

Activity information sheets.

All activities are checked by the volunteers at Topstones on a regular basis for safety, and where necessary by appropriate professionals. However, leaders offering activities should always check the equipment before use and any faults should be reported on the evaluation form. If there is a fault that renders the activity or equipment unsafe then the equipment should be marked with some of the red and white tape (found in the Activity Barn) to ensure that it is not used by other users and then reported on the evaluation form.

The notes contained in this document are to give guidance on safe working, and to ensure that participants can get the most from the activity. Leaders should prepare their own risk assessment based on the age and capability of the young people that they are supervising.

Girlguiding Leicestershire cannot supply you with a risk assessment for your activities as we don't know your participants, their abilities, needs or confidence levels. The information provided within this document will enable you to risk assess the activities that you want to do at Topstones and produce a risk assessment that is appropriate for your participants.

Please remember that much of the equipment is outside in all weathers and therefore the condition of the activity equipment may change depending on the weather. Be aware that activities that use wood are likely to have less friction after rain or periods of dampness.

Click on the activities below to navigate to them in this document.

• Adventure Trail • Bee Trail • Bouldering Wall • Bushcraft • Camp Fire Circle • Centenary Scramble Course • Den building Area • Fire lighting equipment and area • Geocaching • Grass Sledges	• Hammocking • Mountain bikes / Bike Track • Mountain boards • Nest Swing • Open Fire Cookery • Pedal Go Karts • Pizza Oven • Scooters • Water Slide • Zip line
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Adventure Trail
Location – this starts at the woods next to the Swallow campsite and finishes at the public footpath, next to the fire lighting area.
What does the activity involve There are a series of physical and problem-solving challenges along the course. Activities will include climbing, balancing and working as an individual or as a team.
Age appropriateness – The Adventure trail offers activities that are highly suitable for those aged 4-10 years and are still appropriate for older age ranges.
Equipment provided – There is no additional equipment required for this activity.
Checks to be undertaken before starting activities • Walk the course and take note of each obstacle and match it to the guidance below. • Check each item on the course is as described, and that it is free from branches, tree debris or mud.
Safety note You will need to ensure that the activities and obstacles are appropriate for the age and ability of your participants. Ensure that you carry out a risk assessment of the activity. It will be your decision as to whether participants over the age of 10 can undertake the activity without supervision. Ensure that your participants wear appropriate shoes, no flip flops, crocs, or sandals. This equipment is regularly inspected by the Topstones team, and by appropriate individuals, however, the activity is open to the elements and located around trees so you must inspect before use.
Activities Obstacle 1 – Tyre scramble – climb across the tyres from one end to the other, putting feet into the rims of the tyres for support. Obstacle 2 – Wobbly plank– cross the plank keeping your balance as it moves from side to side and backwards and forwards. Obstacle 3 – Stepping logs – Step up on to each log and move to the next log. Note – the highest of these logs is 60cm (2 foot) which is quite high for younger participants, please ensure support is offered here. Obstacle 4 – Log and tyre climbing frame – Climb up the log ladder and climb over the top and climb down using the tyres. Obstacle 5 – Somersault pole – can you do a forward roll over the pole. Obstacle 6 – Slack line – climb on to the slack line using the rope to support you and then walk along the line to the rope barrier. Don't pass the rope barrier or stand on the ratchet.
Notes – Some of these obstacles are quite high for under 10's. Please ensure appropriate supervision at all times.

Bee Trail
Location – Starts at the woodshed and leads participants over the whole site.
What does the activity involve Participants will need to follow the clues to find the next bee, with the next set of clues.
Age appropriateness The bee trail offers activities that are highly suitable for those aged 7 – 14 years , younger participants may need more support in solving the clues.
Equipment provided The bees are large and colourful and are located across the whole site.
Checks to be undertaken before starting activities • There is an adult support leaflet for this activity explaining the clues and where the bees can be found, if younger ages need support.
Safety note Please decide whether it is appropriate for your participants to undertake this activity unsupervised.
Activity suggestions The trail will offer the next clue to support the participants, but if help is needed leaders can refer to the adult support sheet.
Notes None needed

