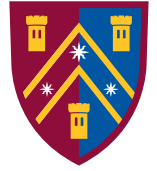


Year 10 Adventure Challenge



KING'S
COLLEGE

Parent and Student Handbook



2025



Contents

Introduction: Our commitment to an all-round education	2
Our Philosophy for Education outside the Classroom	4
The Year 10 Adventure Challenge	6
2025 Adventure Challenge Dates	9
Duke of Edinburgh	9
Forms and Administration	10
Communication and Mobile Phones	10
Health and Safety	10
Gear List	11
Year 10 Adventure Challenge: Important Contacts	13
Appendix: Activities, Risks, and Safety at Adventure Specialties Trust	14

Introduction: Our commitment to an all-round education

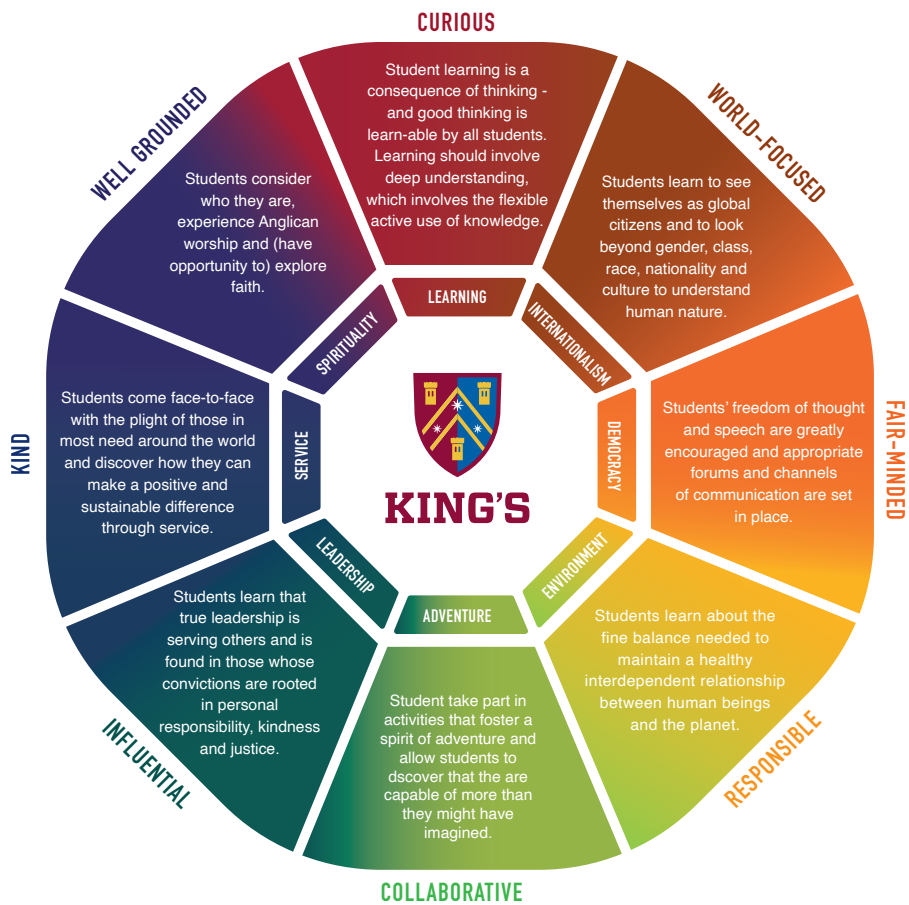
Mr Graham Bruce founded King's College in 1896 to provide "the best all-round education it is possible to obtain." The College provides opportunities not only for students to focus on academic priorities but also to experience a wider curriculum including co-curricular activities, community service, sport, arts and culture, spiritual learning and education outside the classroom.

This all-round approach to education is intended to provide a transformative experience through which students prepare themselves to succeed in the many and varied roles they will undertake in future life. The benefits of our all-round education include:

- A broad conceptual and practical knowledge base
- A desire to continue learning within and beyond school
- A sense of one's place in a wider community
- An appreciation of other cultures, religions and opinions
- The development of personal responsibility and maturity
- The opportunity to be stretched and challenged to facilitate personal growth
- The development of a strong moral code and exemplary conduct.



Our all-round educational philosophy is based on eight pillars that help foster the development of students:



The College's holistic approach to learning through the eight pillars recognises that learning is most effective when it is practical, cross-cultural and collaborative, and when it is infused through a broad spectrum of inter-curricular, extra-curricular and co-curricular activities. We work hard to ensure that our students have every opportunity to achieve in ways and to levels beyond their perceived limits.

These pillars are based on the educational philosophy of Round Square, a not-for-profit membership network of 150 schools worldwide. Round Square schools are characterised by a shared belief in an approach to education based IDEALS drawn from the theories of education philosopher Kurt Hahn.



“There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for anything less”.

— **Kurt Hahn**
 Founder of Outward Bound and Round Square

Our Philosophy for Education outside the Classroom

Education outside the classroom (EOTC) is defined as “the use of places other than the classroom for teaching and learning.”

These experiences often make for the most memorable learning as they help students to make sense of the world around and beyond them, by connecting the classroom and College to the people and places beyond our own gates. This approach to learning shapes our behaviour, lifestyles and personal values well beyond school into adulthood.

