

Glenny Wood Fact sheet



Confidence Course

The confidence course was designed for young people to have fun and to climb over, under adult supervision. It is also there to develop team working and leadership skills, with the right challenges set. Guidelines to use this area and ideas for challenges are below. Any further ideas for challenges to be undertaken on this course are welcome, so please let us know.

Please review and amend the risk assessment to suit the needs of your section / group.

Helmets should be worn when undertaking this activity. Please ensure the Helmets are cleaned after use, inside & out. Wet wipes are provided

Please check the obstacles before using to ensure they are sound. Please let us know if you find any problems

Please brief the users on the course, the safety approach you wish to take, boundaries, proposed activities etc.....

Be extra careful if the equipment is wet, as both this and the ground can become slippery

Please ensure adult supervision is around the course when your section / group are using it.

Unsupervised play in this area is not safe and should not happen.

Risk Assessment - We have a draft to assist you in completing your assessment. This can be reviewed at <https://glennywood.org.uk/home/safety/risk-factsheets>

There is Hand gel, a pack of wipes and disposal bags provided with this activity. It is however recommended you also bring your own.

Team building/ Leadership challenges - ideas.

- Give the team a bucket of water and a pole which between them they have to carry around the course, without touching the ground with it or spilling much of the contents.
- The team hold hands and make their way around the course.

I am sure you can invent similar games to do on the confidence course

Have fun.

Reviewed April 21

Our site moto for all users to follow please

“Take nothing but photographs and memories – leave nothing but footprints”