

AIR RIFLES

ACTIVITY INSTRUCTIONS



Confidence



Critical Thinking



Courage



Empowerment



Trust



Purpose

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

- The aim of this session is to provide participants with a safe and engaging air rifle experience under strict supervision.
- Two competent supervisors (18+) are required to operate three air rifles. If only one competent supervisor (18+) is available, they may only operate two air rifles.
- Air rifles are not toys and are only to be used with competent adult supervision.

Safety First

- **Always** treat all firearms as if they are loaded.
- **Never** leave the air rifles at the firing platform without adult supervision. Bring them back to the Activities Office during any break times, along with all the pellets, safety glasses, and targets.
- **Always** keep your finger off the trigger until you are ready to fire.
- **Always** point the firearm in a safe direction (at the ground when transporting to and from the activity).
- **Never** point an air rifle at people or animals, even if it is not loaded.
- **Always** use the eye protection equipment provided.
- **Do not** touch your face or mouth after handling pellets; wash your hands with cold water afterward, as they are lead.

Equipment

- Shooting Range (3 barrels)
- Air rifles
- Black box containing:
 - Pellets
 - Targets
 - Safety goggles

Loading the Rifles

- Only competent adults are allowed to load the air rifles. **Do not** load the air rifles until you are ready for participants to fire.
1. Open the barrel by placing the stock of the air rifle into your leg, firmly grasping the end of the barrel and pulling it down until it clicks.

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2. 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.
3. Pull the barrel back into its original position until it locks into place. This will automatically set the safety.
4. Place the air rifle into the tunnel on its left side. This helps prevent the sights from being unwound due to movement within the tunnel.
5. **Do not** reuse pellets or use pellets that have been dropped on the ground. This may cause the gun to jam.

Firing Procedure

1. Once the air rifle is loaded, instruct the participant to step onto the platform and up to the tunnel.
2. Ensure the participant is wearing the provided safety goggles.
3. 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.
4. Instruct the participant to sight the rifle onto the target.
5. To fire a Norica Titan air rifle, the participant must push the safety forwards, as it automatically engages when the gun is cocked.
6. On your "3, 2, 1, SHOOT," they are to gently squeeze the trigger.
7. Air rifles are strictly to be fired only in the tunnels at all times. Any firing outside of the tunnels will result in that person being requested to leave the facility.

Target Management

- **Never** place or collect targets while a participant is on the platform or near the rifles.
- If there are two adult helpers, one adult is to supervise the air rifles while the other places and collects targets.
- If there is only one adult helper, instruct the group to sit on the bench while you place or collect targets.
- Before stepping in front of the platform, ensure all air rifles are lying **left side down** inside the tunnels, **unloaded**, and **untouched**.
- Targets are clipped onto the top wire, and the bottom wire if needed due to wind.

Packing Up

- When the session is over, 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.

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Troubleshooting

- 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, as this can be extremely dangerous.
- **Do not** attempt to fire a rifle with the safety on, as this will break the safety mechanism.

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ARCHERY

ACTIVITY INSTRUCTIONS



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Curiosity



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Guidelines for supervisors

Archery: Instructions for Adult Supervisors

This instruction sheet provides clear and precise guidelines for supervising an **Archery** session.

General Guidelines

- The aim of this session is to provide participants with a safe and engaging archery experience under your supervision.
- One competent supervisor (16+) is required to run the session.
- Only two participants may shoot at one time. The remainder of the group must stay at least 2 meters behind the shooters, behind the yellow line on the archery platform. They may also sit on the provided bench.

Safety First

- **While a participant is holding a bow, the supervisor must remain within easy reach of all bows.**
- **Never** point the bow anywhere other than downrange at the targets. Supervise participants closely to ensure this is adhered to.
- **Never** pull back the bowstring and release it without an arrow ("dry firing"), as this can damage the bow.

Equipment

- Archery Range
- Bows
- Quiver containing:
 - Arrows (12 total)

Supervisor Responsibilities

Loading the Arrows

- Ensure the bows are always pointed towards the ground or downrange at the targets (away from any person or animals).
- Place the arrow on the rest, with the nock (the end with the groove) secured into the bowstring between the two finger grips.
- Always make sure the different **colored** vane is facing outwards (at a right angle to the bow). If you are loading the bow horizontally, the odd colored vane should be facing up.

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Collecting the Arrows

- You, as the supervisor, must collect all arrows. **Before you go to collect the arrows, ensure all participants are behind the yellow line and away from the bows.**
- Take the quiver with you to collect the arrows.
- Grab the arrow as close to the tip as possible to prevent it from bending or snapping. Place your other hand on the target for support, then twist and gently pull until the arrow comes out.