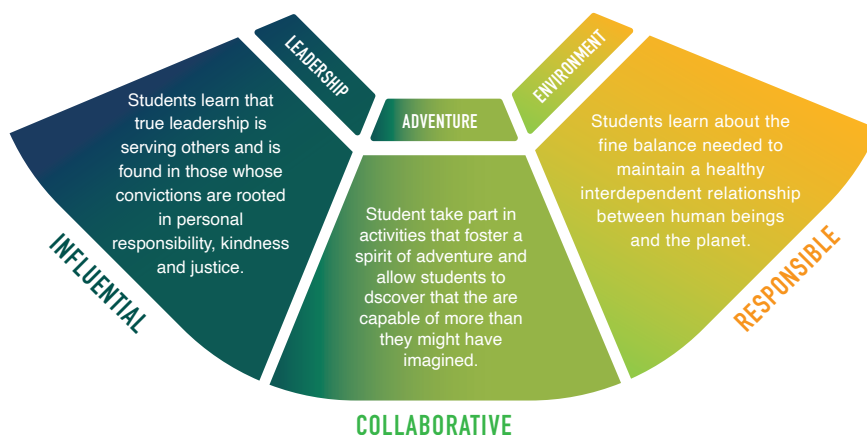
By helping young people apply their knowledge across a range of challenges, EOTC builds bridges between theory and reality, schools and communities, young people and their future selves. Quality learning experiences in real life situations have the capacity to raise achievement across a range of subjects and to enhance personal and social skills.





The Year 10 Adventure Challenge

It is this commitment to education outside the classroom that has shaped the Year 10 Adventure Challenge. In particular, this experience seeks to specifically develop the three pillars of leadership, adventure and environment.



Our College Vision

To provide the best all-round education it is possible to obtain.

Our Year 10 Adventure Challenge Mission

To unlock the potential in King's College students through discovery and adventure in the wild.

Our Aims

- Participation with a positive attitude
- Gain confidence by taking on challenges
- Develop self-awareness and social skills
- Understand the importance of conservation and sustainability
- Develop a range of outdoor skills
- Enhance initiative, self-reliance, acceptance of responsibility, perseverance, tenacity, resilience and commitment
- Develop communication, problem solving, leadership and teamwork skills, attitudes and aptitudes
- Increase motivation for learning
- Broaden horizons
- Provide inspiring activities that meet the needs of all students, whatever their age, ability or background.

Our Values

- Generosity of spirit
- Gratitude
- Honesty
- Moral courage
- Pursuit of learning
- Respect
- Spirituality
- Tolerance

Length and Location:

Students spend 18 nights divided across three distinct phases:

Phase 1: Ahuroa (9 nights)

- King's College purchased this land near Puhoi in 1975 as a base to offer outdoor education and leadership programmes. It covers just under 8 hectares and comprises a manager's residence, a student cottage with an instructor's bedroom and four shared student bedrooms plus a meeting lounge, as well as a connected commercial kitchen, dining room and ablution block.
- At Ahuroa, students will set personal and group goals, focusing on the key principles of effective teamwork and leadership. It is intended to introduce students to the great outdoors, teaching and practising skills which will set students up for success on later phases of the programme.
- Students will take part in activities such as bush craft and bush survival, navigation skills, ziplining, kayaking, climbing, caving, tramping, abseiling, bivouac building, coastering, among others. Some of these activities will take place on site at Ahuroa and others in surrounding areas.

Phase 2: Round the World Sailing (4 nights)

- Students will board either the 84-foot Steinlager 2 or the 80-foot Lion New Zealand, yachts both used by Sir Peter Blake in his famous round the world expeditions.
- They will be rostered on four different rotating watches tasked with key responsibilities such as helming, navigating, setting sail and keeping ship.
- They will sail around the Hauraki Gulf, potentially to the Coromandel Peninsula and/or Great Barrier Island, with various swimming and shore activities on the way.
- By the end of this journey, they will work with the crew and team mates to sail the boat back to base.

Phase 3: Final Expedition (5 nights)

- This is considered the culmination of the Adventure Challenge which enhances the skills and experiences developed in the earlier phases.
- Students will plan their own bespoke expedition with the support of instructors based on the strengths and interests of each group.
- These expeditions will all take place in a wilderness environment, such as a tramp in the Central North Island within the Tongariro National Park.



Staffing

King's College

King's College employs three full time staff who work exclusively on the Adventure Challenge, including our Head of Ahuroa and Adventure Challenge. They are rostered on a rotation basis and will both accompany the students at various different times. These staff serve as the representatives of King's College and are primarily responsible for the pastoral care of the students during the Adventure Challenge. They will support the delivery of the programme by the instructors and ensure that each student is reaching their potential in a well-supported environment.

Adventure Specialties

In addition, King's College partners with Adventure Specialties Trust to support the delivery of the programme through the provision of highly qualified and experienced outdoor instructors. This partnership between the College and AST has been in place for over 30 years. Adventure Specialties is one of New Zealand's leading outdoor education and adventure programme providers. They have over 20 full time staff based in Auckland and Christchurch and have won numerous industry awards.