Bouldering Wall
Location – Inside the Activity Barn
What does the activity involve Participants use the holds provided to traverse around the bouldering wall; this can be done individually or can be a team activity.
Age appropriateness – The bouldering wall offers activities that are suitable for all ages, younger participants may need more support in moving around the wall.
Equipment provided – Mats provided around the complete perimeter of the bouldering wall. No other equipment required
Checks to be undertaken before starting activities • Ensure mats are lapped closely together to avoid gaps • Ensure holds are free from mud and other debris
Safety note The bouldering wall holds are spaced in two layers, hand holds and foot holds, under no circumstances should participants attempt to put feet onto the hand holds, as this places them too far from the ground for safety.
Activity suggestions To start with get participants familiar with moving on the wall, moving their hands and feet along the wall to progress. As they successfully complete the activity make it harder by missing out certain colours or holds. Competition can be introduced by playing cat and mouse. The mouse needs a tail, this can be a piece of rope, string or a necker tucked in to the mouse's waist. The mouse starts first and moves around the wall they are aiming to get to the end or a certain point before the cat can catch them. The cat sets off after the mouse and must try and catch up with the mouse and remove its tail. The game can be adjusted by changing the delay between the mouse and the cat starting.
Notes • Occasionally a hold may become loose and start to spin when hands or feet are put on it. If this happens, please tighten the holds using the Allen keys next to the stairs in the activity barn. • For less confident participants they can be 'spotted' against the wall, spotting involves standing behind the participant with arms out so that if they fall off the wall you gently support their upper body, so they remain upright. The spotter does not catch them; they are just ensuring that they don't fall backwards but remain upright.

Bushcraft	
Location – Either in the fire lighting area, or in the wooded area by the pizza oven. Equipment is stored in the archery store.	
What does the activity involve Bushcraft is the practice of using traditional skills and knowledge to live sustainably and comfortably in a natural environment. It focuses on thriving in the outdoor environment rather than just surviving, relying on skills such as fire making, shelter building, foraging and tool making.	
Age appropriateness – Bushcraft offers activities that are suitable for all ages, it's recommended that under 10s should not use knives, saws, froes or axes.	
Equipment provided – The county has a large amount of bushcraft equipment stored at Topstones which can be used by suitably trained individuals this includes:	
2 large, raised fire areas with cooking tripods and chains for suspending pots 3 small firepits 4 Kelly kettles Various Dutch ovens and pans Bushcraft knives Bushcraft Froes and Mauls Bushcraft Axes and Saws	Whittling knives Fire steels Other fire lighting equipment Cooking utensils Tarps of various sizes 15 hammocks with carabiners 2 chopping blocks
Checks to be undertaken before starting activities • Check all equipment is as described and fit for purpose • Check the area is safe and if necessary, a suitable exclusion zone has been established when working with sharp tools • All fire lighting is to be in containers off the ground, or on the slabs laid in the fire lighting area.	
Safety notes • Bushcraft equipment may only be used by trained leaders. • Bushcraft axes are for leaders use only; participants should use froes for splitting wood. • If whittling is being carried out then a cut proof glove should be worn on the hand holding the wood, and a thumb guard worn on the knife hand. If not sitting at a table, leg protection should be provided. • After any fire lighting has been concluded, the area should be cleared of ash and unburnt wood, to ensure that there is no risk of a fire restarting accidentally. • Ash should be transported to the ash bin by the woodshed. • Hammocks should be inspected carefully before participants climb into them or sleep in them.	

Activity suggestions

Kelly Kettle challenge

- Using the Kelly Kettles can the team light a fire and bring the Kelly kettle to the boil
- The fire base can then be used to toast marshmallows or cook popcorn in the sieves

Wood preparation

- Froes, knives and saws are available for preparing wood to the right size and making feather sticks.

Hammocking

- Hammocks can be pitched in the run of trees by the pizza oven and The Nook.
- Tree straps must be used for hammocks; no rope is to be tied directly to trees.
- Tarps can be pitched over the hammocks to weatherproof them, tarps must be suspended from a ridge line, not hung over the ridge line.

Shelter building

- Shelters can be erected using tarps from the trees or using tarp poles.
- If fires are to be lit under tarps, then the tarps must be placed sufficiently far away that they can't be affected by the heat or sparks. Great care must be taken in cooking under tarps.

Dutch oven cooking

- Use the Dutch ovens to bake bread, cakes, stews or roasts. Please supply your own charcoal for this.

