

Hindleap Warren Activity List

2022



Hindleap Warren Outdoor Centre

Hindleap's activities are delivered by our experienced, qualified and full-time instructor staff team. Most of these activities take place within 300 acres of private woodland and are accessible through paths and tracks.

Over the past eight years, children, young people, Teachers and Youth Workers have completed questionnaires so that we can evaluate the [impact of our work](#). We have found a statistically significant increase in children and young people's **resilience, confidence** and **relationship skills** following a residential or day visit to the centre.

Team Building Activities

Team Exercise: In small teams of 12 to 15, young people are introduced to a series of challenges. Each challenge is presented by the Hindleap instructor, with the rules and boundaries clearly explained.

The group must first discuss how they will approach the task, which highlights the importance of good communication and understanding differing opinions and perspectives. The group will then attempt the challenge utilising both physical and mental skills. The task will expose and develop varying team dynamics and leadership styles: who are the activists, theorists, reflectors and pragmatists within the group?



This activity is at the core of what Hindleap delivers and illustrates what good outdoor education should look like. It's fun, engaging, rewarding and developmental.

Jacob's Ladder: In teams of three, young people work together to climb a series of horizontally hung wooden beams. The higher the group climbs, the further apart the beams are hung, making the ascent increasingly challenging.

The group must work together, supporting one another both physically and psychologically. Safety is always maintained as the group will all be wearing helmets, harnesses and connected to a safety rope. The ropes are kept tight at all times by the rest of the team on the ground, encouraging them to remain involved. The young people not climbing are pulling the ropes through an automatically locking device (Rig), with the Hindleap instructor close to the group maintaining safety. This is a fantastic activity that promotes communication, participation, empathy and confidence.

Crate Stack Challenge: In pairs, young people take it in turn to either ascend a tower of crates, help the instructor stack the crates, or keep the ropes tight for those climbing. Each person wears a helmet, harness and is connected to a safety rope.

Those that are climbing the crate stack must work together, physically supporting each other to move from one crate to the next. The instructor – with the help of the other young people – lift the tower of crates to allow another crate to be placed underneath. This means the crate stack increases in height and with it, increases the need for balance, control and good communication from the young people.

Once the young people can no longer keep their balance, the crates topple over, and the young people are slowly lowered to the ground by the instructor. This activity engages all of the young people all the time, is exciting, promotes support and helps build strong relationships.



Map reading & Orienteering: The benefit of having 300 acres of woodland is that you have space to roam. Hindleap's orienteering activity makes full use of this.

We offer a map reading lesson where we can cover basic navigation techniques and put them into practice.

We also have orienteering courses, of variety difficulties, allowing your session to culminate in a fun competition. The young people are sent out into an area of the forest to find orienteering markers. The groups are remotely supervised to give them time to independently plan while they are searching for these markers.

This activity is fast paced, requires a strong team understanding of differing abilities and fitness and highlights natural leadership skills. It's also fun, a recognised sport, immerses young people into the natural environment and helps develop a useful life skill.



Experience Activities

Archery: Using full sized bows, groups have the opportunity to shoot arrows either outside, or in our indoor archery range. With expert tuition from qualified staff, children and young people are taught how to use a bow and arrow safely and are given the time to practice and improve their skills. The activity usually ends in an archery competition to see who has become the most accurate archer.

Axe-throwing: Channel your inner Viking and have a go at our axe throwing. You will get the chance to throw either our small angel axes or our larger tomahawks. You will be taught how to hold, stand, and throw these safely with the aim to get them to stick into one of our wooden targets. The session is comprised of a mixture of practice throwing, games/competitions and maybe even a trick shot.

Shelter Building: Learn how to put up a survival shelter that could protect you from the elements, including an 'instructor hurricane!'.

Our instructors will teach the young people a few survival principles, why they may need to build a shelter in real life and demonstrate some knot tying. They will then be sent off in small teams to explore the surrounding area to find a good place to build their shelters! This session gets the young people working together, making plans, organising themselves, being creative and learning a survival skill!

Fire Lighting: The feeling of achievement young people get from getting a fire lit is fantastic!

Our instructors will teach the young people about making fires and demonstrate multiple ways of lighting them, they are then given the opportunity to practise using a modern flint and steel. After foraging for dry firewood, the group will then attempt to light their own fires in small groups, with the aim to maintain them long enough to make popcorn on or toast a marshmallow, which takes some perseverance! We teach safe and responsible fire lighting, and our instructors will closely monitor behaviour around the fires.

Survival Skills: Take your bushcraft skills to the next level!

Develop knowledge and practice skills that are essential for survival in the wild. This session changes depending on the season and can include a variety of elements such as water filtration, nettle string making, plant/tree ID, wild tea brewing, hunting practice and more. Request survival skills with Shelter Building and Fire Lighting for a bushcraft themed day!

Pioneering: Groups are given the challenge of building a giant catapult using only wooden logs and ropes, to propel tennis balls toward a target in the woods. The instructor will teach the children basic knot skills and provide advice and guidance throughout the session.

Whilst learning new skills is at the centre of pioneering, the resulting outcome is often improved team skills and a sense of achievement. The children must work together to build a catapult that will work and be safe and the instructor will encourage participation at all times.