For more information about Adventure Specialties, please visit their website: www.adventurespecialties.co.nz

New Zealand Sailing Trust

The New Zealand Sailing Trust was founded to preserve the legacy of Sir Peter Blake, one of New Zealand's legendary adventurers, and two significant sailing vessels in the history of New Zealand maritime adventure. They use these vessels to provide experiences for young New Zealanders in a way that brings to life the values of leadership, courage and teamwork. They have a team of three shore-based management as well as numerous skippers and crew on the boats who work on a rostered basis as part of the King's College Adventure Challenge. We have partnered with the NZ Sailing Trust for over a decade.

For more information about the NZ Sailing Trust, please visit their website: www.nzsailingtrust.com

Instructors

An instructor will work with a group of students, guiding them through a series of adventurous and challenging outdoor activities that will include a strong 'journey' element. Instructors will aim to challenge all students, encouraging them to go further than they believe possible. They aim to foster a sense of satisfaction through achievement and personal accomplishment. While the experiences of the Adventure Challenge will be outside a student's normal daily activities, it should be an enjoyable, educational and memorable experience.

Outdoor Education lends itself to the Plan-Do-Review model of learning. Instructors will give time for students to reflect through guided questions, constructive feedback, and facilitation, reflecting on our King's College values as well as the RoundSquare pillars and Duke of Edinburgh Hillary Award.

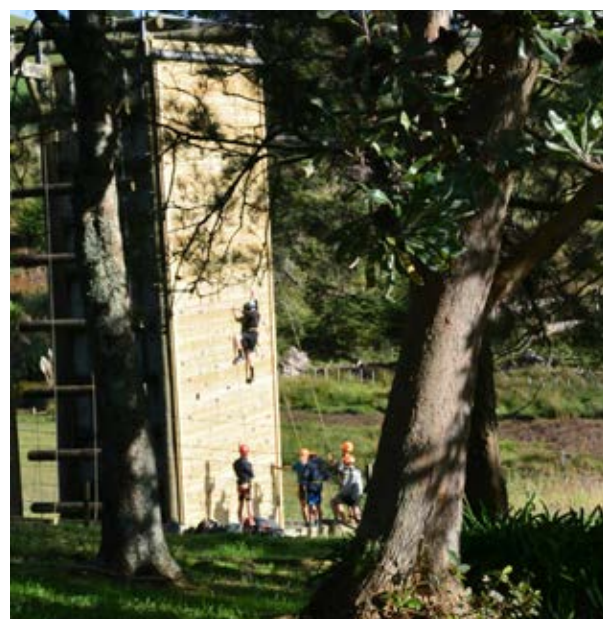
Challenge by Choice

Students will be encouraged to stretch themselves beyond their perceived physical and mental limits. However this is done in a supportive and respectful environment underpinned by the principle of challenge by choice. The student is ultimately given agency over their own involvement and decision making. While they will be encouraged and supported, they will have the choice themselves over the challenges they accept. This challenge by choice principle ensures a safe experience for all participants.

2025 Adventure Challenge Dates

Class	Course Dates	Ahuroa	Sailing	Expedition
10FEB	Term 1 Weeks 1-3: Tue 28 Jan – Fri 14 Feb	28 Jan – 5 Feb	5 Feb – 9 Feb	9 Feb – 14 Feb
10MAR	Term 1 Weeks 4-6: Mon 17 Feb – Fri 7 Mar	17 Feb – 26 Feb	26 Feb – 2 Mar	2 Mar – 7 Mar
10APR	Term 1 Weeks 8-10: Mon 17 Mar – Fri 4 Apr	17 Mar – 26 Mar	26 Mar – 30 Mar	30 Mar – 4 Apr
10MAY	Term 2 Weeks 1-3: Mon 28 Apr – Fri 16 May	28 Apr – 7 May	7 May – 11 May	11 May – 16 May
10JUN	Term 2 Weeks 7-9: Mon 9 June – Fri 27 June	9 June – 18 June	18 June – 22 June	22 June – 27 June
10AUG	Term 3 Weeks 1-3: Mon 21 Jul – Fri 8 Aug	21 July – 30 July	30 July – 3 Aug	3 Aug – 8 Aug
10SEP	Term 3 Weeks 7-9: Mon 1 Sep – Fri 19 Sep	1 Sep – 10 Sep	10 Sept – 14 Sept	14 Sep – 19 Sep
10OCT	Term 4 Weeks 1-3: Mon 6 Oct – Fri 24 Oct	6 Oct – 15 Oct	15 Oct – 19 Oct	19 Oct – 24 Oct

All camps depart at 8.30am.



Duke of Edinburgh

The Duke of Edinburgh Hillary Award is a longstanding global programme designed to challenge young people to develop skills and tools to improve themselves and their communities. We strongly encourage all students to work towards the Bronze Award which requires achievement in four components: voluntary service, physical recreation, skills and adventurous journey. The Year 10 Adventure Challenge will provide the opportunity for all students to complete the adventurous journey requirement.

For further information and to sign up, follow this link: dofehillary.org.nz

Forms and Administration

It is essential for the safety and support of all students that we collect relevant information in a timely way before the departure of each group.

Approximately one month prior to departure, parents will receive an e-mail directing them to complete online forms to collect the following information:

- Emergency Contact details
- Medical, Pastoral and Dietary information
- Consent Form

In addition, students will receive a student contract and a pre-camp student information form whereby each student can introduce themselves to the camp staff. It is also an opportunity for students to raise any concerns or questions which they have in relation to the Adventure Challenge.