Notes

Wood for bushcraft can be sourced from around the site or brought to the site pre-prepared.

Tinder for fire steels, such as cotton wool is not provided by Topstones.

Wood from the woodshed may be used for cooking on, but not for burning generally.

Remember Dutch ovens must never be cleaned with washing up liquid as it strips the seasoning off them.

To access the Bushcraft equipment please book this through the County Bushcraft adviser, Dawn Scott – dawnscottguiding@gmail.com to ensure that it is not already in use, and they will provide the relevant codes.

Campfire Circle
Location – At the bottom of the campsite next to the woods
What does the activity involve A space is provided for campfires and campfire activities, including a puppet theatre, fixed bench seating is provided.
Equipment provided – A fire bucket is available in the area Wood for campfires can be sourced from fallen timber around the site, or you can bring logs with you. Please do not try and burn large tree stumps whole, make sure these are split down before the fire. Wood in the woodshed is not to be used for campfires; this is for groups cooking using the altar fires or bushcraft firepits.
Checks to be undertaken before starting activities • Ensure that the fire is only built to a reasonable size. • Don't waste wood • Keep participants at a safe distance from the fire
Safety note After the campfire has been concluded, the area should be cleared of ash and unburnt wood, to ensure that there is no risk of a fire restarting accidentally. Ash should be transported to the ash bin by the woodshed. Seats are for sitting on only, under no circumstances should people stand on the seats.
Activity suggestions Campfire games Campfire songs Puppet shows
Notes On popular weekends you may need to share the campfire area with other groups that are on site

Centenary Scramble course
Location – Entrance is at the edge of the car park, next to the garage
What does the activity involve There are a series of physical and problem-solving challenges along the course. Activities will include climbing, balancing and working as a team.
Age appropriateness – This course is suitable for age 7 plus and ideal for age 10 plus. It may be appropriate for younger participants if you consider it appropriate for your group, however some items are over 2 metres high.
Equipment provided – The scramble requires no additional equipment
Checks to be undertaken before starting activities • Walk the course and take note of each obstacle and match it to the guidance below. • Check each item on the course is as described, and that it is free from branches, tree debris or mud.
Safety note You will need to ensure that the activities and obstacles are appropriate for the age and ability of your participants. Ensure that you carry out a risk assessment of the activity. The Centenary Scramble must always have an adult present. Under 10s must be supervised on each item of equipment. Ensure that your participants wear appropriate shoes, no flip flops, crocs, or sandals. This equipment is regularly inspected by the Topstones team, and by appropriate individuals, however, the activity is open to the elements and situated around trees so you must inspect before use.
Activity suggestions Obstacle 1 – Solid wall Approx 1.5 metres high Participants need to get over the wall as a group; this activity promotes teamwork as participants help others to clamber over the wall. Tyres are available to help the clamber over the wall. Do not stand on the wall. Participants should lower themselves off the wall and drop to the floor, do not jump down. Tyres are provided to help access the wall, do not put the tyres at the back of the wall. Obstacle 2 – Pole balance and Tyre swinging steps. Balance along the pole and then move from tyre to tyre to cross the gap. Obstacle 3 – Log stepping stones Balance on each log to step over to the next log in the activity. To increase the challenge, ask the group to hold a piece of string so that they all must move together rather than individually. To decrease the challenge, have a leader standing by to offer a balancing hand as participants cross.

Obstacle 4 – Scramble net.

Climb up the scramble net (height 2 metres plus) and then over the top, descending the scramble net on the other side.

Obstacle 5 – Wobbly Wooden pole bridge.

Climb up on to the end of the bridge and then step on to each of the suspended poles to work your way to the other side of the bridge.

Obstacle 6 – Zig Zag pole balance.

Balance as you walk along each pole to get to the end.

Obstacle 7 – Rope Cross bridge.

Exit from the balance pole and then climb on to the lower rope, using the higher rope as the hand hold, try to cross the rope from the start to the end.

Obstacle 8 – Long Tyre Tunnel.

Enter at the bottom of the tunnel and work your way through the tunnel to the top.

Obstacle 9 – Rope Bridge.

Climb up the tyres to access the rope bridge and then using the handrails and netting walk across the rope bridge.

Obstacle 10 – Short Tyre Tunnel.

