

Confidence Course

Instruction sheet

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

Guidelines for Taking a Confidence Course Session:

Before starting

- Check the course prior to beginning, particularly if it has been raining. Use towels provided by the activities department to wipe slippery areas dry, if needed.
- Ensure that there are at least 2 adults running this activity (preferably 3). The main places an adult should be at are at the start of the course, at the wire bridge and near the rope swing platforms.
- Ensure children are wearing adequate shoes, i.e. sneakers or strong sandals.
- Use the Kauri Dieback station before using the Confidence Course to prevent any disease coming onto camp.

During the session

- Take students through the confidence course staying as a group the first time through, so everyone gets a chance to go through all sections.
- Allow students to then split up and do the course again, or go to sections they enjoyed the most.
- Encourage competition for those who want it. This can be done by timing students to see who has the fastest time, or the student with the least number of falls.

Important notes

- If it rains, call this activity off. Due to the wood becoming slippery, it is not safe to proceed during rain. One Big Adventure activity staff will advise you on a wet weather alternative. Have fun!