We appreciate the support of parents in completing these forms by the due date.

Communication and Mobile Phones

Mobile phones are not allowed on camp and we would ask for the support of parents with this request. The Adventure Challenge is designed as an opportunity for students to connect with the great outdoors, socialise with each other and bond over shared experiences. Unfortunately there are a small number of students who are found to have mobiles which breaches the trust between staff and students and ultimately diminishes their overall experience. Students are very welcome to bring a watch but we ask that this is not an internet enabled smart watch or similar. Students found in possession of mobile phones or internet capable devices will face disciplinary consequences.

Students will have the opportunity to write a letter home which will be sent at the end of Ahuroa. Likewise parents/guardians will be invited to write to their sons and these letters will be delivered to them at the start of the Central North Island phase. We ask that parents do not send lollies or snacks as there is plenty of food available and it can otherwise pose unnecessary problems.

Health and Safety

Our College is committed to providing an environment where students receive an all-round education while ensuring the health, safety and wellness of all students and staff. We believe that our students have vast potential and the Year 10 Adventure Challenge is designed to help students build confidence, face challenges and learn to take the calculated risks needed to achieve extraordinary things. At the same time it is intended to be a learning opportunity for students to develop personal accountability, understand risk management and learn how to stay safe in the natural environment.

However, it is important to understand that any outdoor adventure activities present health and safety risks. These risks are outlined more fully in the appendix at the end of this booklet. We work closely with our Adventure Activity Operators to ensure, as far as reasonably practicable, that any foreseeable risks or hazards are identified and managed in the best possible way to ensure the camp is as safe as is reasonably and practicably possible. This might involve eliminating the risk or, where that is not possible in an outdoor context, minimising and/or mitigating. In the unlikely event of a serious incident, there is a risk of potentially severe or fatal consequences.

The Ahuroa and Expedition phases are operated under the safety systems of Adventure Specialties who are themselves audited and accredited by Adventure Mark, New Zealand's largest adventure certification body. This high standard of safety is achieved and maintained with comprehensive safety management systems and by ensuring that staff and instructors managing these activities are experienced, competent, professionally trained and appropriately qualified.

The sailing phase is operated under the safety systems of the NZ Sailing Trust. NZ Sailing Trust operates under Maritime transport operators certificate (MTOC), Maritime Operator Safety Systems (MOSS). Our skippers and crew are Maritime New Zealand qualified and undertake rigorous and robust internal training programmes to develop young people in marine environment. Our vessels are Maritime NZ surveyed vessels to ensure the safest possible platform for our adventures. We employ best practice sailing and safety systems, which are regularly audited by external third parties including Maritime NZ. All voyages are subject to risk assessment – essential to all aspects of our programmes.

In the event that a student requires medical treatment, a parent will be contacted in advance where possible and the costs will be on-charged to parents. In the event that a student does not complete the Adventure Challenge due to illness, injury or other reasons, there will be no refund except at the sole discretion of the College. King's College staff are available to answer any questions about the Adventure Challenge and its associated risks.

Gear List

Over the course of your son's Ahuroa, Sailing and Central North Island journey he will encounter weather conditions far beyond typical Auckland conditions. For example, one year students woke up to a southerly change bringing with it minus 4 degree temperatures.

As such, students must have suitable clothing and equipment as listed below. This will ensure that they all have a safe and enjoyable experience. If you have any questions, please do not hesitate to get in touch. Some items can be borrowed but must be pre-arranged as there is limited availability.

✓ *You may want to check off each item when you are packing your bags.*

- | | |
|--|---|
| <input type="checkbox"/> Sleeping bag (three season, should be good quality rated to 2 degrees or below, preferably synthetic) | <input type="checkbox"/> Towels x 2 |
| <input type="checkbox"/> Small day pack | <input type="checkbox"/> Personal toiletries (soap, shampoo, etc. - no spray deodorant) |
| <input type="checkbox"/> Tramping style pack, 55-65 litres | <input type="checkbox"/> Sunscreen and lip balm |
| <input type="checkbox"/> Soft bag, 60 litres (required for gear on the boat) | <input type="checkbox"/> Head torch, spare batteries (reverse batteries in torch, so it cannot be accidentally turned on) |
| <input type="checkbox"/> 2 x water bottles, min 1 litre each | <input type="checkbox"/> Any personal medication (must be handed to staff and recorded on medical form) |
| <input type="checkbox"/> Sandshoes / running shoes x 2 (jandals strongly recommended) | <input type="checkbox"/> Simple first aid kit, seasick pills if required |
| <input type="checkbox"/> Tramping boots | <input type="checkbox"/> Pens and pencils, pencil case (there will be workbooks to complete) |
| <input type="checkbox"/> Watch (but not internet capable) | <input type="checkbox"/> Plastic bin bags x 4 (for dirty washing and wet gear) |
| <input type="checkbox"/> Waterproof jacket and pants (Gore-Tex or reflex) | <input type="checkbox"/> Laundry net bags (to save your laundry from getting mixed up in the washing) |
| <input type="checkbox"/> Polypropylene / wool / fleece base layer x 4 | <input type="checkbox"/> Pillowcase |
| <input type="checkbox"/> Fleece top or fleece jacket x 2 | <input type="checkbox"/> Shorty wetsuit for kayaking and swimming on the boat (optional) |
| <input type="checkbox"/> Warm jacket (preferably not down) | <input type="checkbox"/> Wet shoes for kayaking and beach walks (a cheap pair from The Warehouse or similar) |
| <input type="checkbox"/> Fleece bottoms x 1 | <input type="checkbox"/> Book |
| <input type="checkbox"/> Tracksuit bottoms | <input type="checkbox"/> Gumboots if you have them (especially for winter camps) |
| <input type="checkbox"/> Old pants / trousers (for muddy / dirty activities) | <input type="checkbox"/> Cash (for emergency use only) |
| <input type="checkbox"/> Socks x 5 (woollen or thick socks, good quality to avoid blisters) | <input type="checkbox"/> Lunchbox/ container (to store food on tramp) |
| <input type="checkbox"/> Sports socks x 5 | |
| <input type="checkbox"/> Underwear x 7 | |
| <input type="checkbox"/> Gloves (fleece or wool) | |
| <input type="checkbox"/> Sun hat | |
| <input type="checkbox"/> Warm hat or beanie | |
| <input type="checkbox"/> Sunglasses (essential for eye protection, especially on the water) | |
| <input type="checkbox"/> T-shirts x 5 (preferably dri-fit, no cotton please) | |
| <input type="checkbox"/> Shorts x 3 (also suitable for swimming) | |

