

CAMP WIDE RELAY

ACTIVITY INSTRUCTIONS



Communication



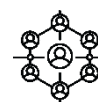
Purpose



Innovation



Leadership



Connections

OUTDOORS, WE CAN BUILD AND NAVIGATE LIFE-SKILLS, KNOWLEDGE, VALUES AND ATTITUDES USING OUR HEADS AND HEARTS TO MAKE DECISIONS.

Guidelines for supervisors

General Guidelines

- This activity is a race. The first team to the finish line will be crowned the winners.
- Participants will move from station to station as a team. At each station, they must complete a challenge to earn a clue that sends them to the next station.
- A competent adult helper or One Big Adventure (OBA) staff member will be at each station to supervise.

Station Challenges

Flying Fox

- **Challenge:** Teams must nominate one member to go down the zipline blindfolded. The clue will be given once they have taken off their equipment.
- **Supervisor Notes:** This activity will have an OBA staff member and requires two competent adult helpers. One helper will unclip the participant at the ladder, and one will harness participants (they will be trained by OBA staff).

Archery

- **Challenge:** The team must shoot an arrow to pop a balloon taped to the target.
- **Supervisor Notes:** This activity requires at least one competent adult to supervise the area. They will first be trained by an OBA staff member.

Rope Maze

- **Challenge:** One child from the team must complete one of the ropes.
- **Supervisor Notes:** This will require one competent adult to put a waist harness on the participant and ensure they complete the course properly.

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Dining Room

- **Challenge:** As a group, teams must complete three activities to earn their clue:
 1. Do 20 star jumps.
 2. Every group member must stand on one finger.
 3. Team members must stand on chairs and sing "Twinkle, Twinkle, Little Star."
- **Supervisor Notes:** Once the team has completed all three activities, you can hand them their clue.

Gym

- **Challenge:** As a group, teams must complete three activities to earn their clue:
 1. 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. Build a human pyramid.
- **Supervisor Notes:** Once the team has completed all three activities, you can hand them their next clue.

Field

- **Challenge:** The team must nominate three people to dribble a soccer ball, weaving through the cones and shooting a goal.
- **Supervisor Notes:** At least one competent adult will be required to supervise this activity.

Rock Wall

- **Challenge:** Teams must nominate one member to climb the easy wall blindfolded.
- **Supervisor Notes:** This activity will have an OBA staff member and requires one competent adult to supervise the remaining group members.

Concrete Pad (Outside Cabins 11-15)

- **Challenge:** Each team must eat half of a raw onion.
- **Supervisor Notes:** At least one competent adult will be required to supervise this activity.

Jumping Pillow

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

Foyer

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

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Confidence Course

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

Air Rifles

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

EOTC: Real-World Learning

Education Outside The Classroom (EOTC) makes learning tangible. Our motto: *"Outdoors, we can build and navigate life-skills, knowledge, values and attitudes using our heads and hearts to make decisions."* We highlight specific EOTC outcomes during activities. Think confidence on the rock wall, curiosity exploring nature, communication through teamwork, and resilience facing challenges.



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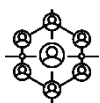
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RAINBOW TAG

ACTIVITY INSTRUCTIONS



Connections



Empowerment



Confidence



Critical Thinking



Resilience

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Guidelines for supervisors

General Guidelines

- The aim of this game is for participants to collect all six colors of paint on their arm and make it back to the base without being tagged.
- The adults have two roles in this game: **Painters** and **Taggers**.

Equipment

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

Set Up

- Designate a playing area using the specified boundaries.
- Assign six adults to be **Painters**. They must find a hiding spot within the designated area and stay there for the entire game. They will each have a pot of a different color.
- Assign the remaining adults to be **Taggers**. They will be spread out around the area with a bucket of water and wet rags.

How to Play

- The objective for participants is to find all six **Painters** and get a stripe of each color on their arm.
- Once a participant finds a **Painter**, the Painter will use a brush to apply a single **stripe** of their color on the participant's arm.
- The **Taggers** will try to hit (tag) participants with a wet rag. If a participant is tagged, the Tagger must wipe off one or all of the paint stripes on their arm.

Rules

- The **Concrete Pad** is a designated **safe zone** where participants can get a drink, rest, and refuel for a maximum of **30 seconds**.
- Taggers** are not permitted to "goose guard" or stand and wait at the entrance to the safe zone.
- It is **cheating** for participants to take paint from one another and put it on themselves.
- Painters** must stay in the same hiding spot for the entire game.
- Participants must stay inside the designated boundary lines.

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Boundaries

- Participants must stay inside the following boundary lines:
 - The driveway
 - The stream
 - The garden by High Ropes
 - The Archery Area/brown fence of staff houses
 - The plant area alongside the road by the big field

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SIDELINE SOCCER

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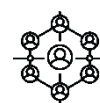
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Guidelines for supervisors

General Guidelines

- The aim of this game is for teams to score goals against each other, with a twist: only specific players are permitted to play on the field at any given time.
- This game should last between 30-60 minutes.

