

High Challenge Course (HCC) at The Dean Field Studies Centre

For an Overview Video click the following link:

<https://www.youtube.com/watch?v=YZrzndnQsAE&index=8&list=PLRcs1uzc2EeHIppGhfpdvB0ZfiO0SvzRj>

Climbing & Abseil Tower:



This is a 4 sided structure offering over a dozen different climbs of varying difficulty up to 35 feet high. There are nominally three routes on each side which are colour coded from yellow (easy) to purple (hard very severe). Additional climbs can be made by combining holds from different routes. One side of the tower is set as 'slab' and offers easy angled climbs with large holds. Our youngest participant, so far, to reach the top was only 5 years old! There are two vertical faces and a fourth side with a split slab and corner climb set at a physically challenging level of difficulty. The fourth side can also be used for an abseil on either the vertical or sloped face. There is also a free hang abseil that can be made down inside the tower. Access can be gained to the top of the tower and the abseil take-offs by an internal flight of stairs.

Jacobs Ladder:



A giant ladder with 7 rungs spaced progressively further apart. Up to 4 people at a time attempt to climb as high as they can with achievement being determined by all succeeding as a result of working together to help one another up. The challenge can be varied in difficulty by restricting use of certain physical aids, providing additional aids or even blindfolds for certain participants. Up to an additional 8 team members provide the safety support by controlling bottom rope belays.

Crate Stack Challenge:



Up to 4 people at a time attempt to stack and climb up a progressively higher stack of crates. When the inevitable eventually happens and the stack falls the climbers are lowered safely back to the ground by the fellow team members holding their safety ropes. The challenge can be varied by for example applying time limits or restricting the number of available crates to use. It can be competitive if you want but is certainly also co-operative.

Trapeze Bar Leap of Faith:



Possibly our scariest challenge of all! An individual climbs up a 26 foot pole to balance precariously on a small platform (approx. 30x40cm). It's a wobbly pole and this is challenging in itself! The brave can then attempt to jump to catch hold of a Trapeze Bar with both hands. The bar is at roughly eye level and can be adjusted to different distances away. Following a successful or unsuccessful catch the jumper is lowered to the ground on the safety rope. Harnesses and helmets are available for all sizes!

https://www.youtube.com/watch?v=XF_g_UaDRT0

High Ropes Course:



There are six elements to this including a Balance Beam, Wobbly Bridge, Cross Ropes, Burma Bridge, Postman's Walk and Multi Vine. The first three and highest challenges can be done separately and can be accessed from the top platform of the Climbing Tower. The lower three challenges need to be climbed up or down to on the climbing wall. For an 'individual' challenge (and requiring responsibility for your own safety) the course can be attempted using a 'cowstail' system where participants clip two short lengths of rope to safety wires to traverse the course. For a more team orientated experience and to allow access to the complete course the safety can be managed from the bottom with team members controlling the safety ropes.



Zip Wire:



Climb a ladder up to a launch platform set in a Horse Chestnut tree, be attached securely to the zipwire carriage by your instructor and step forward. Gravity does the rest for you! Enjoy a thrilling ride down the 150 foot zip wire over the pond before coming to a stop at the far end. A quick and easy lower and your feet are back safely on the ground. The rest of the team share jobs to pull the carriage back up to the top of the tree and provide roped safety support for the climb on to the platform. We can even make this activity accessible to wheel chair users with a slight change in operating procedure.

https://www.youtube.com/watch?v=amxGt7_i44k

Tree Climbing:



Isn't this something you've always wanted to do and may have even missed out on from your childhood! Re-awaken those primeval instincts to clamber up a tree out of the way of sabre tooth tigers! We have three trees positioned together in the Centre grounds which have been made appropriate for climbing with top and bottom anchor points put in place for safety ropes. Enjoy the challenge of climbing hand over hand up through the branches before being safely lowered back to the ground. Each tree offers a different challenge and view and a natural feel that changes along with the colour of the season. Up to 3 people can climb at once with other team members holding the safety ropes at the bottom.

A Great Team Building Day on DFSC's High Challenge Course:

The Dean Field Studies Centre:

Is owned and operated by Bristol CC's Children & Young People's Services. We are situated in the Forest of Dean less than an hour's drive from the centre of Bristol (directions available on request). On the right days it is even possible to arrive by steam train by main line connection to Lydney and then on to Parkend. We are well positioned in the forest for walks and other activities – please ask about other activities we provide.

