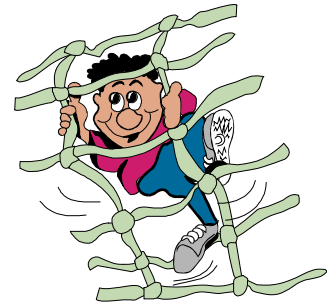


Commando/Challenge Course



DESCRIPTION

Our Commando Games Course at Log Cabin Camp is reminiscent of those rigorous courses that our military must complete. But don't worry we've made it a little easier! It's great fun for young or old.

The aim of the activity is to provide participants with a new recreation experience, to challenge them to go beyond their own expectations, increase their self-confidence and to work as part of a team.

Commando Course is considered to be a specialised activity as misuse of the equipment or poor supervision has the potential to harm participants.

Time to allow for this activity: 40-60 minutes

LOCATION

The Commando course is situated behind the main hall to the left of the cabins.

EQUIPMENT

Clipboards with instruction sheets
Drink Bottles (the participants are to supply their own)
Stop watch

INSTRUCTIONS

The Commando Course is an activity where participants are competing in pairs, where one plays the role of spotter. Two people at a time can complete the commando course though they must be accompanied by an encourager/spotter to support and encourage their partner to finish the course safely. Try to encourage participants to encourage each other, even those that are waiting for their turn.

The Commando/ Challenge are made up of the following activities:

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|--------------------|--------------------------------|
| 1. Postman's Walk | 8. Tarzan Swing |
| 2. Tunnels | 9. Flying Fox |
| 3. Balance Beam | 10. Monkey Bars or Open Tunnel |
| 4. Tyre Wall | 11. Tunnels |
| 5. Springy Walk | 12. Circle Climb |
| 6. Stepping Stones | 13. Scramble Platforms |
| 7. Cargo Net | 14. Tyre Dash |

SPOTTING: SAFE AND EASY

Spotting is the primary safety system used for initiative activities. It requires an individual to actively protect a "participant", who may be involved in activities some distance off the ground. The main role of the spotter is to protect the head and upper body of the "participant" should a fall occur.

The term catching, is often used in both the teaching and practice of spotting. But while spotters usually need to be in a position to catch a participant in the event of a fall, it is very difficult to literally catch a falling body, even from just a small height. Spotters and participants must understand that spotting means to support and protect the upper body and head in case of a fall (sometimes referred to as breaking the fall).

Here are some key aspects to remember when spotting:

- Effective spotters should mimic the movements of the participants on the activity. The spotter duplicates the movements of the participants and positions him/herself to move with any falling action.
- The spotter needs to be constantly focused on the participant.
- Spotters need to be anticipating a fall from the moment the participant begins until they conclude an activity.
- Spotters need to be able to move in and dampen any motion in a swinging activity, i.e. swinging off a rope swing.
- Spotters need to understand how vital their role is and that they must take it seriously in order for the participant to feel safe in their hands. Joking around is not acceptable behaviour. A high level of concentration is required at all times.

From: Project Adventure Australia, “Spotting: Safe and Easy”, by Kristin Jones.

The start of the commando course is at the Postman's walk and finishes with a Tyre Dash.

1. POSTMAN'S WALK

The object of the Postman's walk is for each participant to walk along the cable, without falling off, using the rope for balance. The spotter must be watching their partner at all times for any sign of falling and position themselves so that they can assist their partner at any time. - **See Spotting Safe and Easy**

- There must be no more than one person on the cable at any one time.
- Be sure to tell the spotter to watch their partner ready to help if they look like they are falling backwards
- Spotting for the slackwire is important because falling is very common, the Spotter/s must stand behind the participant in “A” frame stance to limit strain on their body.

2. TUNNELS

Participants are to crawl through the tunnels if they are too big for the tunnels they may go around. Also, if there is water in the tunnels they are advised to walk their feet along the sides of the tunnel or walk around.

3. BALANCE BEAM

For this obstacle the participants are to walk across the beam without falling off, if they do they must return to the start of the beam and try again.

Be sure to have a spotter walking beside participants as they make their way across the bridge to ensure their partner doesn't fall and injure themselves.