Equipment

- Soccer goals
- Cones
- Assorted balls (e.g., Swiss ball, rugby ball, small spiked ball)

Set Up

1. Split the group in half to form two teams.
2. Have the teams stand on opposite sidelines of the soccer field.
3. Number off the participants on each team.
4. Indicate which goal belongs to each team.

How to Play

1. As the supervisor, you will call out one or more numbers.
2. Only the participants with those numbers can run onto the field to play.
3. Using one of the balls, the teams will play soccer, aiming to score a goal in their opponent's net.
4. Once a goal is scored or after a certain amount of time has passed, everyone on the field must return to their sideline.
5. You will then call out a different number or set of numbers to continue the game.
6. Keep a running score throughout the game.

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TOP TEAM

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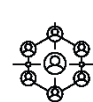
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Guidelines for supervisors

General Guidelines

- The aim of this session is for ten teams to rotate through ten activities, earning as many points as possible.
- Each team will spend approximately **3-4 minutes** at an activity before a siren sounds, signaling them to move to the next station.
- There is no time between activities, so the quicker teams move, the more points they can earn.
- You will be stationed at one activity to supervise and track points.

Scoring

- For almost every activity, the scoring is simple: teams earn **1 point** for each completed action. At the end of the session, the team with the most points wins.

Activities

1. Hoop Wave

- **Challenge:** The team stands in a circle, holding hands. The goal is to get a hula hoop around the circle as many times as possible without anyone letting go of their hands.
- **Scoring:** 1 point for each full loop completed.

2. Giant Skis

- **Challenge:** The team must walk on giant skis between two cones. Participants must be changed each time so that everyone gets a turn.
- **Scoring:** 1 point for each length completed.

3. Giant Sack Jump

- **Challenge:** One to four people get into a large sack at a time and must jump to the other cone. Participants must be changed each time so everyone gets a turn.
- **Scoring:** 1 point for each person in the sack when they make it to the cone.

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4. Frisbee Throw

- **Challenge:** Standing behind a cone, the team needs to throw a Frisbee through a suspended hula hoop.
- **Scoring:** 1 point for each Frisbee that goes through the hoop.

5. Ball in a hole

- **Challenge:** Standing behind a cone, one at a time, the team must throw a ball into a hole.
- **Scoring:** 1 point for each ball that goes through the hole.

6. Tyre Rolling

- **Challenge:** A few team members will roll a large tyre around a goal post. Participants must be changed each time so everyone gets a turn.
- **Scoring:** 1 point for each complete circle made.

7. Gumboot Throwing

- **Challenge:** Standing behind a cone, one at a time, the team must throw a gumboot over a rope line located 5 meters away.
- **Scoring:** 1 point for every gumboot that lands the right way up.

8. Commando Crawl / Cargo Net

- **Challenge:** One at a time, a team member needs to crawl under a large parachute / cargo net and back again.
- **Scoring:** 1 point for every person that gets back.

9. Bean Bag Throw

- **Challenge:** Standing behind a rope with their backs to a hula hoop, the team must throw bean bags over their heads into the hoop.
- **Scoring:** 1 point for each bean bag that lands in the hoop.

10. Ring Toss

- **Challenge:** One at a time, the team must throw a ring and try to get it onto a post.
- **Scoring:** 1 point for every ring that lands on a post.

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WIPEOUT

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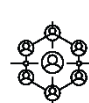
Communication



Purpose



Courage



Connections



Empathy

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Guidelines for supervisors

General Guidelines

- The aim of this game is for a team to race through an obstacle course against the clock.
- Your role, along with other adults, is to try and slow the teams down using pool noodles.
- The session will be run by a One Big Adventure (OBA) Instructor.

Equipment

- Pool noodles
- Cones
- 4x Slip 'n' slide mats
- Parachute / Cargo net
- 4x Hurdles
- 3x Swiss balls
- Soccer goals
- 3x tires
- Spiked balls
- Barrel
- Timer

How to Play

- Participants will race around the course in their activity teams.
- Adults will be stationed at random points around the course with pool noodles to slow participants down.
- All participants must wear a t-shirt or rash shirt.

Course Description

1. **Slip 'n' Slide:** The team will start by going down a slip 'n' slide. Organize the heaviest person to go first and the lightest person to go last.
2. **Crawl:** The team will follow the cones and crawl underneath a parachute or cargo net.

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3. **Soccer Goal:** The team must sprint and touch a fence, then run into a soccer goal. Once all team members have arrived, they must flip the goal down and run out the other side.
4. **Hurdles:** The team will follow more cones and go underneath the 4 hurdles.
5. **Penguin Slide:** The team must slide on a slip 'n' slide mat like a penguin.
6. **Swiss Balls:** The team will jump over the 3 Swiss balls, which will be cradled by the 3 tires.
7. **Spiked Balls:** The team must stand behind a line and throw 5 spiked balls into a barrel.
8. **Finish Line:** Once the 5 balls are in the barrel, the entire team must sprint to the finish line together.

Scoring & Win Condition

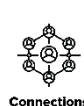
- The timer will not stop until every member of the team has crossed the finish line.
- All teams' times will be recorded, and the winner will be the team with the fastest time.

Bonus Round

- If time allows, after all the teams have completed the race, there will be a bonus round for the adults!
- The winning team gets to hold the pool noodles and whack the adults.

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