Please note:

Please do not pack lollies or snacks as there is plenty of food available and it causes unnecessary problems.

Tramping boots, sleeping bag, waterproof jacket and waterproof pants are the most essential items. We recommend purchasing or borrowing these items and ensuring they are high quality.

Please break in tramping boots by walking in them multiple times before camp. Blisters make any tramping experience painful and unpleasant.

A good quality sleeping bag is important as the boys may well camp in the snow in winter and even in summer it can drop to near freezing temperatures. Down or feather sleeping bags can be light and warm, however once down is wet, it loses its insulation properties and is difficult to dry. While a down sleeping bag can be managed, we would recommend a synthetic version. A Macpac sleeping bag is priced at approximately \$230 including the King's discount.

Waterproof clothing will inevitably be used a lot – don't buy the lightest weight.

Polyprop and fleece can be bought cheaply – there is no need to buy the most expensive label.

Denim jeans, cotton t-shirts and casual shoes are totally unsuitable for the conditions we will be encountering in the outdoors and the Hauraki Gulf. When they get wet, they don't dry and are cold. Wetsuits are not strictly necessary.

Do not bring any electronic devices, including phones. This is an opportunity to experience the great outdoors detached from technology.

There are laundry facilities at Ahuroa so we will wash clothes several times and we will store some of their gear during the sailing given limited space available onboard.

Waterproof and Outdoor Clothing

Good quality waterproof jackets, trousers and other outdoor clothing on the gear list can be brought from any of the outlets listed below.

- www.macpac.co.nz
A 30% discount is available to King's College students on all non-sale items and a set discount on all non-MacPac items too. Keep an eye out for regular sales.
- www.bivouac.co.nz
A 20% discount off most items is available to King's College students.
- www.torpedo7.co.nz
A 20% discount off most items is available to King's College students.
- www.outfittersstore.nz
A 25% discount off all Rab and Lowe Alpine gear, as well as a discount on the other gear outside of these brands, is available to King's College students.

Gear Rental

- www.livingsimply.co.nz
Living Simply is an outdoor clothing and equipment specialty store that has been trading in Newmarket (Auckland, New Zealand) since 1988. They offer a range of Hire equipment including boots, packs, waterproofs and sleeping bags.

Year 10 Adventure Challenge: Important Contacts

Role	Name	Contact
Deputy Head Emergency contact 1	Mr Rob Griffiths	Ph. 09 276 0685, Mob. 021 258 0065 r.griffiths@kingscollege.school.nz
Medical Assistant (Medical support – College based)	Ms Tamara McLarin	09 276 0600 ext. 624 t.mclarin@kingscollege.school.nz



Information for Caregivers:

Activities, Risks, and Safety at Adventure Specialties Trust

At Adventure Specialties Trust (AST), we are committed to providing safe, fun, and meaningful outdoor adventures. While all activities carry some inherent risks, these are carefully managed through our **comprehensive and audited safety system**, which includes thorough planning, qualified staff, and robust procedures.

This document includes **key activities** your child may participate in, along with associated **key risk** for your information. While these risks are actively managed, it's important for you to be aware of them to provide informed consent.

It is also important to note that total safety cannot be guaranteed. As an organisation operating under the **Adventure Activity Regulations 2016**, we are required to inform you that serious life-changing events and fatalities remain possibilities, including incidents such as drowning, falls from heights, motor vehicle accidents, or exposure to natural hazards (e.g., volcanic activity, avalanches, rockfalls, landslides, or extreme weather). Additionally, due to the active nature of our programmes, minor injuries such as insect bites, grazes, and sprains may occur.

For more information or questions about our safety system and risk management, please contact us at office@adventurespecialties.co.nz.

Caving - What is Caving?

Caving, also known as spelunking, involves exploring natural underground cave systems formed over thousands of years. These systems consist of tunnels, chambers, and rock formations. Participants may walk, crawl, climb—sometimes in tight spaces—or wade through water, and in some cases, descend vertical sections using abseiling equipment. Caving provides a unique opportunity to discover stunning geological formations, underground streams, and waterfalls, offering both adventure and awe-inspiring natural beauty.

