.
 - The waterhole is not to be used in heavy rain. Seek guidance from OBA staff if you are unsure around the conditions of the waterhole.

Rope Swing

- Adult to be responsible for hooking the rope swing.
- Have another adult watching to ensure participant comes to the surface after the jump.
- Note the water depth - shallow near the bank. Instruct participants to let go at the farthest point possible.
- Participants must get in the water before they go off the rope swing to avoid sudden shock at the temperature change.

Waterslide

- One adult is to be at the top of the waterslide, supervising the participants using it. We recommend another adult at the base of the slide to ensure participant comes back to the surface.
- Before the first user, tip water down the slide to make it slippery. Visually check the slide is clear of all branches, sticks or obstructions.
- One person at a time.

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Wipeout

Supervisor instruction sheet

Guidelines for supervising a wipeout session

Location

On the Field

Aim

As a team race around the Wipeout Course while trying not to be slowed down by the adults with pool noodles.

Note

- An OBA Instructor will run the session.
- All adults will be required to slow the participants down with pools noodles.
- Participants will need to wear a t-shirt or rash shirt.
- The kids will race around the course in their activity teams.
- Adults will be stationed at random points around the course with pool noodles.

Course Description

- The team will start by going down the waterslide. Organise heaviest people to go first to the lightest last.
- They will follow the cones to the parachute or cargo net and crawl underneath it to the other side.
- They will sprint and touch the fence and then into the soccer goal. Once there they must wait for the rest of their team to arrive. When all team members arrive they must flip the goal down and run out the other side.
- Then the team will follow more cones and go underneath the hurdles and then penguin slide across another slip n slide mat.
- Following more cones they will come to three Swiss Balls which they will jump over.
- For the last challenge they must stand behind the line and throw 5 spiked balls into a barrel. When 5 balls have entered the barrel they must sprint to the Finish Line as a team.
- The timer will not stop until all members of the team have crossed the line.
- All teams times will be recorded, and the winner will be revealed after the last team has finished the race.
- Bonus adults round after the kids have finished!

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