

# CRATE STACKING

## ACTIVITY INSTRUCTIONS



Confidence



Communication



Critical Thinking



Resilience



Courage



Trust

*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

- A qualified **One Big Adventure (OBA) Instructor** will lead the session. Adults are needed to help supervise and participate. This includes ensuring stackers are as safe as possible, handing up crates to participants, and assisting with harness fitting.
- The instructor will train you on the correct procedures. Feel free to ask them any questions and let them know if you don't feel confident helping.
- It is crucial to pay attention to participants at all times, as there is potential for accidents.

#### During the Climb

- Keep your eyes on the climber at all times.
- Continuously check the harnesses for any loosening. Advise OBA staff immediately if you have any concerns or see anything you are unsure of.
- Provide stacking tips, such as how to properly attach the crates to each other. The instructor will cover these procedures.
- Pass crates safely and efficiently to the participant. The instructor will give you instructions on how to do this.
- Offer encouragement! Climbers can often achieve more than they expect.

#### Descending

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

#### Harnessing

- We use a full-body harness for Crate Stacking. The OBA instructor will show you how to correctly fit these onto participants.
- There are four sizes: x-small, small, medium, and large.

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### Putting on the Harness

1. Put the harness on the participant, making sure it is not twisted or on backward.
2. Do the chest strap up first, threading it through three times.
3. Ensure both shoulder and leg straps are tight, but not uncomfortably so. You should be able to fit your fingers snugly underneath. Tighten the shoulder straps before the leg straps.

### Important Safety Points

- If you have concerns about the activity, equipment, or your ability to assist, speak with One Big Adventure staff immediately.
- Be careful with all equipment.
- All participants must be wearing shorts that are long enough to cover where the leg straps rest. If not, they must change.

### EOTC: Real-World Learning

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# FLYING FOX

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### Guidelines for supervisors

#### General Guidelines

- The Flying Fox activity will be led by a One Big Adventure (OBA) Instructor with the assistance of two competent supervisors.
- The instructor will be at the top of the wooden tower and will check each participant's harness and equipment before connecting them to the cable.
- You will be assigned to one of two jobs: fitting harnesses, helmets, and lanyards or operating the ladder at the finish point.
- The instructor will train you on all correct procedures. Feel free to ask them any questions and let them know if you don't feel confident.
- Do not allow participants to leave the area without a supervisor's permission.
- Ensure your cell phone is off and your attention is on the participants at all times.
- Be aware of the strict weight limit of 120kg.

#### Activity Operation

- Participants will wait at the base of the tower until they are fully harnessed and ready to go. They can then ascend the tower.
- A set of 10 harnesses, 3 helmets, and 3 lanyards will be used in rotation for the duration of the session.

#### Instructions for Supervisors at the Start Point

- We use a full-body harness for the Flying Fox. The OBA instructor will show you how to put these on correctly. There are four sizes available: X-Small, Small, Medium, and Large.

#### Fitting the Harness

1. Put the harness on from behind, stepping through the leg loops first and then putting the arms through, like a backpack.
2. Fasten the black chest strap by threading it through the buckle three times and doubling it back on itself.
3. Tighten the leg straps first, then the shoulder straps. The straps should be tight, but not uncomfortable—you should be able to fit your fingers snugly underneath.

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### Attaching the Trolley and Lanyard

1. To prevent the trolley from touching the ground, either hold it yourself or ask the participant to hold it while you attach the lanyard.
2. Attach the aluminum carabiners to the harness. When facing the participant, connect them from your left to your right.
3. The blue lanyard carabiner attaches to both top loops at chest level.
4. The red lanyard carabiner attaches to both bottom loops at waist level.
5. Attach the trolley via the carabiner to the rear dorsal.
6. Put a helmet on the participant and adjust the straps for a snug fit.
7. If no one is with the instructor, you can send the participant up the tower. If someone is with the instructor, send the participant to the halfway platform to wait.

### Instructions for Supervisors at the Finish Point

1. Before a participant comes down the cable, roll the ladder back and out of the way. Check that the two metal sensors are aligned, this will also turn off the blue light on the post.
2. Make sure you are also out of the way.
3. The instructor will visually check that the line is clear. They will then signal that the next participant is on their way by blowing a whistle or shouting "Ready."
4. When the participant reaches the end and rolls back towards the middle, allow them to come to a complete stop.
5. Once they've stopped, go and hold their legs to stabilize them. Guide them toward the ladder and pull the ladder across for them to climb up.
6. Climb the ladder behind the participant. Instruct them to turn to face you, and then remove the trolley from the cable. Unclick the red lanyard carabiner from the trolley, push the trolley off the line, and then unclip the blue lanyard carabiner from the wire.
7. Connect the trolley carabiner to the participant's back dorsal loop.
8. Go down the steps first, instructing the participant to follow you. Both of you must go down backward while holding the handrails.
9. Instruct the participant to walk back to the base of the tower with the equipment. Remind them to go around the tree stump to avoid the path of the next participant.
10. Move the ladder back out of the way so that the two sensors align, this also make the blue light turn off again.

