

Tips for facilitating Challenge Ropes Course

Facilitation

- Provide clear and unambiguous instructions before commencement of activity and check that instructions are understood by participants
- Establish clear and simple communication procedures with participants whilst they are on the course
- Where appropriate, undertake the activity in pairs, with an experienced person alongside the participant
- Consider sequencing the activity to gradually build the level of difficulty or challenge
- Encourage quiet communications amongst the group to minimize noise