


PROCEDURE

Cataract Scout Park – Challenge Valley



Issued with the authority of the Head of Risk and Commercial Manager of Scouts Australia NSW

		Head of Risk Signature	
Sponsor	Activities Manager, CSP	Commercial Manager Signature	 Chief Operating Officer
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Cataract Scout Park- Challenge Valley

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1 Location

Challenge Valley is located 200 metres from the end of Crabtree Drive, near Site 5. Vehicle tracks access can be found at the exit of Challenge Valley, across from Site 4 entrance and 100m down Dutch Track off Crabtree Drive. Vehicle tracks are to only be used for emergencies, schedule maintenance and set up of Challenge Valley.

2 Aims of Challenge Valley

- To implement 'challenge by choice' by:
 - enabling participants to expand their comfort zones, take initiatives and stretch their limits. (Necessary information and details are provided so that all participants can make an informed decision whether to participate in the activity and to what extent.)
 - respecting each individual's limits, strengths and weaknesses so that no participant is 'forced' to do anything outside their wishes.
 - encouraging others no matter what their decision.
- To overcome obstacles as a team through determination and communication.
- To understand the fear of heights and narrow spaces and work through with the support of peers.

3 Pre-Activity Checks

- Check weather forecast as below (Weather conditions appropriate).
- Check NSW Fire Brigade website/app to access fire dangers and air quality.
- Check the activity site for hazards (fallen trees, branches, excessive leaves, snakes, etc.).
- Ensure **liability forms** have been signed and participants are present during the Essential Briefing.
- Recommended minimum age of participants is 5 years old.

Weather conditions appropriate

- A BOM Weather check should be done prior to this activity.
- Activity cannot be conducted during lightning storms and/or poor air quality (indicated in RFS website). It is at the discretion of the Program Manager, or staff in charge, whether the activity continues or not. In the case of a severe weather warning being issued for the area, the Program Manager, or staff in charge, must document justification of their decision if they choose to continue.
- Specific consideration must be given to:
 - Water making climbing surfaces slippery.
 - General health and wellbeing of the group (it is extremely important to consider the effects of the weather on the participants, not only on the infrastructure and equipment).

Medical

- Obtain briefing from Supervising Adult/Teacher on particular medical needs for each group.
- Activity Instructor must carry a First-Aid kit at all times, located in the office.
- NB: Activity Instructor must have current First-Aid qualifications.

Supervision

- Two Adult Instructors on each element of Challenge Valley.

Activity Setup

- Check water obstacles/pools for evidence of animal feces and other foreign objects, and remove it.
- Ensure that the following activity taps are turned on so that all water obstacles are filled with potable water:
 - The 'twisty' tap at V25, on the left hand side of the road, about 20 metres before the Challenge Valley Main Entrance.
 - The 'lever' under the rock pile on Dutch Track between the Challenge Valley, Tyre Tower, and the Giant Swing site.
 - All of the onsite taps.
- Broken Hill: Open hatches and place them behind pipes hidden from participants.
- Jenolan Caves: Activity Instructor to climb through tower to check for wildlife.
- Gold Mine: Activity Instructor is to only fill the Right tunnel and to leave the Left tunnel dry.
- Hell's Gate: Unlock and open.

Qualified Activity Instructor's Role

- The Qualified Activity Instructor must be signed off on induction and competent in operating the Challenge Valley activity before taking responsibility for the session.
- They must ensure all essential briefings have been conducted before the activity commences (see 'Essential Briefing' below). The briefings explained below are the minimum requirements to ensure a participant's safety.
- For this particular activity, group differences in age, size and ability are particularly important for safety reasons. Accordingly, the briefings below contain 'approved alternatives' (*italicised for identification*) to cater for these differences.
- During the activity the Qualified Activity Instructor will need to ensure that all participants:
 - are wearing appropriate clothing (preferably old) and enclosed footwear for the activity.
 - wait at the beginning of each new obstacle for the safety briefing, and that they have fully understood them, before attempting the obstacle.

4 Essential Briefing

The following sets out the essential points that must be explained before participants are allowed to attempt the activity.

It is the responsibility of the Qualified Activity Instructor to ensure that all participants have fully understood the Essential Briefing before commencing the activity. It is the decision of the Activity Instructor regarding whether or not a participant is ready to take part in the activity safely.

Participant Briefing

- Introduce yourself and the activity to the participants.
- Explain the following:
 - Participants must ensure that they have fully understood the safety briefings for each separate obstacle (as below) **before** attempting to complete it.
 - Anyone who has had any gastro-enteritis type symptoms of either vomiting or diarrhea (or both) in the previous 24 hours **MUST NOT** attempt any water obstacles. However, they may still attempt any or all dry obstacles if they wish.
 - Participants are not to walk on the vehicle access track unless at a track crossing.

NB: Please note that, although the 'main start' of this activity is 'Nullarbor Plain', participants may also begin at 'Jenolan Caves' depending on where the group intends to return to at the end of the activity.