### Important Safety Points

- The participants' safety is primarily the instructor's responsibility for the entire session, but your full participation is needed.
- If you have any concerns about the activity, equipment, or your level of ability, speak with One Big Adventure staff immediately.
- Ensure you are familiar with the Activity Instructions and RAMS documents before the session.
- Be careful with all equipment.



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# CARGO NET

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### Guidelines for supervisors

#### General Guidelines

- A **One Big Adventure (OBA) Instructor** will lead the session.
- Adults are needed to help supervise and participate. This includes coaching participants, checking equipment, and manoeuvring specific equipment to help participants ascend and descend the net safely.
- The instructor will train you on the correct procedures for assisting with the Cargo Net session.
- Do not allow participants to leave the area without a supervisor's permission.
- Ensure your cell phone is off and your attention is always on the participants.

#### Activity Operation

- At the start of the session, an instructor will brief everyone on how the Cargo Net operates.
- Participants will be fitted with a helmet and a waist harness.
- The instructor will check all equipment to ensure it is suitable and fitted correctly before a participant climbs.
- Participants will take turns climbing the net (up to two at a time), being part of the 'Belay Team,' or acting as a 'Spotter'.
- The instructor is the only one who will connect participants to the belay rope.
- The climber's goal is to ascend the net to a comfortable height, or as high as the top.
- Under the instructor's guidance, the belay team will safely lower the climber to the ground. The climber will let go of the net, turn sideways, and push the net away as they descend. A spotter can also help by moving the net out of the way.
- A trained supervisor will coach participants and demonstrate the techniques for belaying, climbing, and lowering. Please remember that the OBA instructor is the only person who will give the signal for participants to start climbing or to begin lowering.

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## Equipment and Safety Checks

- **Harnesses:** Participants will be fitted with an appropriately sized waist harness. The harnesses come in three sizes: small, medium, and large. The OBA instructor will demonstrate how to fit the harnesses correctly and will physically check every harness before participants begin climbing.
- **Helmets:** Helmets will also be fitted to participants. To ensure a correct fit, adjust the chin strap and the circumference strap at the back of the head. A correctly fitted helmet will not slide or move when the participant moves their head.
- **Pre-Climb Checks:** Before a participant climbs, the OBA instructor will check all equipment for correct fit and suitability. The instructor will also ensure that all participants, belay teams, and adult supervisors are ready before the climb begins.

## Important Safety Points

- The primary responsibility for the participants' safety lies with the **instructor** for the entire session.
- However, your full participation in supervising and running the session is necessary.
- If you have concerns about the activity, equipment, or your ability to assist, speak with One Big Adventure staff immediately.
- Be careful with all equipment.

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# CENTIPEDE

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### Guidelines for supervisors

#### General Guidelines

- A **One Big Adventure (OBA) Instructor** will lead the session. Adults are needed to help supervise and participate. This includes coaching participants, checking equipment, and manoeuvring specific equipment to help participants ascend and descend the Centipede safely.
- The instructor will train you on the correct procedures for assisting with the Centipede session.
- Do not allow participants to leave the area without a supervisor's permission.
- Ensure your cell phone is off and your attention is on the participants at all times.
- The OBA instructor is primarily responsible for the participants' safety for the entire session, but your full participation is needed.

#### Activity Operation

- At the start of the session, an instructor will brief everyone on how the Centipede operates, including a visual demonstration of all roles: climbing, belaying, and spotting.
- Participants will be fitted with a **waist harness** and a **helmet**. Only the climber, spotters, and the instructor require helmets.
- Participants will take turns climbing the Centipede, being part of the 'Belay Team,' or acting as a 'Spotter'. The instructor is the only one who will connect a participant to the belay rope.
- The climber's goal is to ascend the Centipede using the metal staples to a comfortable height, or as high as the last staple. Once they are finished, the instructor will tell them to let go. The belay team will then safely lower the climber back to the ground. A spotter can also help by moving the lower section of the Centipede out of the way.
- A trained supervisor will coach participants and demonstrate the techniques for belaying, climbing, and lowering. The OBA instructor is the only person who will give the signal for participants to start climbing or to begin lowering.

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## Equipment and Safety Checks

- **Harnesses:** Participants will be fitted with an appropriately sized waist harness. The harnesses come in three sizes: small, medium, and large. The OBA instructor will demonstrate how to fit the harnesses correctly and will physically check every harness before participants begin climbing.
- **Helmets:** Helmets will be fitted to participants. To ensure a correct fit, adjust the chin strap and the circumference strap at the back of the head. A correctly fitted helmet will not slide or move when the participant moves their head.
- **Pre-Climb Checks:** Before a participant climbs, the OBA instructor will check all equipment for correct fit and suitability. The instructor will also ensure that all participants, belay teams, and adult supervisors are ready before the climb begins.