How to Instruct Participants

1. Stand with your body at a right angle to the target, with your left shoulder closest to the target (reverse if left-handed).
2. Stand up straight with your feet shoulder-width apart.
3. Hold the bow's hand-grip with your left hand and place three fingertips of your right hand on the string around the nock, with one finger above and two below. Ensure your fingers don't touch the arrow.
4. Pull the string back towards you, keeping your right arm level with your shoulders, and bring the nock back as far as your ear, but **no further.**
5. Ensure that your left arm is slightly bent to avoid the string slapping it when released.
6. Take aim, keep your elbow up, and release the arrow while breathing out.

Rotation & Packing Up

- It's recommended that you rotate participants by letting two shoot 6 arrows each. Then, collect the arrows and give the next pair their turn until everyone has had an equal number of turns.
- At the end of the session or during any breaks, bring all gear (bows, arrows, etc.) back to the office.
- Report any broken equipment to the OBA staff.

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BUSH STOVES

ACTIVITY INSTRUCTIONS



Curiosity



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Guidelines for supervisors

General Guidelines

- A single competent supervisor is required for this activity.
- The goal of this session is to teach participants how to prepare and cook a simple recipe using bush stoves.

Setup & Materials

- Carry all equipment down to the campfire pit.
- Split the participants into two groups, one for each stove.

Materials

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

Ingredients

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

Safety First

- Fire and heat are a key part of this activity, so constant supervision is essential.
- Supervise participants closely as they feed wood blocks into their fire one at a time. Each stove is limited to 9 blocks of wood per session, so manage their use carefully.
- Remind participants that the bush stoves get extremely hot and should not be touched.

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Method

1. **Dough Preparation:** Mix 1 cup of self-raising flour and a pinch of salt. Carefully add water, kneading the mixture until it forms a doughy ball.
2. **Fire Starting:** Place the bush stoves on the ground (or on the concrete slab if it's wet). Have one or two participants assemble newspaper in the base of the stoves. Light the fire, starting with two wood blocks.
3. **Cooking:** Divide the dough into six portions and roll them into balls. Flatten each ball to be about **5mm thick**. Spray a small amount of oil onto the top of the stove and place the dough on it, cooking two portions at a time.
4. **Serving:** Cook the bread for 2-3 minutes per side. Once cooked, participants can eat their bread plain or with the maple syrup.

End of Session & Packing Up

1. Once the groups have finished cooking, extinguish their fires with a little bit of water.
2. Wash the bowls, cutlery, and stoves. Be careful not to touch the stoves while they are hot.
3. Scrub the stoves thoroughly as they can get quite messy.
4. Return all equipment to the box and bring all gear back to the teachers' lounge when done.

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BUSH SURVIVAL SKILLS

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Guidelines for supervisors

General Guidelines

- The aim of this session is to teach participants basic skills for surviving in the bush in the event of an emergency, including preparation and shelter building.
- Before going into the bush, all participants must spray their shoes at one of the Kauri Dieback spray stations.

Session Outline

Activity 1: Packing a Bag

- Aim:** To teach the participants what is and isn't essential to have in the bush.
- Location:** Side room of the gym.
- Duration:** Approximately 10 minutes.
- Instructions:**
 - Split participants into teams and instruct them to work together to decide on the 11 essential items to take on a day trip into the bush.
 - The bag will contain more items than they need, and they will have to choose which ones to take.
 - Give them about 5 minutes to decide.
 - Afterward, have a group discussion to review their choices. Ask them why they chose certain items and go through any essentials they may have missed.

Essential Items for Discussion

- A pocket knife:** It's small, light, and useful for cutting rope, clothing, etc.
- First-aid kit:** A must-have, 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 need in case you are in the bush longer than expected.
- Torch:** A waterproof torch is an essential source of light in case you get caught out after dark.
- Matches:** Having the ability to start a fire is important if you get lost or have to spend the night in the bush. A fire can keep you warm or signal for help.

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- **Food:** Food gives you energy and is important for keeping your energy up when 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 beforehand; you may need another form of communication, such as a personal locator beacon.
- **Navigation (map & compass):** These are helpful if you get lost. Make sure you know how to use them 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:** This is helpful to take in case you have to spend the night in the bush. It can be used to make a shelter.
 - **Rope:** Essential for helping to build a shelter.
- **Sun Protection:** Being protected from the sun can help prevent injury and disease.

Non-Essential Items (for enjoyment, not survival)

- Carabiner, scissors, mug, insect repellent, swimwear, candle, towel.

Activity 2: Bivouac / Temporary Shelter

- **Aim:** To teach the basics of making a bush shelter.
- **Location:** In a bush clearing by the Burma Trail or at the back of the gym.
- **Duration:** 20-30 minutes.
- **Materials:** Tarpaulins, rope, and any dead material from the bush (e.g., sticks or rocks).
- **Note:** Bivouacs must be dismantled at the end of the session, so use materials that can be easily removed.