Adventurous Activities

High Ropes Course: Hindleap benefits from several exciting and challenging high-roped courses. Wearing a helmet, harness and attached to a safety rope, young people have the opportunity to climb purpose-built courses whilst being supported by their peers, accompanying staff and their Hindleap instructor.

These courses include the 'Leap of Faith' trapeze jump, the 'Giant See-Saw' and the 'Pentagon Course'. All these activities are delivered with *challenge by choice* in mind. The Hindleap instructional staff will help and support children and young people to achieve their own goals and objectives. Success looks different for different people, and we help each individual to either realise their ambition, or to go further than they ever thought possible.

These high ropes courses can make a significant difference to young people's confidence and determination.



Abseiling Tower: One person at a time, an individual must first climb the stairs inside the 'Tower' to reach the platform and the abseil. Using ropes, specialist equipment and supported by a qualified Hindleap instructor, each young person must lean backwards with nothing but 35 feet of air between them and the ground below.

One step at a time, they slowly descend the tower. By tightening their grip on the rope, the young person can stop themselves from descending further. If they gently release their grip, the rope runs through their hands, and they move ever closer to the floor. All the time, their friends are watching from below; supporting, encouraging and congratulating each person as they complete the challenge.



Climbing Wall: Hindleap benefits from two climbing walls on site. One, on a tower, the other – built to feel like real rock – is slightly lower and with excellent bouldering opportunities. On both walls, children and young people wear helmets and harnesses. The Hindleap instructors encourage all young people to set their own goals when ascending the wall and coach them in good climbing practice.

Hindleap employs a process called 'peer belaying' where those not climbing help the instructor pull the rope tight for those that are climbing. This helps build trust and understanding within the group.



Obstacle Course: Hindleap has recently benefitted from two new obstacle courses. The first is a lower level course that either serves as a warmup to the main event or provides a suitable level of challenge to younger children. The second 'low-ropes' course involves young people either working in pairs or small groups overcoming physical challenges that involves confidence, balance and determination.

In addition to these courses, we also have an underground maze, a linear assault course and the famous Hindleap 'wet tunnels'; two underground pipes that groups of three children crawl through. This – usually damp - activity always ends with a hot shower and time to get dressed into dry clothes ready for the next activity.

Hindleap's obstacle courses provide a brilliant physical challenge to groups of all ages and abilities. The activity provides opportunities for group bonding, relationship building and increasing resilience.

Forest Adventure: In groups of 20 – 40, with accompanying staff and Hindleap instructors, children and young people have the opportunity to explore Hindleap's 300 acres of private woodland. Along the way, stories of the forest are told, games played, and challenges given.

This is an inclusive, fun and memorable activity that brings a large group together and gives them the chance to feel like real explorers. As the group move through the grounds, the environment becomes increasingly wet and muddy. By the end of the session, everyone has walked through streams, waded through deep mud and scrambled through the undergrowth. This is an excellent activity for building relationships, increasing resilience and improving determination.



Environmental Activities

We offer a range of environmental sessions, each with its own style whether it be storytelling, or exploring your senses, we hope to inspire learning and a respect for nature and wildlife.

These include:

- **Pond Dipping** – Explore our pond, discover what is beneath the water, what will you find? This session focuses on pondlife as an environment, identifying and learning about the things you find along the way.
- **Earth Walks** – Get back in touch with nature on our earth walk session, your instructor will set lots of creative activities that focus on using different senses to explore the woodlands. Have you ever stopped for a moment to hug a tree whilst blindfolded? Well now is your chance.



End of Course Review

This is an hour session at the end of your residential, where one instructor per group, will use a variety of reviewing techniques/games to promote reflection on their experiences, goals, emotions and skills learnt during their residential, focusing on how they can continue to use those skills outside of Hindleap.

Evening Activities

Wondering how you will spend your evenings? Well wonder no more, we offer a range of instructor led activities as well as providing resources for self-led activities. Over a four night stay we will run two instructor led sessions, for one- or two-night stays we will run one instructor led session.

- **Night Walk** – Explore some of the 300 acres of forest at Hindleap, using torches and maps to guide you (self-led) or following an instructor through the woods, along the way you may hear stories, play games, do some star gazing, or even be set some challenges. This session can be flexible to meet the needs of your group.
- **Campfire** – There's nothing quite like roasting a marshmallow on a campfire after a fun day of adventures. Either self or instructor led, you will head down to one of our 5 campfire areas and enjoy an evening of tending to the fire, eating marshmallows, telling stories and even play some games.
- **Egg Drop** – Can you keep your egg/water balloon safe? In this classic session, small teams are given resources and must create something to keep their egg/water balloon from breaking when the teacher (self-led) or instructor drops it from a great height.
- **Challenge Night** – In small groups, your instructor or teacher will set unique challenges to complete to earn points, the challenges vary from eating competitions, getting messy or being as loud as they can.
- **Tuck Shop** – Available on request, we have a variety of sweets, drinks, and souvenirs for sale, including our famous drop bears! Please encourage your group to bring small change instead of notes.



It should be noted that all of these activities listed are subject to availability. Please get in touch with Hindleap's Programming team to find out more. Some of these activities are more appropriate for older young people (12 years +).



Please call Hindleap Warren on 01342 822625 if you would like any further information on our activities, we look forward to welcoming you to the centre.