The Benefits:

As well as a fun day out for a group, participating on the HCC also has the potential to contribute to the personal development of individuals and particularly teamwork by meeting the following outcomes:

1. Enjoying participating and adopting a positive attitude to challenge
2. Developing motivation and determination through perseverance
3. Gaining personal confidence and self-esteem through taking on challenges and achieving success
4. Acquiring and developing new technical skills
5. Developing trust and responsibility and sharing the experience of managing the safety of themselves and others
6. Developing self-awareness and social skills combined with an appreciation of the contributions and achievements of themselves and of others
7. Developing and extending key skills of communication, problem solving and teamwork.
8. Extending leadership skills while working in an unfamiliar environment with new tasks

The Logistics and Cost:

Depending on group size and ability it is usually possible to complete at least two challenges in a ½ day session and four or more over a full day.

If possible arrange your arrival and departure times to coincide with the times below, but we can accommodate other times that are convenient for you and meet your needs.

½ day session (09:30-12:30 or 13:30 – 16:30) for up to 12 participants = £165.

A full day (09:30-16:30 with break for lunch) = £310

A packed lunch or buffet can be provided by the Centre at a cost of £5.50 per person if required.

Payment and Terms & Conditions:

For most day course bookings we will be buying in additional freelance instructors to either work with your group or with our residential group. With this in mind and to allow the possible re-schedule of activity programmes to ensure availability of the HCC it is helpful to book as far in advance as possible. All bookings are subject to availability of resources and we will confirm this with you.

Once a booking has been confirmed full payment is required for cancellations of less than 4 weeks notice.

Health & Safety:

The HCC is a purpose made facility conforming to industry standards and you will be required to wear approved personal protective equipment that receives regular safety inspections. We are licensed by the Adventurous Activities Licensing Authority (AALA) to provide climbing related activities. Reg. No. L6295/R0218. Additionally we have safety policies and risk assessments for all activities as well as following Bristol CC's H&S policies.

All our Instructors are suitably qualified (to minimum of MLTE Climbing Wall Award + First Aid qualification) and trained in using the HCC and will manage the overall safety of the group and provide the necessary training to allow participants to share the responsibility of safety management within the group.

Please be aware, that as with any adventurous activity, there remains a degree of inherent risk that should be accepted as integral to the experience. However, for most participants unfamiliar with working at height, the real danger is minimal compared to the 'perceived danger'. We aim to provide a safe and enjoyable experience where participants do not feel pressured into taking on more than they are capable of.

Group sizes are kept to a maximum of 12 students to one Instructor + Visiting Staff according to our H&S Policy. Depending on a group's needs and abilities it may well be appropriate to lower this ratio. A lower ratio will also increase activity involvement time and may well mean another challenge can be completed in the time available.

Clothing & Equipment:

All specialist safety equipment will be provided. Please wear old clothes suitable for the expected weather conditions. Tracksuit bottoms or stretchy trousers are most suitable and an old pair of trainers is fine for footwear.

Other Activities:

Many teachers like to include the use of our Centre Grounds Problem Solving Challenges alongside the HCC. This serves several purposes: - Firstly they are excellent activities for developing team work skills in their own right. Secondly, it gives a break to the less adventurous students from dangling at height all day! Thirdly, it can keep the cost of the day down if this activity is facilitated by visiting staff. All the challenges are set up in advance with an easy to use Brief, Map, Reviewing Score Card and Risk Assessment.

Another activity that combines well with a HCC Day is Score Event Orienteering in the Forest. This is a short walk from the HCC and more suited to Secondary aged students operating in several groups of 3.

Please see the Sample Activity Programmes below for a possible structure to the day. Many other possibilities exist and we tailor make each Day Course to meet the needs of the School.

Finally:

We look forward to working with you and giving you and enjoyable and rewarding experience that your students will talk about for a long time!

A Sample Activity Programme for a Group of <12 Students:

Cost = £310 (equiv. to £25.83 per student)

Programme below is fully tutored by DFSC Staff.

- 10:00** Arrive, Welcome Briefing defining structure, ethos & outcomes for the day
- 10:15** Frontloading of Plan-Do-Review Cycle & Team Skills theory
4 Team Problem Solving Challenges operating in two groups and culminating in combined group challenge
- 11:15** Kit out and belay training session followed by introduction to Climbing Tower
- 12:00** Lunch
- 12:30** Climbing Tower session with progression to harder climbs
- 13:15** Jacobs Ladder
- 14:00** Zip Wire
- 15:00** Drinks break
- 15:15** Trapeze Bar Jump
- 16:00** Depart

A Sample Activity Programme for a Group of <36 Students:

Cost = £490 (equiv. to £13.61 per student)

