

## Blue Skies Challenge Activities

While you are supervising the groups using the Initiative Activities there are three key points we would like you to keep in mind:

- **Participation – These are team building activities and all participants should be encouraged to join in and be part of the team.**
- **Enjoyment - They should be enjoying the experiences and not forced to try an exercise outside their comfort zone.**
- **Safety - All activities should be completed with safety in mind; Blue Skies has identified all known hazards; please report any hazards identified**

Please note all visitors to Blue Skies must have read, understood and acknowledged the Hazards Identified at signing in to the site.

Further Hazards associated with these activities are identified as below:

Risk / Hazard	Resulting Harm or negative outcome	Action to minimize, eliminate or isolate harm
Lack of supervision, users not given clear instructions, pressure from leader or group to push beyond users comfort zone.	<p>Equipment used inappropriately; resulting in physical harm to users, other users or damage to equipment.</p> <p>Outcome from activity use is emotionally harmful or negative result.</p> <p>Users unsure or scared to try activity</p>	<p>Leaders given clear instruction sheets, group ratios to be limited by group leaders. All participants to be supervised by group leaders or appointees.</p> <p>Encouragement and participant support at all times.</p>
Inappropriate use of equipment	Physical harm to participant and other users	Supervised use only, clear instructions for use, all group leaders to sign-in at Blue Skies office. No pushing, shoving, rushing or other inappropriate behavior allowed around equipment.
Slipping, falling off, tripping, catching of clothing / hair	Physical harm to users	All participants to wear appropriate / fitting sportswear, footwear with good grip and loose hair to be tied up. No shoving, pushing,

		rushing on or around equipment.
<b>Equipment failure</b>	<b>Resulting in harm to participants.</b>	<p>All initiative, fitness and confidence course equipment given visual check by Blue Skies team prior to group's use. Physical check of all equipment on monthly basis; and remedial work undertaken immediately or equipment removed from circuit, with cones and barriers. Any equipment failure to be reported to Blue Skies by group using Incident / Near Miss Reporting Form.</p> <p>Flying Fox to be certified for use on three monthly basis by Blue Skies, audited on annual basis.</p>
<p><b>Other hazards on site: other visitors to Blue Skies, Blue Skies team members, environmental hazards, vehicles, mowers, Swimming Pool, Abseiling Tower, open pond, emergency situation (fire, earthquake).</b></p> <p><b>Outlined in Visitor Hazards and Welcome document</b></p>	<b>Resulting in physical harm to users and others in area, conflict in use of equipment, damage to equipment, drowning, stings.</b>	<p>All group leaders to be made aware of Hazards Identified on site; sign-in at office on arrival.</p> <p>Users made aware of Blue Skies team members activities , Blue Skies to limit mowing and other movements in and around are. Users made aware of any additional identified hazards and these to be visibly isolated using cones and barriers, if immediate remedial work to fix is not appropriate.</p> <p>All visitors to be made aware of other users on site. Children to be supervised at all times.</p>

# Blue Skies Initiative Activities

## **Activity 1: Electric Fence**

With the use of a small plank get all team members over the 'electric' fence. The fence line can be adjusted in height to suit age or size of group. They cannot touch the 'fence' or posts. Once over the fence team members can assist from the far side but cannot come back around to the front. Ensure all instructions are clear and all participants are engaged; to avoid dropping team member being lifted over.

## **Activity 2: Spiders Web**

All members of team are to pass through a different hole in the spider's web not touching the ropes. Please do not let people climb on the 'spider's web' (it will break). Once through the spider's web they can assist from the far side, but cannot come back around to the front.

## **Activity 3: Balance Drum**

All members of team are to balance on the drum at the same time for 15 seconds. Once all team members are on the drum, i.e. nothing touching the ground, count a 'slow' 15 seconds while they remain balanced. This can be altered to get them to stand on one leg, turn around and face backwards....

## **Activity 4: Cable Drum**

All members are to pass over drum, landing feet first. Drum can be altered to three different heights to suit age or size of group.

## **Activity 5: Centre Pole**

Activity is for team to remove tyre/ hoop from pole then to put it back on pole by hand. (Not by throwing the tyre). They can make a human pyramid leaning against the pole. If group is small in height, have a competition to see how high up the pole they can move the tyre.

## **Activity 6: River Crossing**

Using three tyres and two planks all team members are to cross 'river' between designated 'river banks', all at same time, together, taking all equipment with them. Planks are to be used on the tyres. Note: Tyres float, planks sink, they must use the planks on the tyres.

## **Activity 7: Swamp Crossing**

Using three large drums and two planks all team members are to cross 'swamp' between designated start and finishing points, all together at same time, taking all equipment with them. Planks are to be used on the drums. The drums are to be used on the ends, not on the side.

## **Activity 8: High Wall**

All team members are to climb over wall, working together to assist each other. If the high wall

(8) behind the abseiling tower is too high for the group then they can use the higher wall (of two) on the confidence course.

### **Activity 9: Whale Watch**

The objective is to have the group perform various functions on the platform without allowing the edges of the platform to touch the ground.

1. Your group is the worthy crew of a commercial whale watch ship. As deck hands, there job is simply to do what the captain says, without tipping the boat.
2. The first thing the group needs to do is line up in the very center of the boat (above the fulcrum of the boat) and await their orders.
3. Once the group lines up, apologize for not being clear on the instructions. They must line up in the center by age. Or height. Or whatever you choose.
4. Once the group has completed this task, advise them that they must report to their stations on either end of the ship. Divide the group in half however you like.
5. Once the group is separated on either end of the boat, apologize for giving them the wrong stations. They must switch sides.
6. When in place, you can give one side a bucket of water and tell them that they must make a chain from one end of the boat to the other and begin to bail out the extra water that has collected in the hull of the boat.
7. Feel free to add you own challenges before having them exit the boat without capsizing it.