5 Activity Instructions

1. NULLARBOR PLAIN

Objective: To climb over and under a series of horizontal wooden logs.

Explain that:

- Only two participants at a time start the obstacle.
- The next two participants may begin when the two in front have reached at least the third log.
- As each participant climbs over the logs, they should swing their legs toward the outer sides of the logs, to avoid collision with another participant.
- If necessary, 'spotters' should walk alongside each participant for support (for example, smaller participants or those with special needs).
- Participants must place their feet on the ground between each log.
- Participants may crawl under the logs instead of climbing over.



2. COOPERS CROSSING (Monkey Bars)

Objective: To swing across the monkey bars.

Explain that:

- Only one participant is to be on each set of monkey bars at a time. If a participant falls, they may continue from where they fell off or immediately leave the elements by exiting at the end.
- The next participant should start only after the participant in front has exited the element.

3. **AYRES ROCK**

Objective: To climb up the angled ladder, through one of the two holes in the wall, and then climb through to the other side of the wall.

Explain that:

- Only two participants should be on the obstacle at any one time.
- Participants should use at least three points of contact to climb both the angled ladder and the wall.
- Participants will be asked to climb through a hole in the wall appropriate to their age, size and ability and not over the very top.
- As each participant climbs through the hole, they should swing their legs toward the outer sides (pole side) of the holes in the wall to avoid collision with another participant.
- The next participant should start only after the participant in front has descended the wall.



- As each participant climbs over a hurdle, they should swing their legs toward the outer sides (pole side) of the hurdle to avoid collision with another participant.
- Participants should be advised not to run through the course.
- *Participants may be instructed to complete a set of push-ups and/or dips on each hurdle.*

4. **FLINDERS RANGES**

Objective: To travel over and under the hurdles.

Explain that:

- Participants may alternate between climbing over and then under each hurdle.
- Participants should ensure there is an adequate gap between them and other participants as they head up the hill.



5. SYDNEY HARBOUR BRIDGE

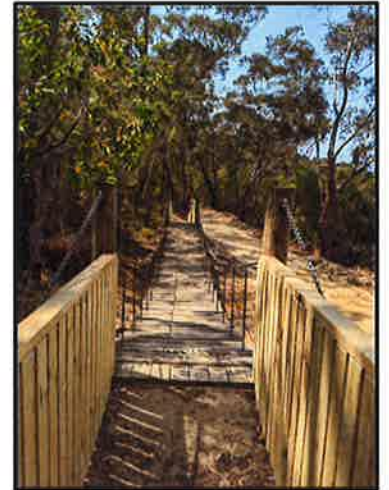
Objective: To cross the bridge without losing balance.

Explain that:

- Participants should stand in a single file and wait until directed by the Instructor before beginning to cross the bridge.
- Explain that there should be only one person on the bridge at any one time.
- Participants should have hands outstretched to the side, ready to grab the chains for extra stability.
- No participant is to stand or walk beside the bridge whilst anyone is on it.
- No-one is to swing the bridge at any time.

Activity Instructor Note:

- Activity Instructor is recommended to be positioned near the end of the obstacle, to oversee participants exiting the obstacle safely.



6. BROKEN HILL

Objective: To get from one side of the obstacle to the other by way of a number of horizontal pipes.

Explain that:

- Participants can choose their own challenge.
- One person in the pipe at a time, except the middle pipe which can have two at a time with each participant going down either path.

Activity Instructor Note:

- Activity Instructor is recommended to be positioned between the two escape hatches to assist participants in emergency exist.

7. MOUNT KOSCIUSKO

Objective: To climb up the wooden ladder and then down the cargo net.

Explain that:

- The participants must adhere to the 'ladder rules':
 - Participants must climb one at a time, on each side.
 - Non-climbing participants must be at least two steps back from the bottom of the ladder.
 - Participants should have at least three points of contact when climbing.
- They must sit on the platform with their legs dangling into the cargo net access hole.
- They must place their hands on the green bars and rest their feet on the cargo net before climbing down the net to the ground.
- They must climb down facing the cargo net the whole way down.
- Participants must not jump off the net at any point on their way down.
- The next participant must start only when directed by the Instructor.



Activity Instructor Note:

- Activity Instructor is recommended to be positioned on the top platform, between the ladder and the cargo net.

8. JENOLAN CAVES

Objective: To climb up the ladder and then down through the “caves”, ending up in the water.

Explain that:

- Participants should use at least three points of contact when climbing **both** up the ladder and down through the “caves”.
- They must continue to climb down wooden “caves” and into the water feet first.
- They must not **jump** from the caves and step down as the water is shallow and there is concrete at the bottom.
- They can exit the Tower through the opening at the bottom.
- Participants crawl two laps around Jenolan Caves before **exiting the pit. They may exit the pit immediately if they wish.**
- The next participant may start only when the one in front has entered the water.



