

Charity Challenge information for participants

Guidance notes for Confidence Course...

You use this course entirely at your own risk – do not overstretch yourself.

- Walk the course before you attempt to run it
- The course is 530m long and is designed to get progressively more challenging

Most groups are of mixed ability and have different skill levels; you will need to work together to help each other round the course.

If you are competing remember it is the time of the last person into the finish circle that counts!

The start line is between the upright railway sleepers.

Always stay on the RED lane or YELLOW lane of obstacles, DO NOT SWITCH LANES.

Warm Up Section

1. In/Out Posts – a warm up to get you agile
2. Scaffold Planks – gain confidence and balance while running off the ground
3. Small Water Jump – eye judgement and confidence, help the shorter members across – get this wrong and you are wet all the way round!
4. Triple beams – over the first, under the second and over the third.
5. White Tunnel – on your knees and go through.

Skill and Teamwork section

6. Tractor Tyres – get the team through as quickly as possible, teamwork
7. Stump Run – taken at speed requires coordination and balance
8. Big Ladder – strength, balance and confidence builder
9. Balance Beam – not difficult but watch your footing
10. Hip Hop – this will stretch you in more ways than you think
11. Tyre Run – just as you are starting to tire this will jelly your legs
12. The Hillocks – up and over twice, some of the team may need a pull along here.
13. Totem Poles – requires thought, concentration, confidence and teamwork to complete this.
14. The Wall – work together to do this at speed
15. The Swinger – looks easy but not so at speed
16. Rope Walk – balance the upper body strength

Warm Down Section

17. Under The Wire – a quick crawl under the wire – is it electrified?
 18. Water Jump – you must cross using the plank and replace it where you found it, check plank is engaged on the half rounder
 19. Tyre Wall – watch it, tyres do move
- Finish – all members of the team must be in or on the big tyre, the clock stops when the last member is home

NEW OBSTACLES ARE BEING ADDED IN 2017 – PLEASE SEE BETTESHANGER WEBSITE FOR MORE DETAILS OF THESE!

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY, AND THAT OF THOSE AROUND YOU – PLEASE APPROACH EACH OBSTACLE SENSIBLY

What should we wear/bring?

Old clothes that you don't mind getting dirty and sturdy shoes. No open toed shoes or sandals.

Gloves will be provided.

Please let us know of any potential health problems prior to the event – this allows us to be fully prepared and to assess individuals sensibly.

Sponsorship...

Please make cheques payable to **KM Charity Challenge** and bring this form with a cheque for the total amount raised to the assault course challenge event on Saturday, 7th October 2017, Betteshanger Country Park, Deal, Kent.
NB: CAF cheques need to be made payable to **KM Charity Team**.

Please date your cheque 7 November 2017. Please retain a photocopy of your sponsor forms and ensure supporters tick Gift Aid box on form and put full home address on form and on reverse of any cheques.

Virgin Giving – please bring a print out of your page with you!

About our host venue!

Betteshanger Country Park, located near Deal in Kent, is 200 acres of regenerated parkland formerly the Betteshanger Colliery, the last of the four Kent mines to close in 1989.

Today Betteshanger is a safe off-road site offering adventurous outdoor activities for everyone, and is a KCC approved provider. Bike hire, a Confidence Course and Orienteering is available for everyone and groups can try their hand at a number of challenging activities, from Archery to Fossiling, Den Building to Geo-Caching, outdoor education wrapped up in fun.

There is a wooded area set aside for bushcraft and Forest School activities which offers young people opportunities to achieve, develop confidence and self-esteem, through hands on learning experiences in a local woodland environment.

The world class two-mile tarmac track is ideal to hire for groups and clubs to ride or skate in a safe, traffic-free environment, along with established mountain bike trails through the park. Our British Cycling qualified coaches can plan sessions to suit your group.

Miles of walking leisure paths weave through woodland, wetlands and reed beds, ideal to spot wildlife and learn about the flora and fauna of the

park. Discover precious fossilised remains, brought to the surface a result of Kent's mining heritage, in this unique natural environment.

A lively programme of events runs throughout the year including a weekly children's cycling club - Fowlmead Mud Riders, mountain bike races for all ages and host a number of charity and sporting events including Sports Relief, Deal Half Marathon and Kent Fitness League Cross Country.

The park is open daily, with ample car parking and a café serving a selection of refreshments.

For more information visit:

www.betteshangercountrypark.co.uk

ASSAULT COURSE CHALLENGE 7th NOVEMBER 2017

(To be completed by the parents of any participant aged 17 years or below)

CHILD'S NAME

.....

PARENT/GUARDIAN'S NAME.....

ADDRESS:

.....

TEAM:

.....

CHILD'S AGE:..... DATE OF BIRTH.....

HEIGHT:..... (if known) WEIGHT: (if known)

PARENT/GUARDIAN'S TEL NO: (H) TEL NO: (M).....

Please sign and return this form prior to the event.

Please note that the event that you have registered your child to take part in requires a certain level of fitness. When registering to take part in this event you do so at your own risk, and therefore your child should be fit to participate. If you are in any doubt please seek further information about what the event entails; seek medical advice if appropriate and inform event organisers of any relevant medical conditions your child may have. You should advise the event organisers immediately of any medical condition arising after registrations that might affect your child's participation and you should withdraw them from the event if you have any doubts about their fitness to participate.

THE HADLOW GROUP advises hirers that the confidence course has obstacles built on an outdoor uneven terrain; these may be hazardous and may result in injury or death. Wear suitable clothing, boots or trainers, no open-toed shoes or sandals. The confidence course is run independently of KM CHARITY TEAM. KM CHARITY

TEAM have no responsibility for the equipment supplied, the instruction and supervision given, the safety procedures in relation to this event.

We reserve the right to remove any participant who does not abide by any safety guidelines, supervision or instructions provided.

KM CHARITY TEAM and its employees, agents and volunteers are under no liability whatsoever to participants or spectators in respect of any loss or injury which may be sustained in the course of this event, which does not arise out of their negligence resulting in death or personal injury.

I the undersigned agree for my child to take part in the assault course at BETTESHANGER COUNTRY PARK. I understand that KM CHARITY TEAM has no responsibility for the equipment supplied, the personnel used by BETTESHANGER COUNTRY PARK the instruction and supervision given, the safety procedures, ensuring the suitability of BETTESHANGER PARK or otherwise in relation to the assault course. I therefore acknowledge that KM CHARITY TEAM bear no responsibility for my child's safety during the period that they are under the supervision of BETTESHANGER COUNTRY PARK.

I understand that the event may be cancelled or that my child may be stopped from participating on the grounds of safety.

SIGNED:**DATE:**
(Parent/Guardian)

KM Charity Team regularly receives publicity in the media and on the KM Charity Team websites it is our policy to use full names and ages for newspaper articles and first name and age only for stories on our own website. Do you approve your child being involved in KM Charity Team publicity and photocalls on this basis?

Yes/No

SIGNED:**DATE:**
(Parent/Guardian)

Return to: KM Charity Team, Gazette House, 5-8 Boorman Way, Whitstable CT5 3SE