Key risks associated with Caving:

1. **Rising water levels** due to heavy rain, leading to potential flooding.
2. **Slippery or uneven terrain**, increasing the likelihood of trips or falls.
3. **Falling rocks** from unstable cave ceilings or walls.
4. **Dark, confined spaces**, which may cause claustrophobia or discomfort.
5. **Cold water and temperatures**, increasing the risk of hypothermia.
6. **Separation from the group** in the cave's complex layout.
7. **Physical exertion**, particularly in tight or challenging areas.

Coasteering-What is Coasteering?

Coasteering combines elements of scrambling, climbing, swimming, and jumping along rocky coastlines. Participants navigate the intertidal zone, moving between land and sea, and encounter a variety of natural coastal features, such as rock pools, cliffs, and coves. The activity often includes swimming through sections of open water, jumping from heights, exploring hidden marine environments, and sometimes interacting with marine life like fish and sea birds in their natural habitat. It challenges physical abilities while fostering a deeper appreciation for the coastal environment.

Key risks associated with Coasteering:

- **Large swells and currents**, potentially washing participants away.
- **Slippery or sharp rocks**, which could cause cuts or falls.
- **Cold water and temperatures**, which may lead to hypothermia.
- **Jumping hazards**, such as landing in shallow or obstacle-filled water.
- **Marine life injuries**, such as cuts from barnacles, stings from jellyfish or attacks from marine animals
- **Physical strain** from swimming and climbing.

Sea Kayaking -What is Sea Kayaking?

Sea kayaking involves paddling along sheltered coastal areas, lakes, tidal rivers, or open water using stable single or double kayaks. Participants may explore bays, estuaries, and open sea environments, encountering conditions ranging from calm waters to moderate waves, currents, and wind. In some cases, sea kayaking includes **open water crossings**, requiring careful navigation and attention to weather conditions, or **overnight trips**, where all camping equipment, food, and supplies are carried in the kayaks. These experiences offer an opportunity to connect with nature, build paddling and navigation skills, and enjoy the adventure of camping in remote locations, fully immersed in the natural environment.

Key risks associated with Sea Kayaking:

- **Capsizing**, leading to sudden immersion in water.
- **Strong currents, tides, wind, waves, or swell**, which could make navigation and stability challenging, especially in open water.
- **Cold water and hypothermia** from prolonged exposure.
- **Marine traffic**, posing a collision risk.
- **Fatigue from paddling**, particularly over long distances or in adverse weather.
- **Visibility**, particularly during open water crossings.

Alpine Trips – What is Alpine Trips?

Alpine trips involve exploring mountainous environments, often above the snowline, and include activities such as hiking, camping in alpine huts or snow caves, and sometimes basic climbing or abseiling experiences. These adventures may occur on established tracks or approved routes where snow, ice, and uneven terrain are common. Depending on the trip, participants may use equipment such as ice axes or crampons for added stability and safety.

These trips combine physical endurance, navigation skills, and exposure to alpine conditions, offering a rewarding and immersive experience in stunning, sometimes challenging landscapes. Participants can enjoy breathtaking views, unique high-altitude ecosystems, and the serenity of remote environments.

Key Risks Associated with Alpine Trips:

- **Rapid Weather Changes:** Sudden shifts in weather, such as snowstorms, strong winds, or rain, can pose significant dangers.
- **Slippery and Icy Surfaces:** Snow and uneven or icy terrain can lead to slips and falls.
- **Avalanches:** Snow-covered areas may present avalanche risks, depending on conditions.
- **Cold and Hypothermia:** Inadequate clothing or prolonged exposure to low temperatures can cause chilling or hypothermia.
- **Sun and Wind Exposure:** Sunburn or windburn is common in exposed high-altitude areas without proper protection.
- **Becoming Lost:** Navigation challenges due to poor visibility, or unfamiliar landmarks can lead to participants straying off course.

Tramping(Bush)-What is Tramping?

Tramping, or hiking, involves walking through natural environments such as forests, mountains, and bushland. This outdoor activity may include following well-formed tracks, crossing rivers, navigating unmarked routes, and exploring a variety of terrains. Tramping can range from short day hikes to extended trips, often requiring participants to carry a pack with overnight equipment, food, and supplies for camping in remote locations.

Key risks associated with Tramping:

- **Slippery or uneven tracks**, increasing the chance of slips or falls.
- **Crossing rivers**, where water levels and currents may pose a hazard.
- **Getting lost** in dense or unmarked areas.
- **Exposure to weather**, including strong winds or rain.
- **Fatigue or dehydration** during longer hikes.

Cycling and Mountain Biking - What is Cycling and Mountain Biking?

Cycling involves riding bikes on roads, trails, or easy rail paths, offering a fun and accessible way to explore the outdoors. Mountain biking takes place on rugged off-road terrain, featuring climbs, descents, and natural obstacles like rocks and roots, with trails graded by difficulty. Both activities provide an exciting way to explore the outdoors and develop physical endurance.

Key risks associated with Cycling and Mountain Biking:

- **Falls or crashes**, particularly on loose or uneven surfaces.
- **Collisions with vehicles** on public roads.
- **Fatigue or dehydration** during longer rides.
- **Sharp turns, steep descents, or jumps** on advanced tracks.

