

RAFT BUILDING

Version: 1	Approved by: Russ Jacobi
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OBJECTIVES

1. Development of practical design and build skills
2. Fostering the theory of actions have real consequences
3. Team development through communication, shared experience and fun

INSTRUCTORS MUST

1. Have a first aid kit (this can be left at the kayak shed)
2. Ensure everyone on the water is wearing a correctly fitted PFD & Helmet
3. When participants are on the water instructor is also in a kayak on the water

TIME

1.5-2 hours

INSTRUCTOR REQUIREMENTS

1. Signed of in raft building

CLIENTS REQUIREMENTS

1. Follow instruction given by YMCA staff
2. Dressed for the conditions (sun smart during summer conditions)
3. Closed toed shoes

LOCATION

Kaitoke lake (will often be moved to the slide lake if multiple water based activities are rostered at the same time)

WEATHER

Activity should not be run during thunderstorms. (Halt immediately if thunder is heard)

Ensure participants wear adequate clothing & paddle jackets in cold conditions. (Cancellation will be considered during extreme cold).

REQUIRED EQUIPMENT

Instructor needs to carry the following equipment

- 1st aid kit
- Cell phone

Activity equipment

- Poles
- Barrels
- Paddles
- PFDs
- Helmets

PRE ACTIVITY CHECKS

- All activity equipment need to be ready before the activity starts
- Other activities could run simultaneously on or around the lake, this could include; Kayaking, create a plan of action with other instructors.

BRIEF

The brief is an opportunity to set the scene of the activity, set the challenge and set safety guidelines

- Give students a challenge to complete through the session
- Teach effective knots, buoyancy and planning strategies
- Safety equipment brief (BA & helmet)

SET THE CHALLENGE

There are two main ways to set this up:

1. Set all the equipment out together. This intro takes less set up time and is recommended for younger participants who need less knot tying teaching.
2. Scatter the equipment around the lake and introduce the activity as if they are “stranded on an island”. This requires more set up time but is a more effective intro.

When all equipment has been collected, frontload a desired outcome “your whole team needs to get across to the other side of the lake”.

MAIN CONTENT

This is split into four main parts:

1. **Teach:** clove hitch & lashing with half hitch tie off is the most effective way to construct a raft. You can also talk about how buoyancy works.
2. **Plan:** dedicate time for the participants to plan out what they are going to create. Give 5-10 mins then ask them to describe it, how it will work etc. (they are not to start building until this has been done).
3. **Build:** this will be the bulk of the session where participants build and test their raft. Give a timeframe. After initial timeframe is up frontload that there will be a “shake test” before they are allowed on the water. They can then spend 5 mins to strengthen any weak points of their construction.
4. **Raft!** Participants try to complete their challenge. A full safety equipment test must be completed before any raft hits the water.

DEBRIEFING

Debriefing is important part of the activity at YMCA Camp Kaitoke, raft building lends itself very well to almost any de brief topic. Some options of discussions are below

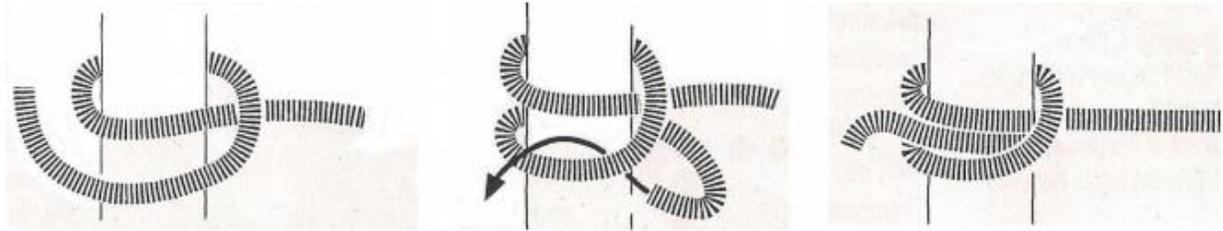
1. One thing that they have learnt that helped them the most
2. What did they enjoy most about the activity
3. What bit of advice would they give to someone about to start the activity

FINISHING

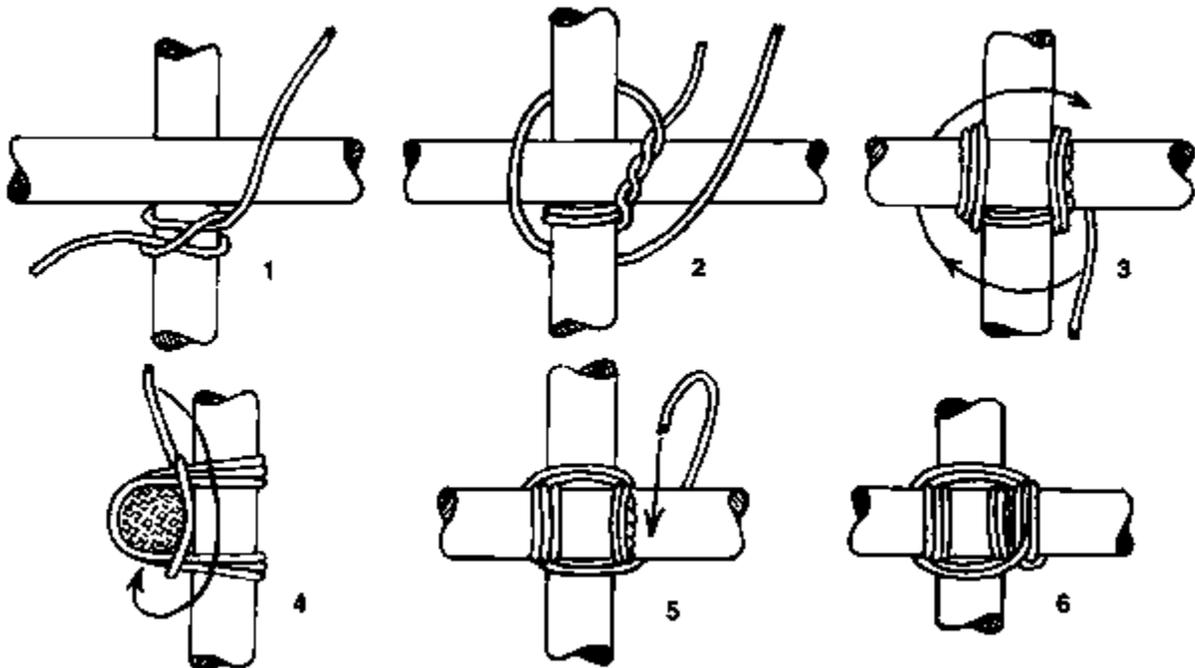
1. All equipment needs to be returned to the storeroom
2. Fill in and incident report forms

APPENDIX ONE: KNOT TYING

How to tie a Clove hitch



How to lash two poles together



Document History and Version Control			
Version	Date Approved	Approved by	Description
1	2 June 2017	Russ Jacobi	New format New history and version table Added: Appendix one Knot tying