Work your way through the tunnel.

Obstacle 11 – Floor scramble.

Work your way under the scramble net, the height of the net can be raised or lowered to make the activity easier or harder. **Do not climb up the netting.**

Obstacle 12 – Elastic Spiders web.

Can you work your way through the web without getting tangled up?

Obstacle 13 – Over and under bars.

Go under the lower bar, then clamber over the higher bar, and then under the lower bar again.

Obstacle 14 – Tyre stepping track.

Step into each tyre working your way to the end. Don't stand on the tyres.

Obstacle 15 – Climbing ramp.

Using the climbing holds provided, clamber up to the top of the slide frame. If any of the climbing holds are loose, tighten them with the allen keys in the Activity Barn under the stairs.

Obstacle 16 – Slides.

Having accessed by the climbing ramp, slide down the slide to finish the challenge.

The slides are metal slides, be aware that they may be hot in direct sunlight, check the temperature before allowing participants to slide down them.

Notes

The scramble is available to all groups on site, please liaise with other groups if you are planning to use it for any length of time, to ensure everyone can access it if they wish.

Den Building
Location – in the main woods after the Adventure Trail and the public footpath
What does the activity involve Making improvised shelters and dens for hiding in or sitting in
Age appropriateness – this activity is appropriate for all ages, with amendments being made for age and size.
Equipment provided – Tarpaulins, string/rope and poles
Checks to be undertaken before starting activities • Check the area that the dens are to be built to ensure that they will be stable and that there are no branches or nettles to cause harm
Safety note The poles provided are natural wood and therefore there is always a risk of splinters when handling wood. It is essential when building dens that poles are stable and either supported, interlocked or tied to ensure that they can't be knocked out of place, causing other poles to fall on those seated in the den. Poles must not just be rested vertically around a tree trunk.
Activity suggestions There are various safe shelters that can be built including a teepee, a sloping A frame or an A frame. Please see the various suggestions below for ideas of what could be built. A Frame – a tent shaped structure built by placing a central ridge pole on to two upright Y shaped trees or sticks and then leaning poles or debris against it or throwing a tarp over it. Sloping A Frame – leaning the ridge pole against one Y shaped tree and the other end on the floor. Again, lean poles, debris against the ridge pole or lay a tarp over the ridge pole. If using poles to make the shelter, make sure that the poles resting against the ridge pole interlock one side then the other, so that it doesn't collapse on the participants. Tipi shelter – Take three large poles and lash them together with tripod lashing or tie them together. Then spread the legs out of your tripod and add more poles to your teepee, making sure that they link into the poles at the top, so they won't fall down. A large groundsheet can be wrapped around the tipi to make it waterproof. How waterproof is your shelter, can it withstand water being dripped onto the shelter?
Notes Before participants enter their structure, an adult should test the rigidity and safety of the structure to ensure that poles can't fall on participants.

Fire lighting
Location – At the bottom of the woods after the Adventure trail and before the den building area
What does the activity involve Lighting small fires
Age appropriateness – Fire lighting is suitable for 7+ age groups. Younger ages could light candles with matches to get them used to the ideas of flames.
Equipment provided – 4 small brick fireplaces are provided for lighting small fires on Fire strikers are stored in the Activity Barn on the top floor Fire buckets can be obtained from the woodshed You will need to provide your own cotton wool, or other tinder. If you are not using fire strikers, then you will need to supply your own matches.
Checks to be undertaken before starting activities • Ensure all undergrowth is cleared away and fires can't spread to the woodland floor
Safety note • All long hair to be tied back • Neckers to be tucked in or removed • Fire buckets full of water to be available at all times. • Fires in this area must be kept small and compact, do not burn large pieces of wood
Activity suggestions • How many matches do you need to light a fire? • Can you light a fire without matches using the fire strikers? • Can you light different types of fires, Teepee, Box, Star?
Notes • If collecting wood from this area to use on this activity, please be aware that there is a large amount of sycamore on the floor which burns very poorly, it would be better to source wood from other areas of the site or bring in kindling wood. • After the fire lighting has been concluded, the area should be cleared of ash and unburnt wood, to ensure that there is no risk of a fire restarting accidentally. • Ash should be transported to the Ash Bin by the campfire circle. • An ash bucket and shovel is available at the campfire circle