## Important Safety Points

- If you have concerns about the activity, equipment, or your ability to assist, speak with One Big Adventure staff immediately.
- Be careful with all equipment.
- **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 pull the climber up the rope.
  - Belayers must not lower the climber faster than 1 meter per second.
- **Communication:** Everyone involved must use clear communication. This includes the climber asking to climb or be lowered and the belay team confirming they are ready. For example:
  - Climber (when desiring to come down): "Have you got me?"
  - Belay Team: "Yes, we have you, (braced in position)."

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# SWINGSHOT

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### Guidelines for supervisors

#### General Guidelines

- A qualified **One Big Adventure (OBA) Instructor** will lead the session. Adults are needed to help supervise and participate by fitting equipment, performing checks, and coaching participants to ensure safety at all times.
- The instructor will train you on the correct procedures. Feel free to ask them any questions and let them know if you don't feel confident.
- It is important to pay attention to participants at all times.
- Do not allow participants to leave the area without a supervisor's permission.
- Ensure your cell phone is off and your attention is on the participants at all times.
- The participants' safety is primarily the instructor's responsibility for the entire session, but your full participation is needed.

#### Activity Operation

- At the start of the session, the instructor will brief everyone on how the Swingshot operates.
- 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 **platform ladder** and be connected to the swing by the OBA instructor.
- The other participants and the supporting adult will haul the participant up until they reach their desired height. This is "**challenge by choice**," so they can choose to go as low or as high as they like.
- The instructor will coach the participant from the instructor standing point.
- The participant will pull the release mechanism and enjoy their swing.
- Once the participant's swing has slowed, the **instructor** will pass them the bungee brake and bring them to a standstill.
- The instructor will assist the participant by disconnecting their equipment and helping them descend the ladder.
- The next participant will have their turn.

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## Equipment and Safety Checks

- **Harnessing:** Participants will be fitted with an appropriate full-body harness sized to them. There are four sizes available (extra small, small, medium, and large). Your instructor will show you how to fit these correctly. The instructor will physically check every harness before the participant is connected to the Swingshot.
- **Helmets:** Participants will be fitted with a helmet. Ensure the helmet is fitted correctly by adjusting the chin strap and the circumference strap at the back. A correctly fitted helmet will not slide or move if the participant moves their head.
- **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 also make sure that the participant, the haul team, and adult supervisors are ready.
- **Hauling:** Participants will be given a demonstration on how to haul, along with coaching and support from a trained supervisor. This will include the technique for raising the participant and the technique for when the participant is ready to swing.

## Important Safety Points

- If you have any concerns about the activity, the equipment, or your level of ability, speak with One Big Adventure staff immediately.
- Be careful with all equipment.
- Ensure you are familiar with the Activity Instructions and RAMS documents for this activity before the session begins.

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# TRAVERSING TRIANGLE

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### Guidelines for supervisors

#### General Guidelines

- A **One Big Adventure (OBA) Instructor** will lead the session. Adults are needed to help supervise and participate by coaching participants, performing equipment checks, and moving specific equipment to ensure participants can ascend and descend safely.
- The instructor will train you on the correct procedures. Feel free to ask them any questions and let them know if you don't feel confident.
- It is important to pay attention to participants at all times.
- Do not allow participants to leave the area without a supervisor's permission.
- Ensure your cell phone is off and your attention is on the participants at all times.
- The participants' safety is primarily the instructor's responsibility, but your full participation is needed.

#### Activity Operation

- At the start of the session, the instructor will brief you and the participants on how the Traversing Triangle operates.
- Each participant will be fitted with a **waist harness, helmet, tether, and safety hook**.
- Participants will first practice on the training triangle at ground level until they are considered competent in the techniques required to move around the course.
- Once competent, the instructor will connect the participant to the high triangle for their ascent.
- The instructor will call each participant up to the top platform, where they will be connected into the first challenge: the **Rickety Bridge**.
- The participant will then move onto the **wooden beam** and then the **postie wire walk**.
- While a participant is traversing the course, encourage them to try some variations, particularly if they are fast.
- The instructor will assist the participant as they descend from the course.