Instructions

1. From the room, have the groups take their tarps and ropes to the designated bush area.
2. Briefly discuss the importance of caring for our native bush and the motto "leave the bush as you found it" or "take only memories, leave only footprints."
3. Allow the participants to choose a spot in the area surrounding the clearing, but they must be within your sight at all times.
4. Let them start building! Walk around and help them with ideas. Give advice on knot tying (refer to the knot-tying sheet).
5. Once they have finished, call all participants together. Walk to each shelter and ask each group to explain their design.
6. Invite discussion and seek feedback from the other groups. Encourage one positive and one constructive comment. Ask questions to challenge them, such as "Would this design be effective if it was raining?" or "How could you improve it?"

Packing Up

- Ensure all bivouacs are taken down.
- Untie all knots in the ropes and fold the tarps, ready for the next session.
- Conduct a headcount of all participants to ensure everyone is out of the bush.
- Get participants to help check that the bush looks as if no one has been there.

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CONFIDENCE COURSE

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Guidelines for supervisors

General Guidelines

- The aim of this session is to provide a fun and safe physical challenge for participants.
- A minimum of two competent adults are required to supervise this activity (preferably three).
- Before using the course, all participants must spray their shoes at one of the Kauri Dieback spray stations to prevent the spread of disease.
- Ensure all participants are wearing adequate footwear, such as sneakers or strong sandals (no jandals).

Safety & Pre-Session Checks

- Check the course for safety prior to beginning, especially if it has been raining.
- Position supervisors at strategic points on the course. The main locations for an adult supervisor are at the start, at the lily pads, and near the rope swing platforms.
- If it rains, monitor the course for slippery wood and skip any elements that get particularly wet.
- This activity may be halted or canceled due to heavy rain if it's deemed unsafe to continue. This decision is at the discretion of an OBA Activities Staff member, who will advise you on a wet weather alternative.

Session Outline

1. Walk participants through the course on the ground, pointing out how to do each element and highlighting potential risks.
2. Allow participants to complete the course as a group first.
3. After the initial group run, they may split up and do the course individually or revisit elements they particularly enjoyed.

Facilitating the Activity

- Encourage friendly competition for those who want it. This can be done by timing participants to see who has the fastest time or the least number of falls.

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Packing Up

- At the end of the session, ensure all participants have safely exited the course.
- Report any broken equipment to OBA staff. Have fun!



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HUMAN FOOSBALL

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Guidelines for supervisors

General Guidelines

- The aim of this session is to provide participants with a fun, active game that requires teamwork.
- The game is played similarly to a table foosball game. Participants can only move sideways along the pipes and must move simultaneously with the person next to them.

Equipment

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

Game Setup

1. Divide participants into two teams of up to 6 people.
2. Assign one team as the **red team** and the other as the **blue team**.
3. Each team will have a maximum of:
 - One Goalkeeper
 - Three Defenders
 - Two Strikers
4. Positions are clearly marked on the piping.

Gameplay Instructions

- The objective of the game is to pass the ball from player to player and ultimately score a goal.
- Players must **always** hold onto the pipe in front of them with both hands while playing.
- The only allowed movement is sideways along the pipe. You cannot move forward or backward.
- You must move at the same time as the person next to you.

Packing Up

- Ensure all equipment is collected after the game.
- Report any broken or missing equipment to OBA staff.

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ORIENTEERING

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Guidelines for supervisors

General Guidelines

- Two competent supervisors are required if the group is split into two teams. If the group remains as one unit, one competent supervisor is sufficient.
- The session will take approximately 45-60 minutes to complete.
- There are three different courses, color-coded **blue**, **purple**, and **orange**. You will be assigned one for your session.

Equipment

- **Your Answer Sheet:** A master sheet with clues for the course.
- **Participant Maps:** One map per group, on a clipboard.
- **Participant Answer Sheets:** One blank sheet per group, on a clipboard, for participants to fill out as they find the stations.
- **16 Stations:** Located throughout the course and numbered 1-16.

Safety First

- A supervisor must always be with each group.
- Be cautious and watch out for other activities in the area, particularly around the Flying Fox, Archery, and Air Rifle ranges.

Session Instructions

- It is recommended that you divide your group into two teams to create a competition. The first team to return to base with the correct **unscrambled** sentence wins.
- The objective is for participants to navigate to all 16 stations using the map and the landmarks on it.
- At each station, participants must copy the word from the station marker into the corresponding box on their answer sheet.
- Once all the stations have been visited, participants must rearrange the list of words they collected to form a complete sentence. They must then return to the starting place and show their answer to their supervisor to have it checked.

Packing Up

- Collect all maps and answer sheets at the end of the session.
- Report any damaged or missing equipment to OBA staff.

