

## Activity Information

We prefer that groups provide their own activity supervisors.

We train the groups to supervise themselves at no charge.

Training for these activities can take between 20 and 60 minutes depending on how many supervisors training at one time and how many activities.

We require group leaders to complete our RAMS forms prior to arriving onsite.

We also require a minimum notice of 21 working-days for staffing purposes.

Group sizes for rotational activities are optimum at between 8 and 10 + adults.

Rotation times are optimum at 40 to 50 minutes each.

HH does not provide sports equipment for the groups that come on site. They are expected to bring their own, including helmets for the BMX/Longboards and caving.

Please note that there may be a \$30per hour charge for some activities where Highland Home Staff are required to lead. Please refer to the activity application for pricing.

### Initiatives Team Building

This activity is for building confidence in individuals and as a team. The aim of these activities is to complete tasks as a team using everyone's strengths and weaknesses, listening and supporting each other to complete the task.

This activity can be used in a rotation or on its own.

Supervisors of this activity will need a 15min training from our staff.

### Burma Trail

This activity is following a rope through the bush. It can be used during the day with blindfolds (provided) or at night. Students can go through in pairs as a guide then go individually at intervals.

This can be used as a rotation activity. An adult from your group to supervise.

### Slug Guns

We have slug guns set up in a container for target shooting. This activity needs two supervisors over 20. Supervisors will need 10 min training to run this activity. This can be used as a rotation activity.

### BMX/Longboards

This activity is run using our carpark and field. Supervisors will need a 10min training to run this activity. Participants need to bring their own bike helmet.

This can be used as a rotation activity.

### Geocaching

This activity uses GPS to find locations on site to complete an answer sheet. Supervisors need 15min training to run this activity.

This activity can be used as a rotation activity.

### Top Team

This activity is run by our staff. It is an hour activity of tabloid activities and run as a whole group. Not suitable for rotation activity.

### Look-Out Walk

The look-out is situated directly behind camp and offers wonderful views of the valley. Opportunity for diary writing, sketching and photography. This is a 40 min round trip and *is not suitable for short rotation times*. Not suitable as a rotation activity but is better as a stand-alone activity.

### Glow Worm Grotto

We have an amazing Glow Worm Grotto available to us. This makes for a great evening activity. It is a 40min walk (one way) or 5 min drive.

We require a signed MOU with each group to fulfil our requirements from the landowner.

### Marshmallow Pit

BYO marshmallows. This is a fun activity around a camp fire or brazier and can be used as a fun time of singing or story telling around the camp fire, marshmallow or damper cooking.

It will depend on the size of your group and what you are doing as to how many can do this activity at one time. Usually done in the evening. This activity is dependent on local fire restrictions.

### Water-slide

This activity has no charge but is BYO detergent. The waterslide is a large strip of PVC used with a hose. Fun for large groups. Not suitable as a rotation activity.

This activity is dependent on local water restrictions.

### Caving - Introductory

We have an introductory caving activity in the valley. No experience or qualifications required to self-lead this activity. However, our staff will give recommendations on whether this activity is safe to proceed with or not.

This is a 20min drive further up the valley. BYO bike helmets. Not suitable for short rotations but can be worked into a programme if needed. Good as a standalone activity.

### **Other Rotation Activities**

Sports in gym or on the field, craft, sketching, diary writing etc...

### **Other possible local activity options:**

**Vertex Gym** – 40min Drive to Palmerston North for Rock Wall activity. Contact YMCA PN.

<http://www.manawatunz.co.nz/visit/see-do/top-10-picks/top-10-walks-hikes-parks-and-reserves/>

<http://www.horizons.govt.nz/assets/new-uploads/about-us/Publications/HORIZONSTRACKAWARENESSv3LR.pdf>

<http://www.horizons.govt.nz/managing-environment/resource-management/native-habitats/totara-reserve/walking-tracks/>

Fern Walk – 10min drive – 2 to 3 hr duration, moderate level of fitness

Pettifar & Gilchrist Loop Tracks – 2 min drive or 10min walk on road – 2 - 3 hr duration, low to moderate fitness.

Nature Trails in Reserve – 4 min drive or 20 min walk on road - 10min to 1 hr, low fitness

Gorge Walk – 30 min drive – 3 to 5 hrs one way – Moderate+ fitness

Gorge Walk Tawa Loop – 1.5 to 2 hrs western end of Gorge – Moderate fitness

**Totara Reserve & Pohangina River – 20/40 min walk or 5 min drive** The Totara reserve is developing an exciting, interactive playground. It has access to the Pohangina River. This is a good place for swimming or useful for other activities in and out of the water.

**River Study (FREE)** – Horizons Regional Council can provide a staff member to do a river study with your students. This is called WAIORA. To find out more information contact Helen Thomas – Environmental Educator on [helen.thomas@horizons.govt.nz](mailto:helen.thomas@horizons.govt.nz) or call on 06 9522800.

<http://www.horizons.govt.nz/managing-environment/environmental-education/waiora/>

**Ashhurst Domain** – 30 Min drive - Large park area, playground, 10 min walk to Manawatu River

**PN Esplanade** – Extensive park grounds on the banks of the Manawatu River. Playground & miniature railway. **ORIENTEERING COURSE** is available for the public. You can print maps from this website or go to the Café in the esplanade for maps.

[www.rk.orienteering.org.nz](http://www.rk.orienteering.org.nz)

<http://homepages.ihug.co.nz/~markhudson/docs/EsplanadePOCMaster.pdf>

**RAMS** – we can provide RAMs forms for all of the above activities. When walking on the road we can provide a flashing light for a forward and rear vehicle. A staff member can assist if needed.

**ASHHURST, POHANGINA, PALMERSTON NORTH & FEILDING** also offer some wonderful activities: The Herb Farm, Cartwheel Creamery, Te Manawa Museum, Old Coach Museum, Makino Pool, Lido Pool, Flip-City etc