

Activity Descriptions

Land Based Activity

Orienteering

Participants explore the 50-acre campus in small groups using a map to locate nominated control points. The activity involves steady walking across varied terrain, decision-making, and basic navigation skills. Groups move at their own pace, stopping at each checkpoint to confirm their route before continuing.

Archery

Participants stand upright on a designated shooting line to use a bow and arrows under instructor supervision. After shooting, they walk approximately 10 metres down the range to safely retrieve their arrows before returning to the line. The activity focuses on concentration, control, and safe handling of archery equipment.

Bushcraft

Shelter Building:

Participants work in a woodland area, using wooden poles, natural materials, and tarpaulins to construct simple shelters. This may involve lifting light materials, tying knots, and working collaboratively on uneven woodland ground.

Fire Lighting:

Participants kneel or crouch to use fire-strikers and cotton wool to attempt spark-based fire lighting. Instruction covers safe positioning, technique, and fire-safety awareness.

Problem Solving

Participants undertake a variety of short (10–15 minute) team-building challenges designed to encourage communication, creative thinking, and cooperation. Each task is low-level physical activity, often involving moving small objects, negotiating simple obstacles, or working together to solve a puzzle or scenario.

Nightline

Participants follow a fixed, roped course through a woodland area while blindfolded. They move slowly and carefully, using their hands to follow the guide rope and navigate over, under, and through a range of low-level obstacles. This activity emphasises trust, communication, and sensory awareness.

Activity Descriptions

Water Based Activity

Canoeing

Participants paddle open canoes on flat water, learning basic strokes, steering techniques, and teamwork. Canoes are usually paddled in pairs, encouraging communication and coordinated movement. Sessions focus on water confidence, boat control, and cooperative paddling.

Kayaking

Participants use sit-in or sit-on-top kayaks to practise forward paddling, turning, stopping, and manoeuvring. Kayaking emphasises independence, personal pace, and confidence-building while navigating the water under instructor supervision.

Stand Up Paddleboarding (SUP)

Participants use large, stable paddleboards to explore the water. The session typically begins with kneeling and progresses to standing when comfortable. Activities may include balance games, simple manoeuvres, and short journeys around the lake.

Raft Building

Teams design and construct their own raft using barrels, logs, and ropes. Once built, the group launches the raft and attempts to paddle it on the water. The activity encourages teamwork, problem-solving, communication, and practical construction skills.

Water Safety

Participants learn key principles of staying safe on and around water, including safe entry techniques, buoyancy aid use, basic self-rescue, and how to remain calm and controlled during water-based scenarios. The session builds awareness and confidence in a supportive environment.

Activity Descriptions

Aerial Based Activity

Climbing

Participants climb a vertical wall using ropes and harnesses while supported by trained instructors. The session introduces climbing techniques, rope commands, and controlled movement on the wall. It promotes confidence, trust, and personal challenge.

Abseiling

Participants descend a vertical wall using a controlled rope system. Instructors provide guidance from the top and bottom. The activity helps participants develop confidence at height and experience the sensation of a controlled descent.

Leap of Faith

Participants climb our tower structure and jump from a platform towards a hanging buoy, while fully harnessed and belayed. The activity focuses on challenge, trust, and personal courage, with opportunities to support and encourage teammates.

Zip Wire(s)

Participants ascend steps to a zip wire platform, are securely attached to the system, and ride down the wire to a controlled lower off point. The experience provides an exciting sense of speed and height, while promoting confidence and trust in the safety system.