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OUTDOOR COOKING

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Guidelines for supervisors

General Guidelines

- A single competent supervisor is required for this activity.
- Split your participants into two groups and give them a set of equipment each.

Equipment & Ingredients

- The eggs are located in the fridge in the campers' kitchen.

Ingredients

- 1 egg
- 4 Tbsp of sugar
- 2 Tbsp of milk powder mixed with $\frac{3}{4}$ cup of water
- 1 cup of self-raising flour
- $\frac{1}{4}$ tsp salt

Safety First: Operating the Gas Cooker

- Do not touch the main gas bottle. The cooker's regulator valves are all you need to use.
- Never open a regulator valve on the cooker before the lighter is lit, as this can cause a dangerous build-up of gas.
- Remember, the pan and stove will be hot. Do not touch them.

Instructions

1. To turn the cooker on, position a lit lighter near the gas outlets. Slowly turn one of the two regulator valves on the cooker counter-clockwise until it ignites and there is a constant flame. Repeat for the second valve if both are needed.
2. You can adjust the flame during cooking to get more heat by turning the valves counter-clockwise or less heat by turning them clockwise.
3. To turn the cooker off, simply close both regulator valves on the cooker by turning them clockwise until tight.

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Method Mixture

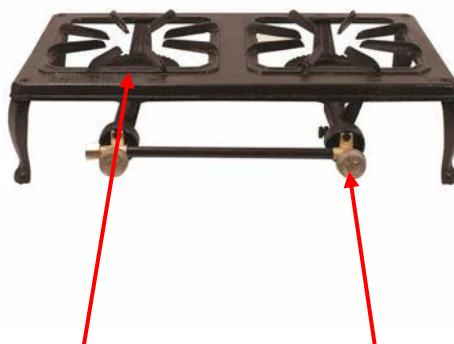
1. Beat the egg and sugar together until smooth.
2. Add the milk and flour.
3. Add the salt.
4. Mix all the ingredients together until the batter is smooth.

Cooking

1. Place a small amount of oil in the pan and spread it around evenly.
2. Place a spoonful of mixture onto the hot pan, cooking one pikelet at a time.
3. When bubbles begin to appear on the surface, the pikelet is ready to be flipped over.
4. When you have cooked enough pikelets for your whole group, add maple syrup and enjoy!

End of Session & Packing Up

1. Stop 10 minutes early for cleanup.
2. Take all the gear up to the campers' kitchen and have the participants hand wash everything, so it is ready for the next group.
3. If this is the last session of the day, clean everything thoroughly and bring all the gear back in the box to the teachers' lounge.



Gas Outlets

Regulator Valve

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POLES N PLANKS

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Guidelines for supervisors

General Guidelines

- A single competent supervisor is required for this activity.
- The goal of Poles and Planks is to challenge participants' team-building and problem-solving skills using seven different small activities.
- You may choose to split your group or keep them together.
- Familiarize yourself with the instructions for each activity before the session begins.
- Encourage everyone to participate and try to involve every group member, especially those who are less confident. Discourage any single person from dominating the group and encourage teamwork.
- Not all activities need to be completed. It's okay if a team is taking a long time on one activity if they are working well together and enjoying it.
- Allow participants to work out and solve the problems together. Give subtle hints if necessary, but don't solve the problems for them.

Safety First

- Prioritize safety in all activities. Any inappropriate or dangerous behavior must be stopped immediately.
- Be prepared at all times to provide extra support or to prevent a participant from hitting the ground, especially their head.
- Do not run the activity if the stream is flooding. Speak with OBA staff if you have any concerns.
- Some elements of this activity can be slippery when wet. Use careful consideration and skip activities if you are unsure.
- As the supervisor, you have the final say on which activities the group completes. If you do not feel confident or if a group is not listening well, you do not have to do the Trust Fall.

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Activities Outline

Bridge the Gap

- **Objective:** To transport a group from the first post to the last without anyone touching the ground.
- **Rules:**
 - The boards must fit into the slotted posts; 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.
- **Rules:**
 - Group members must hold on to one another to provide balance.
 - The group does not have to move as one unit.
 - You 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 organize themselves on the log without falling off.
- **Rules:**
 - Start with the whole group standing on the log.
 - The supervisor chooses an order for the group to get organized in (e.g., by birthday, height, last name, etc.).
 - The group must arrange themselves in that order without anyone 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.
- **Rules:**
 - 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 two groups of people to exchange places along a line of stumps.
- **Rules:**
 - Divide your group in 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 if the stump behind them is empty.



