

## ORGANISATION AND RISKS ASSESMENTS

### ASSAULT COURSE

Activity duration : 165 minutes (2h45)

Number of staff/participants : 1/14 + 1 Professeur : It is mandatory to have a teacher during the whole session (of course the teacher can take part of the activity).

Aims and objectives : Learn the vocabulary / expression related to the assault course activity. Teach the team spirit and how to surpass yourself.

Necessary equipment : Assault course special first aid kit, old clothes, swimming costume, appropriate shoes, walkie-talkie + waterproof cover

Where : Assault course area

Preparation for the activity (minimum 20 min before the activity)

Check the informations about the group : age, capacity, experience and number of participants. Make sure you've got all the medical informations. Get yourself into the complete outfit. Check all the equipment, especially the special first aid kit for the assault course -> check its contents (= state AND quantity). Look if there is another assault course at the same time and organize with the instructors to make sure to not interfere with them. It is not possible to gather two groups on the same activity. You need to organize it with your colleagues to adapt your session. In general, **one group start by the workbook while the other go directly on the warmup area.**

Start of the activity

Be on time at the meeting point ! Check that the group is here with the right equipment for each kid = medical necessary, old clothes (long sleeves AND trousers MANDATORY), appropriate shoes (wellies, if possible, NO OPEN SHOES), no jewelry, remove glasses if possible, the workbook and a pen. Remember that the instructor must show the example with the appropriate equipment.

Activity introduction

Introduce yourself and the session's plan. Ask each kid to present themselves. An assault course session is divided into three big parts with a relatively strict pattern. Before taking on to it, leave all the stuff like towels, workbooks, pens and other non-necessary equipment in the drying room (in a white box). Only the medical necessary needs to be kept, either by a teacher or in the assault course first aid kit.

Warm up :

We've got a special warm up area for the assault course. This highlight must make everybody physically ready but also mentally (mud apprehension). To keep a nice grass and a good access to the assault course area, we avoid using other areas for the mud apprehension. However, the physical warm up can be made at many places.

Before doing the muddy warm up, do an inspection to make sure it's safe. Adapt your exercises if it's necessary. For safety reasons, it is forbidden to run or jump in this slippery area. Also forbidden to throw mud and to push another participant.

Stay vigilant during the whole session, and do not hesitate to remind the kids all those safety rules if it's necessary. To be effective, **your warmup must last 20min minimum**. There isn't a maximum of time for that, but do not disturb the other session if there is one at the same time. The coldest the weather is, the longest you need to do your warmup even if you must be more selective for the obstacles part.

### The assault course :

The objective for the assault course is to do a maximum of obstacles. In total, we have around ten available obstacles. There is no precise order or requirement about it. But remember that the river and the slide are the best-sellers for this activity...

For each obstacle you need to explain the best technique (you can do a demonstration) and make sure that all the risks are well understood. You need to stay focus on each kids of the group and favoring the person passing the obstacle. Place yourself at the best spot **to ensure a maximum of safety** and always offer a warming help for each kid. You must keep the group together during the whole course.

The obstacles passing is the best moment to improve the participants' French. Make them repeat a maximum of phrases with the activity's vocabulary. You can **use your imagination** to make it harder (pronunciation challenges, questions-answers...).

Depending on the weather, you can suggest few passages to the kids with different challenges. Of course, do not disturb other activities and respect the final timing.

### Shower time :

Once your session is over (in general after the river) the only thing that participants want is to go back to the Chateau and take a deserved shower. But be careful, this is probably the most complicated moment to manage for you. **Mission n°1**, you need to keep everybody as a group and take them to the drying room. Make sure you have **ALL the kids** with you from the beginning to the end...

When you arrived at the drying room, you'll need to explain that everybody must be hosed down by you and undressed **BEFORE** going back to the dorm.

**NOBODY must come back directly in the dorm**. The most important is to clean the face / the hair to not block the showers, and to not sent them back with their muddy clothes. It could dirty the whole corridor and the rooms in the buildings. When you rinse the kids, place them on the concrete slab (close to the drying room).

About their clothes, two options : they can hang them up, on their **OWN LINE** to make it dry and take it back later ; or they can put it directly in the assault course bins. Be clear and explicit about that option because they can't have it back after !!

Before letting them go (and before the hose part if possible), remind them the rest of the session = meeting back for the workbook / mealtime / ...

As a reminder, **the shower part can't be more than 30min**. If for any reasons you've finished early, you need to give a time and a place to the kids to do some games with them. Do not hesitate to offer a drink when they come back (you can order a hot chocolate if the weather is cold. Call the duty person 30min in advance minimum).

### The workbook

In the workbook, you can find exercises about the obstacles. Be aware that the red workbook uses a special past conjugation in French. It's more useful to complete it at the end of the session, after the shower time. For the blue workbook, no specific logic. It can be easily use at the beginning or the end of the activity.

### End of the activity / Bilan

At the end of your session, do a debrief about the kids' feelings and the vocabulary learned during the activity : obstacles vocabulary, prepositions (under, over...). Say thank you to the group and remind them the following parts of their program. (meal, workbook)

### Tidying up

One the group left, you must change the bin bags (place the full bags next to the workshop) and use the squeegee in the drying room. Remember to refill the assault course first aid kit if you used some. Clean the cover et/or the talkie if it's necessary.

## NOTES

- ❖ You are responsible for your group until the end of the session, it means 12:00pm or 5:00pm. So, you need to stay on site until this particular time.
- ❖ Do not wet the kids too soon otherwise they can get cold too early and not appreciate the activity as they should.
- ❖ At the end of your activity, if you want to get back walking in the river, check before doing it the power of the current, there are no trees on the way and the level of the river is not too high (relative to the size of the members in the group). If all the elements allowed it, you could make it with feet in the river. Stay VERY vigilant during that "walk". More than one way out is possible.

## RISKS ASSESMENTS

Dangers	Risks	People at danger	Probability	Control measures	Result
Defective equipment	Injuries	Group	Medium	The instructor must check the equipment before the session.	Low
Get cold	Get sick	Group / Staff	High	The instructor will adapt the session according to the weather. Including by going back early if it's too cold and organized games until the end of the activity. He will throw water onto the kids only if the temperature is good enough.	Low
Bad conditions obstacle	Injury	Group / Staff	Medium	The instructor must check the obstacle before AND during the session	Low
Water	Drowning	Group / Staff	Medium	The group must be aware about the possible dangers and the instructor needs to always keep control of the kids.	Low
Obstacles falling from above	Injury	Group / Staff	Medium	The instructor needs to explain how to correctly pass each obstacle and will be close to the person who's passing the obstacle.	Low
Obstacles overload	Injury	Group / Staff	Medium	The instructor needs to assure that there is no overload on the obstacles.	Low
Unstable obstacles	Impact injury	Group / Staff	Medium	The instructor must quickly remind the necessary safety instructions to keep a good control of the group.	Low
Wrong knowledge of medical information	Allergic reactions or anything else ( asthma atack,....)	Group	Medium	At the meeting point, find the group and check the medical informations - asthamtics, EPIPEN, ... Ideally, ask a teacher with you to keep the equipment. If you need it, you can place it in the container	Low

Belongings	Lost	Group	Medium	At the end of the session, give back all the personal items (workbook, inhalers,...)	Low
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