Canyoning - What is Canyoning?

Canyoning involves exploring canyons through a mix of walking, scrambling, jumping, swimming, abseiling, and sliding down waterfalls. Taking place in natural, rugged terrain, canyoning often requires navigating pools, fast-flowing water, and descending waterfalls. Participants encounter unique challenges such as traversing slippery surfaces, managing cold water, and manoeuvring through swift currents.

Canyoning offers a thrilling opportunity to immerse oneself in nature's beauty while testing both physical and mental endurance. From the exhilaration of sliding down a cascade to the satisfaction of mastering a challenging descent, canyoning combines adventure with breathtaking natural scenery.

Key risks associated with Canyoning:

- **Rising Water Levels:** Sudden increases in water levels due to rain or upstream flow changes.
- **Cold Air or Water Temperatures:** Prolonged exposure to cold water can lead to chilling or hypothermia.
- **Rockfall:** Falling rocks in rugged terrain pose a potential hazard.
- **Fast Flowing Water:** Swift currents can be challenging to navigate and may include strainers or drops.
- **Shallow Water or Submerged Objects:** Risks associated with jumping or sliding into unknown depths or concealed hazards.
- **Slippery Surfaces:** Wet rocks and river bottoms can lead to slips and falls.
- **Entrapment Hazards:** Undercut rocks, trees, or crevices may pose a risk of getting trapped.

White Water Rafting - What is Whitewater Rafting?

Whitewater rafting is an activity where a group of people paddle down a fast-moving river in an inflatable raft. The river's "rapids," created by waves, drops, and obstacles such as rocks, provide an exhilarating challenge that requires

teamwork and coordination. Participants work together to steer the raft, navigate around obstacles, and keep the raft stable.

Whitewater rafting offers a thrilling adventure that combines the excitement of navigating rapids with the enjoyment of being in a natural river environment. It's a fun and rewarding group activity that also requires physical effort and safety awareness to ensure a positive experience.

Key risks associated with Whitewater Rafting:

- **Falling into the Water:** People may fall out of the raft, especially in rough rapids or if the raft tips over.
- **Injury from Rocks or Obstacles:** Hazards like submerged rocks or debris can cause injuries, particularly if someone falls out of the raft.
- **Strong Currents and Entrapment:** Swift currents can sweep individuals or rafts off course, potentially leading to entrapment or difficulty returning to safety.
- **Cold Water:** Prolonged exposure to cold river water can lead to chilling or hypothermia.
- **Rapids:** The unpredictable nature of rapids, including sudden drops or waves, can increase the risk of capsizing or participants falling overboard.
- **Emotional Stress:** Nervousness or anxiety about the water, particularly in rough rapids, can affect confidence and comfort.

Snorkelling - What is Snorkelling?

Snorkelling is an activity that involves swimming on the surface of the water while wearing a mask, snorkel, and fins. This activity allows participants to explore underwater environments, such as reefs, shallow coves, or kelp forests, without the need for complicated diving equipment. Snorkelling typically takes place in calm and sheltered waters, no more than 100 meters from shore, and at a maximum depth of 3 meters.

Some snorkelling sessions may also include short dives, where participants hold their breath to dive to safe depths to observe marine life more closely before returning to the surface. It provides a unique opportunity to discover the beauty of underwater ecosystems, offering both adventure and a deeper appreciation of marine environments.

Key risks associated with Snorkelling:

- **Cold Water and Hypothermia:** Prolonged exposure to cool water can lead to chilling or hypothermia.
- **Shallow Water Blackout and Breath Holding:** Holding breath for too long or improper breathing techniques can result in fainting or discomfort.
- **Rip Currents and Strong Tides:** Unseen currents or strong tidal movement can pull participants off course.
- **Marine Life:** Interaction with sea creatures, such as jellyfish, kina, sharp shells, or marine animals.
- **Boats and Other Swimmers:** Areas with high boat traffic or crowded waters increase the risk of collision.
- **Group Separation:** Losing sight of the group or instructor can cause distress or disorientation.

High Ropes - What is High Ropes?

High ropes courses involve climbing, traversing, and performing activities on elements suspended above the ground using harnesses and ropes.

These activities are designed to challenge individuals both physically and mentally, building confidence, teamwork, and problem-solving skills. High ropes courses may include obstacles such as zip lines, rope bridges, and platforms, requiring balance, focus, and a willingness to step out of one's comfort zone.

Key risks associated with High Ropes:

- **Falling from Height:** Although participants are securely harnessed, the risk of a fall remains if safety protocols are not followed.
- **Psychological Stress/Fear of Heights:** The experience of being at height may cause vertigo or anxiety in some participants.

- **Equipment Failure:** Improperly maintained or faulty ropes course.

Rock Climbing and Abseiling - What is Rock Climbing and Abseiling?

Rock climbing and abseiling involve scaling rock faces and descending them using ropes and harnesses. These activities provide participants with an exciting and challenging way to connect with nature while building confidence, problem-solving skills, and resilience.

Participants may start with **top-rope climbing**, where a rope is anchored at the top of the climb and managed by a team on the ground, providing continuous support. For shorter climbs, **bouldering** allows participants to climb low rock faces without ropes, staying closer to the ground with team support (spotting).

