

Hindleap Warren Activity List

2018 - 2019



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 five 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:

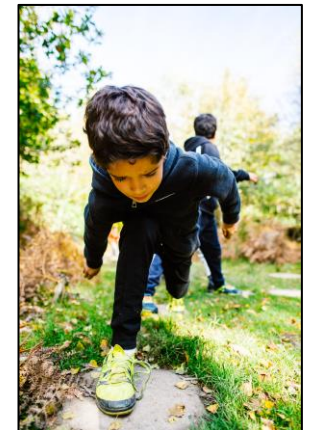
Team Exercise: In small teams of 10 to 12, young people are introduced to a series of challenges. Each challenge is presented by the Hindleap instructor, with the rules and boundaries clearly explained.

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 behind the group maintaining safety. This is a fantastic activity that promotes communication, participation, empathy and confidence.



Crate Stack Challenge: In three small groups, 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 young person climbing 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 of the time, is exciting, promotes support and helps build strong relationships.



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 and following a map reading lesson, young people are sent out in to the forest to find the orienteering markers. Once found, numbers and letters are written down (proving where they have been) and a question is asked about the local environment.

The winning team is the group back at the centre on time, with the most correctly answered questions and orienteering markers discovered.

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.

Bushcraft: Releasing children and young people's inner *Bear Grylls*, Bushcraft helps a group learn back-woods skills and an appreciation for traditional techniques.

Hindleap's Bushcraft session usually focuses on shelter building and fire lighting. Using both modern materials (Tarpaulin) and traditional equipment, small teams construct a rudimentary shelter capable of keeping them dry and warm. During the process, children and young people have to work together, problem solve and be open to different ways of achieving the goal.

During the fire lighting challenge, young people are given the opportunity to use a flint and steel or try a bow drill and create fire through friction. Once a fire has been lit, the group have to maintain it and can choose to toast some Marshmallows. The session is run safely and the instructor constantly monitors behavior around the fires.

Pool Canoeing: Hindleap has an indoor, heated swimming pool that can be used as a great introduction to paddle-sport by trying our sit-on-top canoes. With one or two children per boat, children are given the time to gain confidence on the water and are taught basic canoeing skills.

As the session progresses, different challenges are given. These could include a relay race, moving themselves from boat to boat, or even standing up in a canoe. Everyone wears a helmet and a buoyancy aid can be used if children lack water confidence. The activity is led by a qualified paddle-sport coach who is also a pool lifeguard.

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 a number of 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.

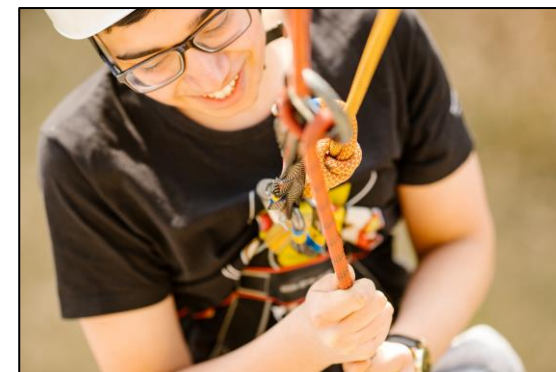
Abseiling Tower: One person at a time, an individual must first climb the stairs inside the 'Tower' to reach the platform and the abseil. Using ropes, specialist equipment and supported by a qualified Hindleap instructor, each young person must lean backwards with nothing but 40 feet of air between them and the ground below.

One step at a time, they must 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. The Climbing Tower combines climbing with an abseiling wall, 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.

Zip Wire: Hindleap benefits from three Zip Wires, all providing an exciting and exhilarating experience through the tree canopy. Two Zip Wires allow young people with additional needs and mobility restrictions to participate, with the third being our 'high zip wire' standing at 15 metres tall.



All young people wear helmets and harnesses, and are permanently connected to a safety rope from the minute they leave the ground. We provide two members of Hindleap staff to ensure that the activity is safe, but also to provide support and care to those who may feel nervous.

The Zip Wire is brilliant fun, helps young people gain confidence and build trust and positive relationships with adults.

Obstacle Course: Hindleap has recently benefitted from two new obstacle courses. The first is a lower level course that either serves as a warm up 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.



Off-site Activities

Canoeing, Kayaking & Stand-Up Paddle-Boarding: Utilising our fleet of minibuses, we head to a local reservoir to enjoy Canoeing, Stand-Up Paddle-Boarding or Kayaking. The young people are given training on how to paddle the chosen craft, often work in small groups and are kept safe by our qualified team of water-sport instructors.

The reservoir is a very beautiful location and the activity promotes young people's communication skills, trust in others, cooperation with peers and to simply enjoy the natural environment and see the world from a different perspective.

Rock Climbing: Hindleap is located near a number of Sandstone outcrops that make for an excellent climbing venue. Our qualified and experienced instructors will discuss the history and geology of the rock, facilitate a warm up session and then assist young people to climb routes made safe with ropes, harnesses and helmets.

Young people will support one another with peer belaying (helping to pull the rope tight), give encouragement and advice to climbers and check their own – and others – safety equipment throughout the session.

Off-site rock climbing is a great way to enjoy an Olympic sport, while getting to know the local environment and encourages fitness and participation.

Raft Building: Based at a local reservoir, teams of roughly six young people are tasked with building a raft that can float on the water with all team members on board. The groups are given logs, barrels, lengths of rope and advice and guidance from the Hindleap instructors on good knots and techniques for building a safe raft.

The rafts are then launched with all aboard (wearing helmets and buoyancy aids) and the young people are challenged to paddle the vessel around a series of courses. The activity requires a strong level of team work, good communication, patience with one another and participation.

Raft building can also be part of a water sports day that could involve canoeing, kayaking or stand-up paddle-boarding.

Mine Exploration: North of Hindleap are a series of underground green-sandstone mines that we have permission to access. Using qualified and experienced staff, Hindleap can provide an amazing underground adventure in the North Downs Hills. Using helmets with head-torches, the group can safely explore this fascinating world, learn about the history of the mines and participate in a series of challenges in the mine.

This activity is a rare opportunity to visit a unique environment in the South East of England and helps young people learn about a new environment, gain confidence and resilience and generate life-long memories.

Environmental Activities

Hindleap can provide a range of activities that focus on the natural environment. These include:

- **Hindleap Animals** – looking for evidence of the flora and fauna that exists in the Ashdown Forest
- **Munchline Monitors** – examining the food chains that make up the natural environment around Hindleap Warren
- **Pond Dipping** – taking a survey of the aquatic life in our pond and identifying what is found
- **Web of Life** – an indoor activity that explores how different animals, birds, plant-life and fungi are linked
- **Earth Walks** – looking at the forest using our five senses and enjoying fun games that help us see the woodland from a different perspective
- **Witches Tree** – finding out the facts about a giant Beech tree in our grounds, plus the mystery behind it

Evening Activities

Hindleap Warren offers a range of evening activities. Over a four night residential, we will run two evening activities and provide visiting staff with self-led activities that can be run inside the building or out in the grounds. Our evening activities can include a **night walk** around the grounds, a **campfire**, **swimming** in our indoor, heated pool, the **egg drop** and the Hindleap **challenge night**.

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.