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Spider Web

- **Objective:** Each member of your group must pass through the web without touching it.
- **Rules:**
 - 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 group member to fall backward into the prepared arms of the rest of the group.
- **Instructions:**
 1. 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 person's elbows.
 2. The supervisor should ensure they are positioned at the very end and are able to catch the faller's head.
 3. Ensure the rest of the catchers are well-distributed, that the faller is properly aligned, and that the faller has their arms crossed.
 4. Ask the catchers to look at the faller and for the faller to fall. Ensure the faller's head cannot hit the wooden edging.
 5. The faller should keep their arms held closely to their sides and fall backward with their body rigid (not bending at the waist) and their head slightly tilted back.

Packing Up

- Please ensure all the group stays together as you return.
- Report any broken equipment to OBA staff.

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Communication



Critical Thinking



Leadership



Collaboration



Trust

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RAFT BUILDING

ACTIVITY INSTRUCTIONS



Communication



Critical Thinking



Innovation



Leadership



Collaboration

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Guidelines for supervisors

General Guidelines

- The aim of this session is to challenge participants' teamwork and problem-solving skills while ensuring a safe water activity.
- Two competent supervisors who are also competent swimmers are required for this activity.

Water Safety

- No participant is allowed in the water hole without adult supervision.
- All participants must wear life jackets, which can be found in a range of sizes in the kayak shed.
- Have a life ring easily accessible at all times.
- Before participants enter the water on their rafts, supervisors must have a plan for their positioning to ensure constant observation of the entire water hole.
- If a participant falls off a raft or goes under the water, the supervisor(s) must ensure they resurface and are not caught or tangled in any rope or equipment.
- If a participant gets into any trouble while in the water, it is expected that a supervisor will immediately provide the appropriate response.
- Instruct all participants not to leave the area without permission.
- Do a headcount before and after the session.

Materials

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

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Session Instructions

1. Divide the group in half. Provide them with the materials and instruct them to build a raft that can support the entire weight of their team. Give them about 30 minutes to build their rafts.
2. After the rafts are built, the teams may enter the water hole and try them out. See if they can paddle around with the entire team on board or play one of the games listed below (approximately 15 minutes).
3. In the last 5-10 minutes of the session, get participants to dismantle the rafts and prepare the materials for the next group.
4. Send participants off to get changed and conduct a final headcount.

Games to Play

Ambulance

- **Objective:** Transport a "patient" across the water hole and back as an "ambulance."
- **Rules:**
 - One person from each team is designated as the patient on the other side of the water hole, with "broken arms and legs."
 - The rest of the team are the ambulance and must race over, making the loudest ambulance sound.
 - The patient cannot move or hold on to anything while being carefully placed onto the raft and transported back to the starting side.

Ninja

- **Objective:** Race across the water hole and back as the quietest team.

Pirate Ship

- **Objective:** Race across the water hole and back while trying to get the other team's "treasure map" wet.
- **Rules:**
 - Teams will be given a napkin to use as their treasure map.
 - Team members must stay on the raft at all times. They cannot swim over to try and tip the other team's raft over.
 - The team with the driest map at the end wins.
 - Ensure all paper is removed from the water hole after the game.

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RIVER GAMES

ACTIVITY INSTRUCTIONS



Communication



Critical Thinking



Innovation



Leadership



Resilience



Collaboration

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Guidelines for supervisors

General Guidelines

- The aim of this session is to have a fun and creative time with some old-school games in Opanuku Stream.
- We highly recommend that participants wear appropriate clothing and footwear for this activity (e.g., swimming togs, shorts & t-shirt, and water shoes or sneakers).
- 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 two teams. They will be in these teams for all five river games.
- There are five activities, and you may not get through them all in the hour. Start with the ones you most want to do to ensure 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

- **Objective:** Race against the other team to fill a leaky barrel with water.
- **Rules:**
 - Each team has a barrel full of holes on the bank of the stream.
 - Teams also have a container and a bucket, which also have holes in them.
 - Teams can block holes with leaves, branches, or their fingers, but let them work it out themselves.
 - Please ensure barrels stay on the shore and do not end up in the water.

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Over-under Sponges

- **Objective:** Be the first team to fill a container with water using a sponge and a relay race.
- **Rules:**
 - This game is played on land, next to the river.
 - Each team lines up, one behind another. At the front of the line is a bucket of water from the stream, and at the back is an empty container.
 - The person at the front dunks a sponge in the bucket and passes it over their head to the person behind, who then passes it between their legs to the person behind them.
 - The over-under pass continues until the sponge reaches the end of the line.
 - The last person in line must wring the sponge into the container, then run to the front of the line to start again.

Three-legged Races

- **Objective:** Be the first team to complete a three-legged relay race in the river.
- **Rules:**
 - Participants pair up and tie one of their legs to their partner's leg.
 - Pairs will "run" in the shallowest part of the water to a certain point, then turn around and race back to their team.
 - The first team to have all pairs complete the relay wins.