Geocaching
Location – Covers the whole site. Activity equipment is stored in the Activity Barn cupboard
What does the activity involve Participants need to follow the GPS devices to find the clues around the site. There are two levels of trails available.
Age appropriateness – The easier trail is suitable for 7-12 year olds, with the harder trail being more appropriate for older participants.
Equipment provided – 2 handheld GPS devices are available. The easy route is pre-programmed into the devices The hard route will need to be entered into the devices by the participants
Checks to be undertaken before starting activities • Check that the devices are working, these take standard AA batteries.
Safety note Participants should undertake this activity in groups The caches will be hidden but will never be in dangerous places, that require climbing or crawling under anything.
Activity suggestions Allow participants to follow the trail in small groups. Make sure you stagger their start times so that they don't just follow each other. The instructions with the devices will explain how older participants need to put in the locations of the caches so that they can find them.
Notes Spare batteries are AA sized

Grass Sledges
Location – Stored in the Activity barn by the roller shutter doors Activity takes place on the hill, sledging from the top, down towards the activity barn.
What does the activity involve – Participants sit on the grass sledge and travel down the hill, handles are provided to steer and brake.
Age appropriateness – This activity is suitable for all ages; very small children may not gain much momentum and may need a bit of a push to help them descend the hill.
Equipment provided – 6 grass sledges are provided. These must only be dragged on grass. They must be carried over concrete or gravel to avoid damage to the runners.
Checks to be undertaken before starting activities • Check the area to be used to ensure that there are no rocks or tent pegs in the ground which could cause injury. • Visually check the grass sledges
Safety note • Only one rider per sledge • Hands must be kept inside the sledge • Helmets must be worn • Younger participants may need help in taking the sledges back to the top of the hill. • Supervision must take place at all times.
Activity suggestions This can be done individually or in groups with racing taking place. Cones can be put out to create a start and finish line. Please return the cones to the activity barn after the activity.
Notes

Hammocks
Location – In the pine trees at the back of the Nook
What does the activity involve – putting up a hammock and sleeping in the hammock overnight.
Age appropriateness – This activity is only suitable for those over the age of 10
Equipment provided – There are 15 hammocks available to use in the Bushcraft store. Hammock straps and carabiners are provided. If wet weather is forecast, it is suggested that tarps are rigged over the hammocks. 15 tarps are available for this purpose.
Checks to be undertaken before starting activities • Check that the trees being used are healthy and of a suitable diameter for taking the weight of the sleeper. • Check that there are no branches at eye height which participants might walk into when getting in or out of the hammocks
Safety note Ensure that there is a safe route to the toilets during the night and that participants know how to find their leaders if they need help. Hammocks must be attached to trees using straps or slings, not rope to avoid damage to the trees. If tarps are used to cover hammocks these should be suspended from a top line, not hung over the top line. Tarps are provided with top lines. Every hammock must be inspected by an adult before a participant climbs into the hammock.
Activity suggestions Ensure that each hammock is pitched at the right height for the sleeper, so that they can enter and exit without assistance, and that they don't get too low to the ground.
Notes Hammocks have considerable air flow underneath them, so it is important to ensure that insulation is placed under the body. A foam camping mat, or self-inflating mat should be placed under the sleeping bag inside the hammock to keep the sleeper warm. Those trained to use bushcraft and hammocking equipment can book it through the County Bushcraft adviser, Dawn Scott – dawnscottguiding@gmail.com to ensure that it is not already in use, and they will provide the relevant codes to be able to access it.

Mountain Bikes – Bike Track
Location – Bikes are stored in the Activity Barn The bike track starts towards the main gate up past the pond.
What does the activity involve – Ride our bike trail and test out your bike handling skills.
Age appropriateness – Bikes are provided for a variety of sized individuals and therefore most ages can be catered for.
Equipment provided – A variety of sized bikes are provided. Helmets are provided.
Checks to be undertaken before starting activities • Check that the bike is adjusted correctly for the size of the rider • Check the course for any unexpected obstacles, such as fallen branches
Safety note • Helmets must be worn • Riders must not crash into other bikes
Activity suggestions • Set up time trials for the course and see who can complete in the fastest time. • Set up a manoeuvring course using cones rewarding accuracy over speed. Cones are available in the activity barn
Notes Leaders are responsible for ensuring that the bikes are ridden in a safe and appropriate manner.

