

# GET OUTSIDE AND GET RAW!

Raw Challenge provides the ultimate space for students to experience an adventurous day of personal and team challenge. Raw Challenge is an epic and unforgettable opportunity for students to challenge themselves and lead their team mates to victory!

Our course is developed around the core values of communication, motivation, fitness and fun - all in the spirit of teamwork and mateship.

Other education benefits of the Raw Challenge course for schools includes:



BUILDING SELF CONFIDENCE



PROBLEM SOLVING





PUSHING PERSONAL LIMITS



BALANCE & COORDINATION



BUILDING STRENGTH



PROMOTION OF FITNESS AND HEALTH



ENCOURAGING TEAM WORK



FULFILLING FUN

### OUR OBSTACLES

At Raw Challenge we don't believe in failing but rather learning to work together to overcome obstacles and challenges in a fun and safe environment.

Our trainers facilitate an environment that encourages exploration of movement and creativity.

The course can be adjusted to suit group needs or a particular theme or goal. Here is an overview of some of the epic Raw obstacles used for our school group course:



















### OUR SCHOOL PACKAGES

#### OPTION 1 - CONQUER THE CHALLENGE

- ✓ Up to 40 obstacles over 2.5-4km
- √ 2-2.5 hour session (including safety briefing)
- 1 teacher required for every 20 students
- ✓ Access to amenities including outdoor showers
- Access to BBQ facility (BBQ for your own operation and food at your expense)
- Catering options available from the Doylo





## IMPORTANT INFORMATION



#### **LOCATION & PARKING**

Entry to the Raw Challenge course is via the Doyalson-Wyee RSL car park at **110 Pacific Highway Doyalson.** 

Raw Challenge has ample parking for buses and coaches.

#### **AMENITIES**

The Raw Challenge course is designed for some muddy fun and epic challenges.

We provide both male and female change rooms, porta loos and a wash zone.

A water station is placed at the beginning of the course and a further two water stations are out on course. A BBQ facility is also available with shelters, tables and chairs for use.

#### DURATION

For school bookings, the 3 to 4km course will comprise of between 30 to 40 obstacles and will take on average 2 to 2.5 hours to complete. This course duration is approximate depending on the number of participants.

#### **CUSTOMISATION**

The Raw Challenge course can be designed to meet time constraints for any bookings.

Talk to the Raw team today about customising your next school booking.

#### SAFETY

To ensure the upmost safety, participants will be taken around the course in roughly equal numbers accompanied by our professional instructor/s.

Team sizes are dependent on group numbers and will move as one unit; this encourages participants to motivate each other as they make their way around the Raw course as a team.

Our supportive instructors will observe and advise participants on how to overcome any of our obstacles during the course, but none are compulsory. If a participant is feeling uncomfortable or unsure about completing any part of the course they have the option to walk around it as needed.

Harnessing our instructor's experience, the level of challenge is completely up to the participants, we simply provide the opportunity, support and mud!





#### WEATHER & BRIEFING

In the event of extreme weather on the day (e.g. – thunderstorms and lightening) the event will be either:

- a) postponed until the weather improves or;
- b) cancelled and bookings will receive a part/ full refund - depending on how far participants completed the course.

A safety briefing will be conducted prior to the commencement of the course. Raw Challenge instructors will accompany and supervise throughout the duration of the entire course.

#### **SHOWERS**

There is an open-air wash zone with cold running water for rinsing after the Raw Challenge course. Due to environmental impacts there are no soaps, shampoo or conditioners to be used in this area.

#### **BELONGINGS**

Students will need to bring a bag to place their dirty clothes in as well as a clean change of clothes for after the event. Raw Challenge will not be responsible for any personal items left on the course.

#### WAIVERS

All participants are required to sign a waiver before completing the course. For participants aged under 18, this must be completed by a parent or guardian. Following booking a school group, Raw Challenge will supply forms for completion by parents and guardians and we ask that these are provided to Raw Challenge before the day of the booking.

## WHAT PARTICIPANTS SHOULD BRING

- Please bring lace-up enclosed shoes.
  For safety reasons we do not allow slipon shoes for the course due to their
  lack of fastening and loose fit.
- We highly recommend light, durable clothing be worn for the course.
- A towel, clean change of clothes for afterward and a plastic bag for dirty clothing as students are likely to get wet and muddy during the course.
- Sun cream, water bottle and snacks/ fruit you'll need the energy!
- Personal medications such as Asthma inhalers
- A positive outlook and champions attitude along with some encouragement for your fellow team mates.

### WHAT PARTICIPANTS TAKE HOME:

- ✓ Your belongings
- A sense of team victory and epic accomplishment!