Tug-of-War

- **Objective:** Pull the other team over the middle line.
- **Rules:**
 - The game can be played in a section of the stream that is not too deep, but deep enough for participants to get wet if they fall over. It can also be played on the grass.
 - Choose an imaginary "middle line" for the teams.
 - Each team stands in the water and takes one side of the rope. When you call "GO," teams start pulling.
 - The first team to pull the white rag past the imaginary middle line is the winner.



Three-legged Bucket Fill

- **Objective:** Be the first team to fill their bucket with water using a sponge.
- **Rules:**
 - 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.
 - Pairs 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 soaks the sponge and races down to fill the bucket.
 - The first team to fill their bucket wins.



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End of Session & Packing Up

- Please make sure all equipment is placed back inside the black barrels, ready for the next session.
- At the end of the day, please ensure the barrels are placed back by the bush.

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Innovation



Leadership



Resilience



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REGAINING ACTIVITY INSTRUCTIONS



Communication



Confidence



Critical Thinking



Connections



Leadership



Collaboration

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Guidelines for supervisors

General Guidelines

- The aim of this session is for participants to work together to navigate and problem-solve in a competitive format.
- It's recommended to divide your group into two teams to create a competition.
- One adult supervisor must always be with each group.

Equipment

- **Your Answer Sheet:** A master sheet with all the correct answers.
- **Maps:** One map for each group.
- **Question-and-Answer Sheet:** One sheet for each group to record their answers.

Gameplay & Rules

- The objective is for participants to find the numbered locations on the map and answer the relevant question at each site. The questions are designed to only make sense if you are at the correct location.
- Each correct answer is worth a different amount of points. Participants should write their answers on the provided sheet.
- The team that returns to the base with the highest total score wins the competition.
- You should only give clues if absolutely necessary. Do not solve the problems for the participants.

Packing Up

- Collect all maps and question-and-answer sheets at the end of the session.
- Report any damaged or missing equipment to OBA staff.

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ROPE MAZE

ACTIVITY INSTRUCTIONS



Curiosity



Communication



Critical Thinking



Empathy



Resilience



Collaboration

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Guidelines for supervisors

General Guidelines

- The aim of this session is to challenge participants to navigate a rope maze in a fun, competitive environment.
- Two to four participants can race at one time. The remaining participants can either watch to ensure no cheating or help with timing.
- The rope maze has four different colored ropes. Each participant starts on a different post and follows their assigned rope through the maze.

Equipment

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

Safety First

- This activity is located near the water hole. Please ensure participants do not wander off to the water hole.
- All participants should remain within the designated activity area.

Gameplay & Rules

- The objective is to be the first person to complete the maze and return to their starting post.
- Participants racing must wear a waist harness and clip themselves to the start of one of the colored ropes.
- When they arrive at a new post, they must unclip their carabiner and clip it back on to the other side of the bolt to continue racing.
- Participants must travel the entire length of their assigned rope course, visiting all the posts along the way, before finishing at their starting post.

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Challenges

- **Timed Challenge:** Time the participants as they race to see who can complete the maze the fastest.
- **Blindfolded Maze:** Make the maze more difficult by having participants wear a blindfold while racing.
- **Water Challenge:** Fill plastic cups with water and have participants race through the maze without spilling any water. The person who finishes 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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Curiosity



Communication



Critical Thinking



Empathy



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SCAVENGER HUNT

ACTIVITY INSTRUCTIONS



Communication



Curiosity



Critical Thinking



Connections



Leadership



Collaboration

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Guidelines for supervisors

General Guidelines

- The aim of this session is to get participants running around camp, using their observation skills to find different items and outsmart the opposing team.
- Ensure that all participants are wearing appropriate clothing and footwear for moving around camp safely.
- You will need one adult supervisor for each team.

Choosing an Activity

There are three types of scavenger hunts. Depending on the timing of your session, you may only be able to complete one.

- **Alphabetical:** Participants are given a sheet with letters A-Z. They must race around camp to find a different object that starts with each letter.
- **Photo:** Participants are given a photo of a random object around camp. They must figure out where the photo was taken, go to that location, and answer a question about that particular area.
- **Classic:** The group is given a list of items to find around camp. Participants try to gather the items to earn points based on the difficulty of the item.

Alphabetical Scavenger Hunt Instructions

1. Split the group into two teams and have an adult supervisor go with each team.
2. Give each team a bag to put their items in. They will need to keep the items to prove they found them.
3. Send off both groups. They should try to find as many different items as possible that correspond with a letter of the alphabet. Encourage them to think outside the box and find things the other team won't have.
4. Give the groups around 45 minutes to find whatever they can. Spend the last 15 minutes comparing and returning the items if needed.

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Scoring

1. Compare all the items each team has found. Any items that both teams have will cancel each other out and are not awarded points.
2. Unique items found by only one team are given **10 points** per item.
3. Anything that is particularly strange, unusual, or just cool can be given **bonus points** (15 or 20).
4. Add all the points together to determine the winner.

