

## High Ashurst Activity Descriptions

### Adventure Walk:

Our adventure walk incorporates team activities and challenges that need to be completed either before moving onto the next section of the walk or are scenarios that take place from start to finish.

### Abseiling:

Abseiling involves being in control, with assistance, of two ropes descending down a flat wall. Different challenges can be set depending on the confidence of the participant. Challenge by choice will be explained and then one at a time the participants climb the stairs, which are situated inside the climbing tower, and at the top of the tower the instructor will meet them to be clipped in. The instructor will then explain how the ropes work and step-by-step the participant will be lowered and abseiling will commence.

### Archery:

Safety rules are given, followed by an explanation of the bows and arrows and how to shoot, covering standing positions etc. Once the group is clear then one at a time they step up and shoot three arrows with the guidance of the instructor, once they are clear on technique and have all been seen by the instructor, they get a couple of practise rounds and time permitting games may then be played.

### Challenge Course:

Low level (non harnessed) ropes course, comprising of various team exercises aiming at group cohesion and teamwork development. Thirteen individual elements are linked together in a circular course with the objective of getting round without touching the ground.

### Climbing:

The session starts with some low level climbing, called bouldering or traversing, developing the trust between the climber and their supporting partner, who has to 'spot' the climber to make sure they are in contact with the wall. Bouldering and traversing is limited to 1 metre. Then the instructor talks the group through ascending and descending the wall using a 'gri-gri' (an assisted braking belay device). When one person is climbing the rest of the group will be supporting the climber or belaying.

### High Ropes 1:

There are 3 Elements - Incline Log, Cat Walk and Trapeze.

- Incline Log – walking from ground level up a five metre incline log, turning round at the top ready to run back down the log and experience a “flying” sensation.
- The cat walk – accessing the catwalk via a ladder, climbing up onto a horizontal log seven metres high. Walk along the 12 metre log and back to half way, where there are several options, of varying difficulties, to descend.

- Individual trapeze – climbing up a ladder to a six metre high platform and jumping from the platform out to catch a trapeze. The trapeze can be moved out depending on the ability of the group.

### High Ropes 3:

Team orientated task area, comprising crate challenge, Jacob's ladder, all aboard and three-person trapeze. Where all group members are involved in either the activity or helping with safety by belaying of other members.

- Crate challenge – crates are stacked up while up to four group members climb together, as the rest of the group build up the stack.
- Jacob's ladder – up to four team members tackle the 4 metre wide ladder together offering assistance to one another. As the team progress higher the runs on the ladder get further apart posing more of a challenge as the team develops their technique.
- All aboard – up to four team members climb the pole individually and when all members are at the top, holding onto each other, they lean back putting their trust in the other team members.
- Three-person trapeze – up to three people climb the pole and wait at the platform for the rest of the participants. When all are there they jump for the trapeze together. The trapeze can be moved out depending on the ability of the group.

### Mountain Biking – Onsite: (The leader must be on a bike)

Starting with tuition in basic bike safety checks, moving on to practical application of brakes and gears. Skills course to improve and develop technique to discussing what is required for an off site ride. Local/Set High Ashurst route and return for bike cleaning and maintenance. Practical clothing is a must and an ability to ride a bike very important. Minimum inside leg height is 26 inches. Helmets are provided, gloves and glasses are optional.

### Mountain Biking – Offsite: (The leader must be on a bike)

Usually part of a progressive programme, a High Ashurst onsite session must have taken place first to allow instructor to assess suitability of the group. Ranges of venues are available such as; Headley Heath etc. New areas can be set up. Practical clothing is a must and an ability to ride a bike very important. Minimum inside Leg height is 26 inches. Helmets are provided, gloves and glasses are optional.

### Orienteering:

Depending on the ability of the group, orienteering can be started off at many levels, from simple number and compass games to using a fixed post course onsite, and advancing onto participants setting up their own courses and giving them to other members of their group to complete. This gets the group thinking about drawing maps and greatly builds on map reading skills.



### Team Tasks:

Uses collective knowledge, inventiveness, communication and common sense to achieve success at the chosen and set challenge. In a team of up to ten, an instructor will challenge the group to succeed at a series of problems, mental or physical (sometimes both). The instructor can adjust the game to make it more or less challenging for the group. An ideal exercise to look closely at group dynamics.

### Woodland Skills:

Study the environment and how to best adapt to it. Immensely variable, the sessions focus on survival skills as well as environmental knowledge. Typical woodland skills activities are: fire lighting; shelter building; environmental games; nature walks; Cooking; cordage; tracking or tool use in creating various objects (mallets, pencils, pictures, whistle, key fobs).