



Obstacle Course Program

Camp Counsellor Instructions

Camper Instructions:

1. Gather all campers in a semi circle facing away from the obstacle course
2. Explain to camper the following:
 - Staying Safe while on the Course (Below)
 - Spotting (Knees bent, Arms Up)
3. Get campers into a double file line
4. Walk through all elements of the Obstacle Course, referring to Obstacle Course Element Guide to instruct campers (i.e Show them elements)
5. Allow campers to choose their own groups (between 4-6)
6. Give campers a challenge for the course

Course Challenges:

1. How many times can you and/or your group complete the course in **X** time
2. How many creative, yet safe, ways can you find to go through this course
3. Who can have the time record for the course?

Think about something that will challenge the campers, and adhere to our safety notes

Staying Safe:

1. Always listen to **THE COUNSELLOR** – They will maintain safety throughout the activity
2. **KNOW THE SPOTTING COMMANDS**
 - Spotter Ready (Yes)
 - Can I Climb (Climb On)
 - Spotter Ready to Dismount (Yes)
3. Always have **TWO** spotter to a climber
4. **SPOTTERS: Always be vigilant of the climber**
5. If you ever feel uncomfortable, yell for a counsellor

Note: Look at Safety Notes for additional insights

Be Safe, Have Fun!

Summary:

The Program: The Obstacle Course
Section Specific?: N/A (All Section Activity)

Program Time: 1.5 Hour

Location: Obstacle Course

Equipment:

1. Instruction Sheet
2. Helmets (If a camper feels unsafe)

Set Up Instructions:

1. Gather all campers at the beginning of the obstacle course
2. Get all campers into a double-file line
3. Walk through all elements of the Obstacle Course, referring to Obstacle Course Element Guide to instruct campers (i.e Show them elements)
4. Have camper get into groups of 4-6
5. Give them a challenge (i.e How many times your group can complete the course)

Safety Notes:

- All participants must have closed toed and supportive heel shoes with socks
- Participants must have a trained Camp Woods staff instructor present
- All participants climbing must have two spotters at all times, spotters must have participated in spotting training
- Any loose/unsafe elements should be reported to the camp staff and not used for climbing
- Please check the ground before climbing, and remove any debris/obstacles that could be in the way of the spotter or the climber