Photo Scavenger Hunt

- Instructions:
 1. Split the group into two teams and give them their first close-up photo. Team One will go from Photo 1-14 and Team Two will go from Photo 14-1.
 2. Have an adult supervisor with each team.
 3. Teams must work out where the photo was taken and run to that location. Once there, the supervisor will read them the question for that station, and students will fill out the answer sheet. There are 14 stations to visit in total.
 4. If groups are struggling with a photo, give them hints, but don't make it too easy!
 5. The first group to return to the base with all the correct answers will be the winner.

Classic Scavenger Hunt

- Instructions:
 1. Split the group into teams of three or four and give each team a copy of the item list.
 2. The objective is for teams to find as many of the 26 items on the list as possible.
 3. The first team to return to the starting point with all 26 items wins the game.
 4. If no team has found all the items after 45 minutes, call them back. The team with the most items on their list wins.
- List of Items:

○ A veined leaf	○ Tree bark
○ A bird's feather	○ A plastic water bottle
○ 4 small pieces of trash	○ A coin
○ A smooth stone	○ A piece of fruit
○ A dead insect	○ A tissue
○ A petal from a flower	○ A book
○ A paper clip	○ A handful of grass
○ A battery	○ A seed
○ Green shorts	○ A piece of blue tack
○ A red pen	○ A zip lock bag
○ A blue sock	○ A piece of coal
○ A patterned pillowcase	○ A black sleeping bag case
○ A balloon	
○ A brown/dead leaf	

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Packing Up

- Ensure that any found items are returned to their owners or disposed of properly.
- Remind participants to leave the area as they found it.
- If this is the last session of the day, ensure all materials are returned to the appropriate location.

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Curiosity



Critical Thinking



Connections



Leadership



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SLIP 'N SLIDE

ACTIVITY INSTRUCTIONS



Confidence



Curiosity



Resilience



Courage



Empowerment

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Guidelines for supervisors

General Guidelines

- The aim of this session is to provide participants with a fun, refreshing, and safe activity.
- The Slip 'N Slide is located on the bank of the field next to the staff house.

Equipment & Setup

- The slide will be set up by One Big Adventure staff with a hose next to it.
- At the start of your session, you will need to turn on the hose at the tap.
- Make sure to thoroughly wet the slide before the first person goes down (no detergent is needed).

Safety First

- **Never** allow more than two participants to slide at a time to avoid collisions. They must be side-by-side, not one after the other.
- Ensure that once a participant reaches the bottom, they are completely off the slide before you send the next one down.
- You must keep a lookout for cars and let them pass once all participants are out of the way.
- We allow for "trains" as long as participants hold onto each other the entire time and do not break apart while sliding.

During the Session

- Keep the hose on the slide throughout the session to ensure it stays wet for participants.
- Also wet each participant before they go down, as this will help them slide more easily.
- Participants can either go down on their stomach or sitting down.

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End of Session & Packing Up

- At the end of your session, turn off the hose at the tap. It's a good idea to release the water still in the hose to release the pressure.
- Take all your equipment with you when you're finished.
- **Do not** hang any clothing or towels on the metal fence by the exit gate.
- If you are the last session of the day, please follow this procedure:
 1. Fold each mat up in half four times.
 2. Take all three slides completely off the field. This is essential to prevent them from being damaged by the lawn mower.
 3. Leave the pegs on top of the slides.
 4. Coil the hose up.

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Confidence



Curiosity



Resilience



Courage



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STREAM SCIENCE

ACTIVITY INSTRUCTIONS



Curiosity



Communication



Critical Thinking



Collaboration



Connections



Purpose

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

- The aim of this session is to have fun learning about a typical NZ stream, understanding what lives in it and if it is a healthy environment.
- As this activity is around water, please ensure there is always adequate adult supervision.

Equipment

- Pens and paper
- Thermometer
- Clarity tube
- Nets and Trays
- Magnifiers and Invertebrate Identification Charts

Safety First

- Please ensure participants are wearing appropriate clothing and footwear for being around the stream. They will not be swimming, but they will potentially get wet.

Session Instructions

Introduction (5-10 min)

- Explain to participants that the goal is to learn about the stream's health.
- Ask the group, "What is a stream?" and have them brainstorm.
- Encourage the children to think about where the water comes from (rain), what a catchment is, and where the water travels to get to the stream.

At the Stream (5 min)

- As a group, make observations and discuss the appearance of the stream. Ask questions like:
 - Does it look healthy? Why or why not?
 - What is the water level?
 - How fast is it flowing?
 - Is it cloudy or clear?
- Use the provided paper and pens/pencils to record your findings.