Mountain Boards
Location – stored in the Activity barn Activity takes place on the hill to the left of the activity barn
What does the activity involve Ride your board down the hill, staying upright and seeing how far you can go.
Age appropriateness – This activity is suitable for all ages and a variety of sizes of helmets are provided.
Equipment provided – There are 6 mountain boards, and helmets are provided. Elbow and knee pads are also available.
Checks to be undertaken before starting activities • Check the area to be used to ensure that there are no rocks or tent pegs in the ground which could cause injury. • Visually check the mountain boards before use.
Safety note • Helmets, knee and elbow pads should be worn for this activity.
Activity suggestions For many participants the challenge may simply be staying on the board. If participants are falling off too much, start lower down the hill. As skills develop, races can be set up using cones as start and finish markers You could set a competition to see who can travel the furthest distance on their board.
Notes Leaders are responsible for ensuring that the boards are ridden in a safe and appropriate manner.

Nest Swing
Location – Between the Swallow and Swift Wet Weather shelters, next to the Zip Line.
What does the activity involve This is a large swing in which the participant is cradled within the nest. Momentum is provided by someone pushing the swing.
Age appropriateness – This activity is appropriate for all ages
Equipment provided – No further equipment is needed.
Checks to be undertaken before starting activities • Check that the equipment is in good order before using it.
Safety note • More than one person may use the nest swing at once, but all users must be able to keep their hands and arms inside the swing. • Only one person should push the swing. • All participants must sit in the nest, not stand on it or hang from it • Feet must be lifted from the floor to avoid footwear being caught in the plastic ground protector • Maximum weight is 100 kg Participants under the age of 7 must be supervised on the nest swing
Activity suggestions – making this activity inclusive Some participants may need additional support in climbing into the swing, whilst others may need an adult to hold the swing steady whilst they climb in.
Notes The nest swing is a heavy piece of equipment, it is important that other participants stand clear whilst it is in use, to avoid risk of injury.

Open Fire Cooking
Location – various altar fires are available on the site
What does the activity involve Cooking meals over wood fires, or the embers that are produced.
Age appropriateness – This activity is appropriate for age 7+
Equipment provided – There are various altar fires, including those in the Swift and Swallow Campsites, others are located outside of the individual campsite areas. Cooking pans, dixies, frying pans and kettles etc. These are stored in the container and can be requested when booking the site. Fire buckets are available in the woodshed
Checks to be undertaken before starting activities • Check that the firepit has no holes in it which could allow the fire to escape. • In particularly dry weather, ensure the area around the fire is dampened down.
Safety note Any pans will become hot when on the fire, only remove these from the fire with fire gloves or oven gloves.
Activity suggestions What you cook over your fire is only limited by your imagination. From marshmallows, to dampers, on to stews and casseroles. How about sausages fried over an open fire, or your evening meal cooked on wood? Patrols can cook on different fire pits where appropriate.
Notes Some wood for cooking fires may be available in the woodshed, however the supply of wood can't be guaranteed and if you are coming late in the season, it may have been used up. Some wood may be sourced from around the site, but you may wish to bring in some commercially sourced wood. All pans must be cleaned and returned in good condition ready for the next user.

Pedal Go Karts
Location – stored within the activity barn
What does the activity involve Pedalling go karts around the tarmac area in front of the chalet and Activity Barn and undertaking various challenges.
Age appropriateness – This activity is appropriate for all ages, provided that participants can reach the pedals.
Equipment provided – 6 Go Karts Various sized helmets Tyres for setting out a course
Checks to be undertaken before starting activities • Check that each pedal go kart is serviceable by checking that the steering works and the brake handle is effective. • Adjust the go kart to the size of the user by lifting the seat out and moving it further forwards or backwards.
Safety notes • The pedal go karts must only be used on the tarmac area • A safe distance must be maintained between each go kart
Activity suggestions Set out a course using the tyres and allow participants to drive around the course. Set up a team challenge with points deducted for hitting tyres. Try a reversing challenge with the driver being guided by someone else to reverse into a narrow gap. Set out a time trial but see the note below about excessive speed and braking.
Notes Excessive braking should not be undertaken. Under no circumstances should participants pedal as fast as possible and then apply the brake fully. This will have the effect of: • Applying excess force to the brake handle, which can damage it • Stripping the tyre to which the brake is applied • Stopping the go kart abruptly risking injury to the participant by them hitting the steering wheel. Participants should be encouraged to bring the go kart to a gradual halt.