Group/ Time:	10:00	11:50	12:10	14:00-15:50
1	Centre Grounds Problem Solving Challenges*	Lunch on Deck & Lawn	Climb Tower + Zip Wire	Score Event Orienteering in Forest *
2	Score Event Orienteering in Forest *		Centre Grounds Problem Solving Challenges*	Climb Tower + Zip Wire
3	Climb Tower + Zip Wire		Score Event Orienteering in Forest *	Centre Grounds Problem Solving Challenges*

* = Visiting Staff led 'Off-The-Peg' activity

A Sample Activity Programme for a Group of <72 Students:

Cost = £1,495 (equiv. to £20.76 per student)

Group/ Time:	10:25	12:10	12:35	14:10 Finish 15:45
1	Problem Solving*	Lunch on Deck & Lawn	Jacobs Ladder + Trapeze Bar	Climbing Wall + Zip Wire
2	Problem Solving*		Trapeze Bar + Jacobs Ladder	Zip Wire + Climbing Wall
3	Climbing Wall + Zip Wire		Problem Solving*	Jacobs Ladder + Trapeze Bar
4	Zip Wire + Climbing Wall		Problem Solving*	Trapeze Bar + Jacobs Ladder
5	Jacobs Ladder + Trapeze Bar		Climbing Wall + Zip Wire	Problem Solving*
6	Trapeze Bar + Jacobs Ladder		Zip Wire + Climbing Wall	Problem Solving*

* = Visiting Staff led 'Off-The-Peg' activity

NB If one of the above High Challenge Sessions is replaced by Score Event Orienteering and facilitated by visiting staff then the cost of a 3 session programme for 6 groups is £1,195 (equiv. to £16.60 per student)

A Sample Activity Programme for a Group of <108 Students:

Cost = £1,795 (equiv. to £16.62 per student)

Group/ Time:	10:25	12:10	12:35	14:10 - 15:45
1	Problem Solving*	Lunch on Deck & Lawn	Score Event Orienteering in the Forest	Jacobs Ladder + Trapeze Bar Jump
2	Problem Solving*		Score Event Orienteering in the Forest	Trapeze Bar Jump + Jacobs Ladder
3	Problem Solving*		Score Event Orienteering in the Forest	Climbing Wall + Zip Wire
4	Jacobs Ladder + Trapeze Bar Jump		Problem Solving*	Score Event Orienteering in the Forest
5	Trapeze Bar Jump + Jacobs Ladder		Problem Solving*	Score Event Orienteering in the Forest
6	Climbing Wall + Zip Wire		Problem Solving*	Score Event Orienteering in the Forest
7	Score Event Orienteering in the Forest		Jacobs Ladder + Trapeze Bar Jump	Problem Solving*
8	Score Event Orienteering in the Forest		Trapeze Bar Jump + Jacobs Ladder	Problem Solving*
9	Score Event Orienteering in the Forest		Climbing Wall + Zip Wire	Problem Solving*

* = Visiting Staff led 'Off-The-Peg' activity

Score Event Orienteering facilitated by one DFSC staff and 3 visiting staff

A Sample Activity Programme for a Group of <144 Students:

Cost = £2,250 (equiv. to £15.62 per student)

Group/ Time:	09:55	11:35	12:05	13:45 -15:25
1	Problem Solving* Start A& B	Lunch on Deck & Lawn	Score Event Orienteering in the Forest	Jacobs Ladder + Trapeze Bar Jump
2	Problem Solving* Start E&F		Score Event Orienteering in the Forest	Trapeze Bar Jump + Jacobs Ladder
3	Problem Solving* Start I		Score Event Orienteering in the Forest	Climbing Wall +Tunnels
4	Problem Solving* Start O		Score Event Orienteering in the Forest	Tunnels +Climbing Wall
5	Jacobs Ladder + Trapeze Bar Jump		Problem Solving* Start A& B	Score Event Orienteering in the Forest
6	Trapeze Bar Jump + Jacobs Ladder		Problem Solving* Start E&F	Score Event Orienteering in the Forest
7	Climbing Wall + Tunnels		Problem Solving* Start I	Score Event Orienteering in the Forest
8	Tunnels +Climbing Wall		Problem Solving* Start O	Score Event Orienteering in the Forest
9	Score Event Orienteering in the Forest		Jacobs Ladder + Trapeze Bar Jump	Problem Solving* Start A& B
10	Score Event Orienteering in the Forest		Trapeze Bar Jump + Jacobs Ladder	Problem Solving* Start E&F
11	Score Event Orienteering in the Forest		Climbing Wall + Tunnels	Problem Solving* Start I
12	Score Event Orienteering in the Forest		Tunnels +Climbing Wall	Problem Solving* Start O

* = Visiting Staff led 'Off-The-Peg' activity

Score Event Orienteering facilitated by one DFSC staff and 4 visiting staff