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Testing Stream Health (10 min)

- Temperature Test:
 1. Take the air temperature. Ask the group if they think the water will be warmer or cooler.
 2. Fill a bucket with stream water and hold the thermometer in the water for at least two minutes.
 3. If the water temperature is colder than the air temperature, it is a sign the stream is healthy!
- Clarity Test:
 - Please do this test on land, not in the stream, to avoid losing or breaking the equipment.
 - 1. Pour water from a bucket into the clarity tube.
 - 2. Place the magnetic marble in the tube and replace the cap.
 - 3. Hold the tube horizontally. One person should look through the end cap to view the magnetic marble near the viewing hole.
 - 4. Another person should slowly 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's clarity.
 - 5. Take note of the marble's place on the scale (0-100). The closer to 100, the greater the clarity and the healthier the stream is.

Invertebrate Collecting (20-30 min)

- Remember, we want to keep everything alive. 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 it.
- 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, under rocks (creatures like to hide under plants near the water's edge), and in deeper water.
- Another way is to turn over rocks. Hold the net downstream 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 and an expert at hiding, so observe carefully!
- Use the magnifiers and Invertebrate Identification Charts to identify which stream creatures you have caught. Discuss what this means for the health of the stream.
- Discuss things that cause our water to become polluted and ways we can help our streams stay healthy.
- Discuss why these streams and their tiny inhabitants are important to us and why we should care for them.

Packing Up

- Ensure all equipment is collected and returned.
- Remind participants to leave the stream area as they found it.
- Please report any damages to OBA staff.

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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.



Curiosity



Communication



Critical Thinking



Collaboration



Connections



Purpose

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.



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TROLLEY CARTS

ACTIVITY INSTRUCTIONS



Confidence



Communication



Critical Thinking



Resilience



Collaboration



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

- The aim of this session is for participants to assemble their own trolley cart and ride it down a hill.
- Split the group into three teams. Each team will be responsible for assembling and disassembling their own trolley cart.

Location & Aim

- **Assembly Location:** The concrete area next to the field.
- **Operational Location:** The main field's bank.

Safety First

- Helmets are mandatory. Participants must wear a helmet before riding the cart.
- Make sure the bottom of the field is clear of people before a cart is sent down.
- Never place feet or hands on the ground to try and stop the cart.
- Do not pull the cart with a person on it!

Assembly Instructions

1. **Assembly Check:** After the participants have assembled their cart, you must check it over before they ride it.
2. Ensure there is a washer and a circle pin on each wheel.
3. Make sure the bolts are tightened just past "adult finger tight," so they cannot be loosened with hands.
4. Confirm that the front axle is underneath the center beam, with the knots facing up.

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Riding the Cart

- Allow each participant to have a turn riding their cart down the hill.
- Participants should place their feet on the front axle.
- To steer, they should use their feet to guide the cart. The rope can be used to assist.
- To stop, instruct the rider to turn the cart toward an uphill slope.
- It's a good idea to have participants practice from halfway down the hill first. As they become more confident, they can move to the top.
- Once the rider and cart have safely stopped at the bottom of the hill, their team members can go down to help bring the cart back up.

End of Session & Packing Up

- Make sure you leave enough time for the group to disassemble the carts.
- Please report any damages to OBA staff.

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WATERHOLE

ACTIVITY INSTRUCTIONS



Confidence



Resilience



Courage



Empowerment



Trust

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Guidelines for supervisors

General Guidelines

- The recommended supervision ratio is 1:6.
- Do a headcount of all participants before and after the session.
- Instruct all participants to not leave the area without permission.

Safety First

- No participant is allowed in the stream or water hole without adult supervision.
- Have a whistle on hand and instruct all participants to leave the water hole immediately if required.
- Supervisors must make a plan for their observations of swimmers, for example, by being responsible for watching different areas of the water hole. This ensures no part is left unobserved.
- Have a life ring easily accessible.
- No running around the water hole.
- If you have any concerns about a participant's swimming ability, see an instructor for a life jacket. Using life jackets is highly recommended, especially for the rope swing and waterslide users.
- The water hole is not to be used in heavy rain. Seek guidance from OBA staff if you are unsure about the conditions.
- Participants must get in the water before they go off the rope swing or waterslide to avoid sudden shock from the temperature change.

Specific Activity Guidelines

Rope Swing

- An adult must be responsible for hooking the rope swing.
- Have another adult watching to ensure the participant comes to the surface after the jump.
- Note the water depth; it is shallow near the bank. Instruct participants to let go at the farthest point possible.

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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 the participant comes back to the surface.
- Before the first user, visually check the slide for any branches, sticks, or other obstructions.
- Tip water down the slide to make it slippery. Wait for the water to get halfway down the slide before allowing the participant to go.
- Only one person is allowed on the waterslide at a time.

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