

# Session plan and risk assessment

## Assault Course

**Session length:** 165 minutes (2h45)

**Instructor/participant ratio:** 1:12

**Session Aim:** To develop and practise French in a natural environment, whilst developing the physical ability of the child and respecting the solidarity of the group.

**Equipment required:**

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|------------------------------|---|
| <b>a) for the Instructor</b> | <ul style="list-style-type: none"><li>- a first aid kit</li><li>- old clothes</li><br/><li>- swimming costume</li><br/><li>- suitable shoes</li><br/><li>- a walky-talky</li><br/><li>- sun cream and drinks if it is hot</li></ul>   |
| <b>b) for the children</b>   | <ul style="list-style-type: none"><li>- old clothes – long sleeves and a pair of trousers are obligatory</li><br/><li>- old shoes</li><br/><li>- swimming costume</li><br/><li>- a towel</li><br/><li>- workbook + pen</li><br/><li>- NO watches, jewellery, or personal items</li><br/><li>- if they wear glasses, ask if it is imperative that they wear them or if they have a cord that they can be attached to</li></ul> |

**Suitable activity areas:** designated assault course



<u>Time</u>	<u>Content of activity</u>
-5	<p><b>Session preparation:</b></p> <p>Check group information: age, ability, experience, number in the group</p> <p>Ensure you are aware of any relevant medical information</p>
0	<p><b>Meet and greet introduction:</b></p> <p>Introduce yourself and the session. Check the group: correct group, number of participants, relevant medical information, appropriate clothing and footwear.</p> <p>Escort the group to in front of the staff room / to the salle de classe 3 / the games room to do the exercises in the workbook. Before going down to the assault course, get the children to place their towels, workbooks and pens in the drying room. Escort the group to the activity area.</p> <p><b><u>If there are 2 groups on assault course, one group should start with the workbook and the other group should go immediately to the assault course, the latter will do the workbook after having showered.</u></b></p>
30	<p><b>Safety brief</b></p> <p>Explain the reason for wearing certain clothes and the general course rules</p>
45	<p><b>Warm up</b></p> <p>Start by checking the warm up area and make the children aware of what to do to avoid having an accident / getting hurt. Do a few exercises to warm the muscles up, also so that you can see the physical capacity of the children and their attitude. Do relays, where the children crawl, walk on all fours, etc. NO GAMES WHERE THE CHILDREN RUN, CONSIDERING THE STATE OF THE GROUND.</p>
60	<p><b>Main body</b></p> <p>Explain at the assault course.</p>



It is important to explain how the activity will run and the possible risks involved. Explain the **best method** for crossing each obstacle (you could give a demonstration) and ensure that the risks are fully understood. Make sure that where the group wait at each obstacle is safe. The group need to speak French. For each obstacle make sure that they repeat the phrase given by the Instructor, e.g. "Je passe à travers le pneu!" Remember to adapt the phrases, taking into account the age and the ability of the group.

120

### **End of the session**

Accompany the children back to the drying room and explain what

they need to do. Check that you have ALL the children. They MUST NOT go back to the dormitories with their dirty clothes/shoes. Clean the children with the hose, don't forget to rinse their hair and their faces. Don't forget to rinse yourself down too.

If they want to bin directly their clothes, put them in the correct bins (right in front the drying room)

135

Explain to the children that they have got 30 mins to get showered.

Don't forget to tell them where you will be during this time, in case they have a problem.

**If you started with the assault course, you should give them a time and a place to meet to do the exercises in the workbook.**

Thank the group.

140

Once the children have left the drying room, please sweep the room and empty the bin bag you used to replace it by a new one.

### **NOTES**

- ❖ **You are responsible for your group until the end of the activity session i.e.12.00 or 17.00. So you must stay on site.**
- ❖ **Don't get the children wet too early on, otherwise you will have to cut the activity short.**
- ❖ **The shower should not last longer than 30 mins.**
- ❖ **If you finish before the end of the session because of any reason, give the group a time and place to meet. You should play games/sing with them until the end of the activity session.**
- ❖ **If you use the Assault Course first aid kit, remember to replace whatever you used (glove, plaster...).**



- ❖ At the end of your activity, if you want to walk down the river with the group you can. However, when walking down the river be aware of the trees, the force of the current and the water level. You can walk down the river BUT be careful because you're the one responsible.

### Risk assessment

Hazard	Risk	Person at Risk	Level of probability	Control Measure	Outcome
Faulty equipment	Injury	Group	Medium	Instructor to check all equipment prior to session	Low
Faulty structural equipment	Injury	Group /staff	Medium	Instructor to check equipment prior and during session	Low
Water	Drowning	Group	Medium	Group to be made aware of risk and instructor to keep control of the group at all times	Low
Falling from equipment	Injury	Group	Medium	Instructor to explain how to approach each element and ensure spotting is used where required	Low
Overloading of elements	Structural damage and injury	Group/equipment	Medium	Instructor to ensure no overloading of elements takes place	Low
Moving	Striking injury	Group	Medium	Instructor to give	Low



apparatus				good safety briefing and maintain group control throughout	
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Mud	Eye injury	Group/staff	Medium	Instructor to clearly explain at the beginning no throwing mud	Low
Stones	Injury	Group/staff	Medium	Instructor to check each obstacle for stones before children use including the river	Low
Slipping over	Injury	Group/staff	Medium	Instructor to ensure children are controlled at all times and do not encourage them to run or race	Low

