

Session plan and risk assessment

Initiative exercises

Session length: 75 minutes (sometimes 165 minutes)

Instructor/participant ratio: 1/12

Session aim: To present the activity in an interesting manner and with no danger. Introduce the expressions in French linked to the activity.

Equipment required: Everything needed including a first aid kit

Suitable activity areas: Initiative exercise course

NOTE: If the weather is really awful, you can do the indoor initiative exercises (but management need to ok this).

Time	Content of activity
-5	Preparation of the activity: Check the information regarding the group: age, aptitude, experience, and number of children Check that you are aware of all the medical problems
0	Meet the group Introduce yourself and describe the activity. Check the group: correct group, number of children, medical information, correct clothing/shoes, workbook, pen Take the group to the course
5	Introduction / Workbook Explain the aim of this activity. Use the workbook to help you.
15	The Exercises Each task will require a separate safety brief; it is necessary to check safety procedures throughout the activity



Confront the group with the different problems. Discuss each problem using the following 5 steps:

1. Identify the problem
2. Find a solution as a group
3. Try the solution out
4. Review the result
5. Try again if necessary

When possible it is recommended to vary the type of challenges offered in order to make the activity more interesting. This can be done in different ways. For example:

-select more and more difficult challenges

-use a variety of challenges: theoretical, physical, etc...

-limit the number of people allowed to talk in the group

-give a different role to each child

Keep in mind the aim of these exercises: for each participant to develop initiative and work as a team. Stay in the background as much as you can. Let them make some mistakes (but be careful with safety) and only give them some advice if necessary and guide them to a good solution (don't tell them the answer directly)

Do a review for each exercise to evaluate with them what they did well, and where they need to be careful.

You need to do at least one outdoor exercise in 75 minutes (you should get time to do 2). Don't be scared if you have 2 and a half hours to do this with one group. There is enough to do in the forest. In this case, you could also do some other exercises in front of the château.

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End of the activity

Review the activity (using the appropriate tool as listed below) and the language used (including filling the workbooks if you still didn't do)

Take the group back to the château.

75

Thank the group

Check the equipment and put it back in its place. Check that the course is tidy and safe.

Review tools for initiative exercises:



What I liked	Positive feedback
Active listening	Contributions
New recruit	Positions
Game	Language

RISK ASSESSMENT

Danger	Risk	Persons at risk	Degree of probability	Control measure	Consequence
Damaged equipment	Injury	Group/ Instructor	Medium	A qualified instructor checks all the equipment before and during the activity	Low
Protective equipment badly fitted	Injury	Participants	Medium	The instructor must check at the beginning of the activity that the safety equipment is correctly fitted and check all along the session	Low
Getting hurt by objects	Injury	Participants	Low	Instructors must check that the children are aware of potential dangers and keep control of the group	Low
Uneven surfaces	Slip, trip over and fall	Group, instructor	Medium	Instructor must check that the area is safe and inform the group about potential hazards	Low
Equipment badly used	Injury caused by misuse of equipment	Group	Medium	Instructors must brief the children about safety at the beginning of the activity and check attentively the use of the equipment	Low