More advanced climbers may try **sport climbing (lead climbing)**, where they clip their rope into bolts along the route as they ascend, requiring greater skill and independence. Abseiling is often used to descend, with participants lowering themselves down the rock face using a rope and belay device under instructor supervision.

These activities are tailored to participants' skill levels and conducted with safety as a top priority, ensuring an enjoyable and rewarding experience in a stunning natural environment.

Key risks associated with Rock Climbing and Abseiling:

- **Falling or Rockfall:** Rocks can dislodge or fall, and participants may fall if not properly secured.
- **Slippery Wet Rock:** Wet or smooth rock surfaces can increase the risk of slips or falls.
- **Incorrect Use of Knots and Attachment Points:** Improperly tied knots or incorrectly secured harnesses leading to safety concerns.
- **Vertigo and Fear of Heights:** Anxiety about heights can affect comfort and participation.
- **Falling or Slipping:** Climbing or bouldering without appropriate supervision or safety measures increases the risk of injury

Canoeing - What is Canoeing?

Canoeing is a water-based activity where participants paddle a canoe, typically an open boat, using a single-bladed paddle. Canoeing can take place on calm lakes, slow-moving rivers, or even in more dynamic water conditions such as swift rivers with rapids, providing a versatile and enjoyable way to explore natural waterways. Participants work on paddling techniques, navigation, and teamwork, with canoes accommodating one or more people. For longer trips, canoeing may include carrying gear in the canoe for overnight camping adventures.

Key risks associated with Canoeing:

- **Capsizing:** Canoes may tip over, resulting in participants entering the water unexpectedly.
- **Strong Currents or Wind:** Water conditions can make paddling challenging and affect navigation.
- **Cold Water and Hypothermia:** Prolonged exposure to cold water increases the risk of chilling or hypothermia.
- **Collisions with Obstacles:** Hazards such as rocks, branches, or other watercraft can pose risks.
- **Overpacking or Unbalanced Loads:** Carrying too much gear or unevenly distributed weight can affect stability.
- **Fatigue or Dehydration:** Extended paddling without breaks can lead to exhaustion or dehydration.
- **Entrapment:** participants may become trapped by an overturned boat or river obstacles

Overnight Camping - What is Overnight Camping?

Overnight camping involves spending one or more nights outdoors, typically in tents, under tarpaulins, in natural shelters or backcountry huts. Participants immerse themselves in nature while learning essential outdoor living skills such as pitching tents, preparing meals on portable stoves, and managing personal gear. Campsites may range from

established areas with basic facilities(such as backcountry huts) to remote wilderness locations, depending on the nature of the trip.

Key risks associated with Overnight Camping:

- **Exposure to Weather:** Sudden changes in weather, such as rain, wind, or cold temperatures, can pose risks.
- **Cold and Hypothermia:** Poor insulation or inadequate gear can lead to chilling or hypothermia during the night.
- **Cooking:** Campfires or stoves used for cooking can pose risks if not handled carefully.
- **Fatigue or Dehydration:** Carrying gear and performing campsite tasks can be physically demanding.
- **Carbon monoxide poisoning:** from cooking in unventilated spaces

Initiatives and Team Challenges - What are Initiatives and Team Challenges?

Initiatives and team challenges are group-based activities designed to foster teamwork, communication, problem-solving, and leadership skills in a fun and engaging way. These activities often involve participants working together to achieve a common goal, such as completing a physical or mental challenge, solving a puzzle, or navigating an obstacle.

Challenges may include problem-solving games, trust-building exercises, or low-ropes elements, which encourage participants to think creatively, support one another, and develop a stronger sense of connection and collaboration. These activities are adaptable to various group sizes, fitness levels, and settings, making them an inclusive and rewarding experience for all.

Key risks associated with Initiatives and Team Challenges:

- **Slips, Trips, and Falls:** Uneven terrain or physical elements may cause injuries.
- **Overexertion:** Some challenges may involve physical activity that can tire participants.
- **Emotional Stress:** Activities that require trust or teamwork may cause discomfort for some participants.
- **Weather Conditions:** Outdoor challenges may be affected by rain, wind, or extreme temperatures.

Whitewater Kayaking - What is Whitewater Kayaking?

Whitewater kayaking is an adventurous water activity that involves paddling a specialised kayak down rivers with fast-moving water and rapids. Participants navigate through waves, drops, and obstacles such as rocks and currents, using technical paddling skills and control to safely manoeuvre the kayak.

Whitewater kayaking offers a thrilling and immersive experience in nature, requiring focus, resilience, and coordination. Whether tackling gentle grade I rapids or more challenging grade II sections, the activity provides an opportunity to develop paddling techniques, build confidence, and enjoy the excitement of navigating dynamic river environments.

Key risks associated with Whitewater Kayaking:

- **Capsizing:** Participants may tip over in the kayak, leading to sudden immersion in the water.
- **Strong Currents and Rapids:** Swift water and rapids can make navigation challenging and increase the risk of being swept off course.
- **Cold Water and Hypothermia:** Extended exposure to cold water may lead to chilling or hypothermia.
- **Injury from Obstacles:** Rocks, strainers, or submerged debris pose potential hazards.
- **Emotional Stress:** Some participants may feel anxious or overwhelmed in fast-moving water.
- **Entrapment:** participants may become trapped by an overturned boat or river obstacles



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