Access road here - Joins the Dutch track opposite western side of Site 3

9. BEAR PIT

Objective: To climb up the steps, cross on the balance beams to the other side and swing on a rope into the water pit.

Explain that:



- Participants may do one of the following:
 1. **Shuffle** across the balance beams slowly as the beams might be slippery with a spotter following beside.
 2. **Walk** across the balance beam slowly with a spotter both of which will be wearing helmets.
- There must be only one person at a time on each of the balance beams.
- They must **sit** on the **lower platform** until they are handed one of the ropes.
- They must drop into the water pit on their first swing feet first (or they will hit the platform on the way back).
- Participants must exit the pit immediately after landing.

- **Spotter's Role:**
 - Are to follow the participant who is on the element.
 - Their hands should be up at all times to assist if the participant loses their balance, until they are safely off the beams.

Activity Instructor Note:

- Activity Instructor is recommended to be positioned seated on the lower platform, or stand next to the rope swing, to hand a rope to the participants, and can ask a volunteer to hand a rope to the participants on the other side.



10. ALLIGATOR RIVER

Objective: Participants crawl under the shade cloth through the mud to the other end.

Explain that:

- Participants must keep their heads and backs low to avoid the bars above. ('Army Crawl' position is recommended).
- Only two participants to begin this obstacle at a time. The next two should start only when the two in front have reached half way or exited the water pit.
- Ask, if necessary, the first two participants to remove any rocks or sticks if they find them as they go through.
- *To increase difficulty, the participants may roll onto their backs halfway through the obstacle.*
- *This can be done as a team relay where the participant crawls through and back of the River to then change to their team members.*



Activity Instructor Note:

- Activity Instructor is recommended to be positioned at the end of the obstacle to maintain visual contact of the participants.

11. GOLD MINE

Objective: To climb over the hurdle into the pit and crawl through the underground pipes, which are half filled with water, to the other end.

Explain that:

- Participants must wait for the Instructor's direction before entering the pipes.
- The participants have the choice to go in a dry (Left) or a wet (Right) drain.
- Participants may enter in the pipe once they've been signaled by the Activity Instructor.



Activity Instructor Note:

- Activity Instructor is recommended to be positioned

either:

- At the end of the pipes to maintain visual contact of the active participants, to then signal to the waiting participant when it is safe to enter the tunnel.
 - Or standing on top of the exit, and look through the holes to see the active participants passing through. When participants can be seen through the holes the Activity instructor can signal to the next participant to enter the tunnel.
- The Instructor must ensure that there is only one participant at a time in each pipe, in case a participant panics.

12. BLUE MOUNTAINS



Objective: Participants climb up the two sets of steps and slide down the ramps on the other side of each.

Explain that:

- Participants must have a spotter whilst on this element.
 - Participants must climb with 3 points of contact (Hands & Feet) to the top where they sit.
 - Participants must slide down the ramp on their bum, feet first and repeat for each section.
 - Participants **must not run** down the ramps. They should be wary of splinters if sliding.
 - Participants must **step** (not jump) into the pit at the bottom of the second ramp, and exit out the far end, not the sides.
 - Next participants can go when the previous participant over the top of the second mountain.
- Spotter's Role:
- Are to follow the participant who is on the element.
 - Their hands should be up at all times to assist if the participant loses their balance, until they are safely in the pool.

Activity Instructor Note:

- Activity Instructor is recommended to be positioned near the pool and at the end of the obstacle to maintain visual contact of the waiting participants and the active participants.

13. THE BRIDGE.

Objective: To navigate the balance beams.

Explain that:

- The beams will be slippery when wet.
- Participants must not rush and must leave an adequate space between each other.
- They must not use the logs that are in the shape of a square, as the logs have rounded tops.
- *To increase difficulty, participants may begin the obstacle again if they fall off the beams.*



Activity Instructor Note:

- Activity Instructor is recommended to be positioned at the square logs to navigate the participants to avoid standing on the logs.

14. HELL'S GATE

Objective: Participants are to enter Hells Gate and exit out the other side.

Explain that:

- Participants to crawl through the hole in the wall at the entrance and exit
- Next participant may enter once the previous participant reaches the buoy section
- Participants should be advised not to run.

Activity Instructor Note:

- Activity Instructor is recommended to be positioned beside side entrance doorway and maintain visual contact with the participants.



Rinse Off

- Participants should rinse off after completing the activity. This can be done either in the showers near the main start, or with the hose at Jenolan Caves, depending on where the group finishes the activity.

6 Debriefing

There is rarely a debrief session for the Challenge Valley Activity as it is aimed mainly at entertainment. However, if a debrief is requested, address the aims of the activity and 'challenge by choice' principles as found on page one.

7 Packing Up.

- Ensure that, if necessary, an Incident, Form is completed and handed to the Program Manager or office staff at the earliest convenience. *(The form is located in green instructor folders or in the office).*
- Turn off the two main Challenge Valley taps.
- Close up all hatches at Broken Hill.
- Lock up Hell's Gate