

Activity / Supervisor Requirements

This sheet is to help inform you on the requirements for each activity here at Chosen Valley Christian Camp. It outlines the required supervisors and suitable age limits for the activities, therefore making it easier for you to plan your time here and to organise the required supervisors before arriving. Please note that we are unable to allow people on activities if there are not the required supervisors.

NB. For lake activities an adult must be on the observation tower and equipped with a loud whistle, "scream can" or loud speaker.

ACTIVITIES

- **FLYING FOX:** Suitable for ages 5 years and up. Requires 4 supervisors, 5 makes for a quicker turn over. Ideal group size 8-12.
- **TROLLEYS:** Suitable for ages 5 years and up. Requires 2 supervisors. Ideal group size 8-12 (Note: there are 4 trolleys, 3 different track levels, they are not motorised and do not have brakes).
- **CONFIDENCE COURSE:** Suitable for ages 5 and up. Requires 2 supervisors. Ideal group size 8-12 (Note: there are 3 different levels).
- **KAYAKS:** Suitable for 7 years and up. Requires a minimum of 3 supervisors, one in kayak, one on land, one in tower. All supervisors need to know how to swim well. Life jackets provided. Ideal group size 8. Supervisor ratio of 1:4 children on the water.
- **WATERSLIDE:** Suitable for 5 years and up. Requires 2 supervisors who can swim. Ideal group size 8-12.
- **ROPE MAZE:** Suitable for 5 years and up. Requires 1 supervisor. Ideal group size 8-12. It works well to do Rope Maze and Balance Island together as an activity.



ACTIVITIES CONT.....

- **BALANCE ISLAND:** Suitable for 5 years and up. Requires 2 supervisors. One can assist with lake supervision. Ideal group size 8-12.
- **B.M.X. BIKES:** Suitable for 5-10 years only. Requires 1 supervisor. Ideal group size 8.
- **ARCHERY:** Suitable for 8 years and up. Requires 2 supervisors. Ideal group size 8.
- **SWIMMING & RAFTS:** Suitable for all who can swim. Life jackets available for non-swimmers. Requires 1 supervisor for every 4 children. Supervisors need to know how to swim. There are 4 life-ring stations and a life guard tower around the pond area. These need to be manned if children are swimming.
- **ORIENTEERING:** Suitable for 10 years and up. Requires 2 supervisors. Ideal group size; any. We have 2 course- one with a compass and one without.
- **BURMA TRAIL:** Suitable for 8 years and up. Requires 2 supervisors. Ideal group size; any. This is best done at night.
- **BUSH WALK:** Suitable for 5 years and up. Requires 2 supervisors. Ideal group size; any.
- **BUSH HUTS:** 3 sided sleep-out shelters at the end of the bush walk. Sleep about 100. Bedrolls required. No extra cost to use these.
- **PLAYGROUND:** Suitable for pre-schoolers to 10 years only. One supervisor required, although 2 are advised if children are very young or if there are more than 6 children playing at one time.
- **TEAM BALANCE:** Suitable for ages 7 and up. 2 Supervisors required. Includes 8 different group balancing, confidence and strategy building activities ideal group size 8.