#### PAYMENT

All school bookings will be provided an invoice for payment. A booking agreement will need to be completed and returned following confirmation of date availability.

A \$250 deposit is required upon booking confirmation.

## RISK ASSESSMENT

The real risk  What can happen & how it can happen  People, equipment & environment	The consequence What will be the impact	Risk assessment			Existing controls in place	Actions required
		С	L	Level		
Wet weather	Slipping on challenges, Hypothermia	3	Е	Low	Weather reports monitored. Obstacles/course changed appropriate to conditions.	Staff to wear appropriate clothing & utilise shelter where possible.
Violent electrical storm	Lightning strike causing severe injury or death	5	Е	Med	Weather reports monitored activity stopped upon presence of lightning (wait 20 minutes).	Participants evacuated from course.
Hot/Humid temperatures	Hot/Humid temperatures	5	Е	Med	Weather reports monitored. Drinks are available through out course. Shaded areas available throughout course.	Participants are monitored & advised if conditions are becoming unsuitable Participants removed from course if unsuitable.
Sunburn	Burns, headaches, fainting, heatstroke, & or pain, inability to continue course	3	С	Med	Weather reports monitored Sunscreen available onsite. Appropriate wet/cold weather gear recommended.	Advise participants to be 'sun-smart'.
Cold Weather	Hypothermia Uncontrollable shivering	5	Е	Med	Appropriate wet/cold weather gear recommended.	Participants advised of the need to have weather protective clothing & change of clothes.  Staff to wear appropriate clothing & utilise shelter were possible.
Sharp objects	Abrasions, cuts, skin punctures	2	D	Neg	Closed in footwear must be worn at all times. Course checked prior to course participation.	First aid kit available at all times.
Injury due to falling tree branches	Trees or branches falling causing injury or death	4	D	Med	Weather reports monitored. Obstacles/course changed appropriate to conditions Site assessed for potential hazards before use.	Dangerous tree limbs to be removed.
Strong winds	Possible risk of loss of confidence. Possible risk of minor injuries (scrapes & bumps)	2	С	Med	Weather reports monitored Obstacles/course changed appropriate to conditions.	Maintain awareness of participant safety.

The real risk						
What can happen & how it can happen People, equipment & environment	The consequence What will be the impact	Risk assessment			Existing controls in place	Actions required
Bites & Stings	Snake bites, spider bites, animal bites, insect stings, etc., causing allergic reaction or poisoning	5	Е	Med	Site assessed for potential hazards and managed as far as is practical.	First aid kit available at all times. Members of staff to hold senior First Aid certificates.
Structural failure of course	Risk of serious injury and/or possible loss of life	5	Е	Med	Course inspected prior to use Annual inspection by recognised professional.	Course closed if equipment damaged & manager notified.
Trip Hazards on course	Possible risk of minor injury (scrapes & bumps) or soft tissue injury (sprains or strains) or broken bones	4	D	Low	Course inspected prior to participant use. Course closely mown to allow particpants to judge terrain and ground uneveness.	First aid kit available at all times. Members of staff to hold senior First Aid certificates.
Slip & fall injuries	Cuts, abrasions, broken bones	3	С	Med	Particpants briefed on the possibility of slippery conditions.  Course inspected prior to participant use.	First aid kit available at all times. Members of staff to hold senior First Aid certificates.
Equipment failure	Risk of serious injury and/or possible loss of life	5	Е	Med	All equipment checked prior to course use. Regular maintenance & equipment inspections.	Equipment checked and maintenance record kept.
Asthma attack or medical emergency on course	Shortness of breath; fatigue may lead to unconsciousness & death if ignored	5	Е	Med	Participants retain responsibility for all medical conditions. Staff available to perform first aid.	First aid kit available at all times. Members of staff to hold senior First Aid certificates
Participants physically over challenged	Fatigue, injury, pain, loss of self confidence Inability to continue	2	D	Neg	Participants are not made to complete any obstacle that they are not comfortable with and can bypass any or all obstacles.	Participants are monitored throughout course.
Obstacle tampering	Risk of serious injury and/or possible loss of life	4	E	Low	Course inspected prior to participant use.	Participants are monitored throughout course.
Water Courses	Drowning, water inhalation, slipping over, hypothermia	5	Е	Med	Course inspected prior to participant use.	Participants are monitored throughout course. All persons in water under visual.
Mud	Slipping over, mud in eyes and ears	2	С	Low to Med	Water available around the course. Safety briefing advising of mud, water and slip hazards.	Participants are monitored throughout course. Advise participants to be careful in mud areas. Quad bike/instructor travels with participants equipped with water, first aid and strapping. Radio and telephone communication with other services.



### **CONTACT**

For any further questions about our private bookings please contact us

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Get ready to RAW!



