



GET ADVENTUROUS



30 MINUTES



PREPARATION NEEDED

ASSAULT COURSE



▶▶ GETTING INTO THE ACTIVITY

Set up a gruelling assault course to put the group's agility, strength, and determination to the test.

Identify a space (ideally a forest / woodland) and equipment and set up an assault course. Complete as a timed race or a team exercise.

Cargo Net Crawl: Crawl under a cargo net which has been pegged tightly to the ground. Make this more challenging by placing the net in a damp or muddy area.

Cargo Net Climb: Use a cargo net to climb over a low branch, fallen tree or ditch.

Balance Beam: Use a plank of wood or fallen tree/log as a balance beam. This could be positioned over a large puddle or stream to increase the difficulty.

Spider's Web: Tie a spider's web of rope between two tree trunks and try to climb through the rope without touching it. If a rope is touched the person should be given a time penalty or made to start the obstacle again.

Low Rope Balance: Tightly tie two parallel ropes between tree trunks, one about a foot off the ground and the other about 5 feet of the ground. Walk on the bottom rope and use the top rope to hold onto and balance.

This activity is part of the **Go Wild Challenge**, encouraging young people to get outdoors and adventurous. Check out all the challenges and how to achieve Bronze, Silver and Gold awards by heading to <https://boys-brigade.org.uk/go-wild>



WHAT YOU'LL NEED

- Assault Course Obstacles (Rope, nets, logs, trees, puddles etc)



KEEPING EVERYONE SAFE

- Please maintain social distancing as required.
- All activity should be supervised by a leader and each challenge should be risk assessed to ensure the equipment and situation is safe.
- Give young people a safety briefing before using the obstacles.