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## Equipment and Safety Checks

- **Harnessing:** All participants will be fitted with a waist harness. There are three color-coded sizes available (**small, medium, and large**). Your OBA instructor will show you how to fit these correctly. The instructor will physically check every harness before the first climb and periodically throughout the session.
- **Helmets:** All participants will be fitted with a helmet. Ensure it is fitted correctly by adjusting the chin strap and the circumference strap at the back of the head. A correctly fitted helmet will not slide or move if the participant moves their head.
- **Safety Hook and Tether:** All participants will be fitted with the safety hook and tether by an instructor.
- **Pre-Climb Checks:** After a participant has been fitted with all of the safety equipment, the instructor will double-check that all gear is appropriately sized and fitted correctly.

## Supervisor Responsibilities

- **Operating the Connector Blocks:** An instructor will brief you on how the connecting blocks function at the base of the course. It is your responsibility to maneuver the connecting blocks and **snaplink carabiners** at the base to allow participants to ascend and descend. The instructor will ensure you are competent and confident with the equipment and techniques before participants start.
- **Participant Training & Ascending:** Each participant will rotate anti-clockwise around the training triangle at least twice until they are confident with their safety hook and the connecting blocks. No more than six participants should be attached to the training triangle at any time. Practice with one participant at each pole and one on each portion of the wire in between poles. This is the same management method used on the high triangle.
- **Ascending:** Once a participant is confident and you are satisfied with their ability, communicate this with the instructor and ask if they are ready for the participant to ascend. The instructor will then tell you when to take the next actions to allow them to ascend.
- **Descending:** Once the participant has descended to the bottom, take off the carabiner and then disconnect them via the connector blocks, allowing them to exit the course.

## Important Safety Points

- If you have any concerns about the activity, equipment, or your level of ability, speak with One Big Adventure staff immediately.
- Be careful with all equipment.
- Ensure you are familiar with the Activity Instructions and **RAMS documents** for this activity before the session begins.

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# KAYAKING

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### Guidelines for supervisors

#### General Guidelines

- A qualified **One Big Adventure (OBA) Instructor** will lead the session. Adults are needed to help supervise and participate to ensure participants are as safe as possible.
- If you have not kayaked before, please let the instructor know so they can provide you with the necessary training. Feel free to ask them 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.
- The OBA instructor will assess the stream beforehand. If the water is moving too fast, appears to be rising, or it is raining heavily, do not start the activity.

#### Rules to be Enforced

- Everyone, including adults, must wear a life jacket.
- The adult supervision ratio of 1:6 must be maintained at all times.
- Participants must stay within sight of an adult at all times.
- Do not drag kayaks; lift them instead. Use two people if necessary.
- Store kayaks upside down when not in use.
- Report any damages or areas of concern to the instructor.

#### Guidelines for Participants

- Participants should wear clothing that can get wet, such as togs or a wetsuit.
- After kayaking, participants should have a towel and/or a warm layer of clothing to put on immediately.
- In colder weather, participants should also wear a warm hat and jacket.
- The kayak shed can be used to store towels and other items to keep them dry during the session.

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# ROCK CLIMBING

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### Guidelines for supervisors

#### General Guidelines

- A **One Big Adventure (OBA) Instructor** will lead the session. Adults are needed to help supervise and participate by coaching climbers and checking equipment.
- The instructor will train you on the correct procedures. Feel free to ask them any questions and let them know if you don't feel confident.
- It is important to always pay attention to participants, as there is potential for accidents.
- The instructor will check every harness before the first climb and periodically throughout the session.

#### Harnessing

- All participants will be fitted with a rock climbing **waist harness**.
- There are three sizes of harnesses (small, medium, and large), which are color-coded. Your OBA instructor will show you the different sizes and how to fit them correctly.

#### During the Climb

- Always keep your eyes on the climber.
- Continuously check the harnesses for any loosening and tighten them where appropriate.
- Offer encouragement! Climbers can often do far more than they expect. You can also point out different holds or positions for them to try.

#### Descending

- Once a climber has finished, encourage them to get into the **"spy position"**. The instructor will train participants on this position during the safety briefing.
- The "spy position" is achieved by placing their feet flat against the wall and holding their hands on the rope in front of them as they walk down the wall. This protects their body from hitting the wall and causing injury.
- Once the climber has reached the ground, you must disconnect the carabiner from their harness and either attach it to the next climber or to the red floor stop.

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### Pre-Climb Checks

- Ensure climbers are properly attached to the **triple-lock carabiner**. This is a self-locking device. Give the gate a push inward (it should make a clicking noise) to ensure it's properly shut. The OBA instructor must physically check that this is correctly locked before the participant begins climbing.
- 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, resulting in the loss of a climb for an extended period of time.

### 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.



Confidence



Critical Thinking



Resilience



Courage



Empowerment



Trust

These outcomes align directly with the New Zealand Curriculum. The rock wall builds perseverance; raft building fosters innovation. Shared experiences promote communication and inclusivity. Ultimately, camp offers transformative experiences, equipping children with transferable life skills and reinforcing curriculum goals.

**NOTE: Once printed, documents are uncontrolled**

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