

KCC Activities Rules

Confidence Course

(1 Person)

Key Supervision Rules

- Check CC area for unsafe objects left lying around
- Check Equipment for obvious safety issues (eg Damage or Slippery due to rain/dew etc)
- Explain clearly course/activity

Key Safety Points

- **Set activity within ability of person/s** using activity. Adjust activity anytime as needed for safety
- Avoid doing activities at the top of cargo net or top beams (eg Going too high)
- Have one supervisor per activity group ready to give immediate assistance to person/s on CC
- **Watch out for and stop dangerous play** (eg pushing one another off the platforms)

Tips

- Extend unconfident people by providing help & encouragement
- Get campers to negotiate each activity group individually first then as a group in constant contact