

## Thames Young Mariners Activity Descriptions

### **Adventure Walk:**

Our adventure walk incorporates team activities and challenges that need to be completed either before moving onto the next section of the walk or are scenarios that take place from start to finish.

### **Archery:**

Safety rules are given, followed by an explanation of the bows and arrows and how to shoot, covering standing positions etc. Once the group is clear then one at a time they step up and shoot three arrows with the guidance of the instructor. Once everyone is clear on technique and have all been seen by the instructor, they get a couple of practise rounds and time permitting games then may be played.

### **Bell Boating:**

Groups work in teams of up to ten in our bell boats, learning paddling and steering skills and techniques before racing against each other.

### **Canoeing and Kayaking:**

Thames Young Mariners use very sheltered shallow water but also have access to the River Thames for those wishing to be a little more adventurous. We have a wide variety of kayaks and canoes to suit all abilities ranging from beginner kayaks to playboats and a wide range of canoes. We have qualified instructors on the water taking charge of the group, assisting with individual coaching tips throughout you will find the sessions Challenging and fun, pupils learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

### **Challenge Course:**

Low level (non harnessed) ropes course, comprising of various team exercises aiming at group cohesion and teamwork development. Thirteen individual elements are linked together in a circular course with objective of getting round without touching the ground.

### **Climbing:**

We have purpose built outdoor climbing wall at Thames young mariners, creating the safest possible environment for young people to be introduced to climbing. Our instructors are highly skilled not only in the technical aspects of climbing, but also as motivators and confidence builders so that they can ensure every young person leaves this session feeling proud of what they have achieved. Whilst on session they will be introduced how to recognize and control risks before learning basic skills and techniques.

### **Mountain Biking – Onsite: (The leader must be on a bike)**

Starting with tuition in basic bike safety checks, moving on to practical application of brakes and gears. Skills course to improve and develop technique to discussing what is required for an off site ride. Local/Set Thames Young Mariners route and return for bike cleaning and maintenance. Practical clothing is a must and an ability to ride a bike very important. Minimum inside leg height is 26 inches. Helmets are provided; gloves and glasses are optional.

### **Mountain Biking – Offsite: (The leader must be on a bike)**

Usually part of a progressive programme, a Thames Young Mariners onsite session must have taken place first to allow instructor to assess suitability of the group. Ranges of venues are available and new areas can be set up. Practical clothing is a must and an ability to ride a bike very important. Minimum inside Leg height is 26 inches. Helmets are provided, gloves and glasses are optional.

### **Orienteering:**

Bringing map reading to life and making it fun. Depending on the ability of the group, orienteering can be started off at many levels, from simple number and compass games to using a fixed post course onsite. This can then advance to participants setting up their own courses and giving them to other members of their groups to complete. This gets the group thinking about drawing maps and greatly builds on map reading skills.

### **Raft Building:**

Another great activity for teamwork combined with watersports fun. We provide a range of items that could be used to make a raft, with various design options possible to challenge the group before they get out on the water. As with a number of our outdoor activities we can adapt sessions in response to weather conditions. We can help to ensure the raft is more stable and the children stay warm and dry, if the weather is poor (unless people really want to get wet!).

### **Sailing:**

Upon arrival your group will be provided with optional wetsuits/cagoules and compulsory buoyancy aids. You will then be shown how to steer the boat and learn to use the main controls with our simulator. Once the basics have been mastered you will then be ready to go onto the lake. In pairs you will practice your moves you have been taught so you can share the exhilarating experience of sailing. A three hour session is advisable for this activity.

### **Team Tasks:**

We have many different problems for each activity group to overcome on our problem solving session. To find solutions you will need brain power and physical skills, but most of all teamwork. These tasks ensure that every young person is involved. Our problem solving sessions always capture the imagination, with exciting themes developed by the instructor which tie all the problems together.

### Woodland Skills:

Study the environment and how best to adapt to it. Immensely variable, the sessions focus on survival skills as well as environmental knowledge. Typical activities include; fire lighting, shelter building, environmental games, nature walks, cooking, cordage, tracking or tool use in creating various objects (mallets, pencils, pictures, whistles, key fobs).