Pizza Oven
Location – Inside the woodland by the Nook.
What does the activity involve Lighting a fire within the Pizza Oven and then cooking Pizzas.
Age appropriateness – This activity is appropriate for all ages
Equipment provided – Pizza Oven, Fire bucket, Ash shovel, Pizza paddles for loading the pizzas into the oven
Checks to be undertaken before starting activities • Check that the Pizza oven is clear of animals, or debris as it is situated in natural woodland.
Safety note Ensure that a filled fire bucket is on hand Do not leave the Pizza paddle in the oven as it will become very hot and will stop the bottom of the pizza cooking
Activity suggestions The fire must be lit in the top part of the oven, once it is well established and burning well it can be moved to the back of the oven, it should continue to draw and burn. This will heat the oven space and enable cooking to take place. The fire will need to burn for a reasonable time to heat the oven to the correct temperature. Check with a small piece of dough first before loading full pizzas into the oven.
Notes This oven will have been used by other groups. Due to the nature of the oven, it is not possible to sanitise it fully, and therefore Topstones cannot ensure that any allergens have been removed. If cooking gluten free pizzas please cook these first.

Scooters
Location – there are 4 scooters within the activity barn
What does the activity involve The scooters should be used on the tarmac area outside the Chalet
Age appropriateness – This activity is appropriate for all ages; the small scooters should only be used by smaller participants.
Equipment provided – 4 scooters are available. Tyres and cones are available for setting out a course. Helmets are available, as are knee and elbow pads.
Checks to be undertaken before starting activities • Check that the tarmac area is clear of any stones or obstructions. • Visually check the scooters to ensure that they are in good working order.
Safety note Ensure riders have sufficient space and do not bump into one another.
Activity suggestions Set out a course with tyres or cones. Scooters can be used at the same time as the bikes on the tarmac, if a participant can't ride a bike. Scooters with inflatable tyres can be used on the bike track.
Notes

Water Slide
Location – stored in the games shed
What does the activity involve Sliding down a hill on the plastic sheet which has been wet.
Age appropriateness – This activity is appropriate for all ages
Equipment provided – Water slide Buckets are available from woodshed
Checks to be undertaken before starting activities • Check the area where the water slide is to be placed to make sure that there are no rocks, branches, roots or old tent pegs which might damage the slide or injure participants
Safety note Do not place the slide on too steep a slope, a gentle slope is better. Wet the slide before use by applying several buckets of water from the top to the bottom Re-wet the slide as necessary throughout the activity as the water will be absorbed into the participants clothing. Participants should only slide down whilst seated, not whilst standing
Activity suggestions The activity must only have one participant at a time sliding down, ensure that the bottom is clear before new participants start sliding.
Notes A squirt of washing up liquid can make the slide faster as the water covers the slide more evenly.

Zip line
Location – Between the Swallow and Swift Wet Weather shelters
What does the activity involve Descending the zip line whilst seated on the pommel.
Age appropriateness – This activity is appropriate for all ages but may depend on a participant's height and weight.
Equipment provided – The zip line equipment is all installed, there is no need for any other equipment. Helmets do not need to be worn.
Checks to be undertaken before starting activities • Check that the zipline moves smoothly up and down the wire and can run into the tyre brake at the end of the run.
Safety note • Only one person is to use the zip line at any one time. • All participants must sit on the pommel seat, not stand on it or hang from it. • Feet must be lifted from the floor to avoid footwear being caught in the plastic ground protector. • Take care after rain as the wooden starting block may be slippery • Maximum weight is 100 kg. • Participants under the age of 10 must be supervised on the zip line.
Activity suggestions – making this activity inclusive • Some participants may need help climbing up on to the wooden starting block, and may need an adult to help them mount the pommel seat • With very young participants ensure that they are supported on the wooden starting block so that they can't accidentally step off the block
Notes When the seat assembly hits the braking tyre, the momentum will force the participant forwards and force them higher into the air. It is suggested that an adult or older participant should demonstrate first if participants have not used a zip line before.