4. TYRE WALL

Participants are to climb up the tyre wall, when they reach the top they are to hold on to the rope that runs across the top of the wall and lift their leg over the wall making sure that if their opponent is climbing at the same time that they don't kick them while going over the wall. After getting over the wall the participant is to step down from the top, not jump, as this could end in an injury.

The spotter can assist partner to get up wall

5. SPRINGY WALK

This obstacle requires balance as this beam is fixed on top of springs. The participant is to cross with caution and the spotter should be nearby to help if their partner is going to fall.

6. STEPPING STONES

This obstacle has 10 steps that each must be stepped on before moving onto the next element.

7. CARGO NET

This obstacle has three sections, the first is the shade cloth. The participant is to go under the shade cloth. Then over the Cargo Net and then under the pole at the end.

The spotter is not needed for this obstacle and should go ahead of their partner to bring the Tarzan swing to the start for their partner.

8. TARZAN SWING

For this obstacle the spotter will bring the rope to the start of the swing for their partner to swing across.

Spotter should still be encouraging! 😊

9. FLYING FOX

The spotter should bring the fox to the start for their partner to swing across if it isn't ready. The participant will then swing across the spotter should return the fox to the start

10. MONKEY BARS/ OPEN TUNNEL

Here the participants can choose which obstacle they will do. If they are strong enough they can do the monkey bars and the shimmy poles or alternatively they can crawl through the Open Tunnel.

11. TUNNELS

Participants are to crawl through the tunnels if they are too big for the tunnels they may go around. Also, if there is water in the tunnels they are advised to walk their feet along the sides of the tunnel or walk around.

12. CIRCLE CLIMB

For this obstacle the participant must start at the bottom circle, climb up through the circles and then manoeuvre themselves to climb back down the other side.

13. SCRAMBLE PLATFORMS

The Participant is to climb on top of the scramble platform and walk across to the next platform and climb over it then safely jump down off the end.

While their partner is doing the scramble platform the spotter is to get the tyre ready for their partner so they can dash to the finish line.

14. TYRE DASH

The participant is to pick up a sash that is connected to rope with a tyre on the end. The sash is to go over one shoulder or around the waist. It is never allowed to go around the neck. Then the participant is to dash to the finish line making sure that if there is someone running beside with a tyre that they don't swing it across the path of their competitor to trip and/or injure them.

The spotter is to encourage their partner to finish strong and will get ready for their turn as the spotter and runner will switch and they will run the course again.

SAFETY BRIEFING AND ACTIVITY NOTES

- The participants must stand well back from the obstacles until it is their turn.
- The participants must have an encourager spotter whilst they are on the obstacle course. Please refer to attached information on spotting.
- No participant is to try any obstacle until all of the instructions have been explained and the track has been checked for sticks and rocks.

AGE SUITABILITY

The activity is most suitable for participants aged eight years and over, as younger ones may find the course a bit difficult due to their strength and height limitations.

RATIO

1:10 It is recommended that there is one instructor/leader per ten participants.

INSTRUCTOR EXPERIENCE

Instructors must have had previous experience instructing and supervising small groups in recreation activities.

ASSISTING LEADERS EXPERIENCE.

No previous experience is required for an assistant. An Assisting Leader is not essential for this activity, but if one is available can be very useful.

PARTICIPANT EXPERIENCE

No previous experience in the activity is required.

INSTRUCTOR RESPONSIBILITY

The Instructor is responsible for camper supervision and behaviour at all times, this includes: the supervision and behaviour of campers at the activity and to and from the activity. The Instructor is also responsible for: assessing first aid requirements and identifying campers with asthma or other ailments; adhering to Log Cabin Camp guidelines for the Commando Course; and ensuring that all the equipment is returned to the program room at the end of the activity.

The Instructor/Leader must inform the Assisting Leader (if one is available) of their role in the supervision of the activity, and to also train them in the technical and safety components of the Commando Course.

PARTICIPANTS RESPONSIBILITY

Participants are responsible for adhering to the instructions of the Instructor.

PARTICIPANTS CLOTHING AND ACCESSORIES

Solid footwear (runners preferable), sunscreen, sun hat.

FIRST AID REQUIREMENTS

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.

