



# Forest Adventures Teacher Guide

**Forest Adventures is a high-ropes adventure course set among the treetops near Busselton.**

With 77 activities spread over 6 courses of varying height and difficulty, students of all ages (from 7 years old) and abilities can enjoy a fun, safe and rewarding experience.

We offer archery and a suite of hands-on team-building activities so you can make a day of it!

**Location: 21 Ludlow Park Rd, Ludlow WA 6280**

**[CAPESFOUNDATION.ORG.AU](https://www.capesfoundation.org.au)**





# Group activities

## High Ropes

2.5 hours | Ages 7+

Advance initiative, problem-solving and communication skills with the high rope adventure course among the beautiful Tuart and pine trees of the Ludlow Tuart Forest.

77 activities of varying height and difficulty are designed to individually challenge, build confidence, and provide a high sense of achievement for participants – together with a lot of fun, thrills, and adrenaline!

The courses are paced, starting off at just 3 metres and working right up to 19 metres above the forest floor. Aerial activities increase in difficulty, getting wobblier, longer, and more challenging as the student progresses.

A buddy system can help develop relationships, build confidence, and improve communication. Students are supported by trained instructors, ensuring a fun, safe and rewarding experience.

## Team Challenge Course

45 minutes | Ages 7+ | Add-on to High Ropes

Designed to teach students the fundamental skills of working together to achieve a common goal, our team-building sessions include a variety of activities tailored to each group.

Students are required to work in small groups, delegating roles and responsibilities while using their communication and problem-solving skills. The activities present students with tasks and obstacles that require them to work collectively to successfully complete the tasks and reach their goal.

## Archery

45 minutes | Ages 10+ | Add-on to High Ropes

The 15-lane archery range is designed to develop concentration, patience and perseverance. The instructors teach techniques to improve accuracy and distance with a recurve bow.

As students' confidence and skills develop, more challenging activities are added. Students of all ages (from 10 years) and abilities are supported by trained instructors.





# Plan your visit

## Our Courses

### Age & Height Requirements Per Course:

#### 1. Beginner - Yellow

7 + years | 110cm + tall

#### 2. Intermediate - Light Green

7 + years | 110cm + tall

#### 3. Experienced - Light Blue

7 + years | 120cm + tall

#### 4a. Low Zipline Course - Dark Green

7 + years | 110cm + tall

#### 4b. High Zipline Course - Dark Blue

9 + years | 120cm + tall

#### 5. Advanced Course - Red

9 + years | 130cm + tall

#### 6. Adrenaline Course - Black

11 + years | 140cm + tall

Weight limit: 120kg

## Supervision Requirements

- **Climbers aged 7 and 8:** One climbing adult is required for every two students. Adults will need to assist participants during certain elements of the course.
- **Climbers aged 9 to 16:** One supervising adult is required for every sixteen students; however, active participation is not mandatory.
- Students with support needs: 1:1 support from a school-provided caregiver.
- Extra supervisors can be arranged at an additional cost.





## Run of Activities

Here is an example of what to expect on the day of your visit.



### Welcome & Check-In

- Upon arrival, our friendly staff will greet your group and confirm:
  - The exact number of participants
  - Nominated supervisors
  - Any medical conditions or support needs
- For safety reasons, buses must use the designated car park. Students should not be dropped off or picked up on the roadside.

### Harness Fitting & Safety Briefing

- All participants will be fitted with a harness and helmet by our trained staff.
- Large groups may be split into smaller teams to ensure smooth equipment fitting and briefing.
- Our staff will guide participants and supervisors through a comprehensive safety briefing, including:
  - Safety rules
  - Equipment usage
  - A demonstration on our practice course
- Each participant must complete the practice course and show they understand the safety procedures to proceed to the higher courses.

### High Ropes Session (2.5 hours)

- Each high ropes session runs for approximately 2.5 hours, including fitting and briefing.
- For larger groups, please allow for some flexibility. If additional time may be needed, we recommend discussing this with our team during booking.

### Breaks & Hydration

- After each course, students return to ground level, an ideal time for a quick water break.
- Please note that we do not have drinking water to refill water bottles, please ensure you bring adequate additional water for your students.
- If you'd like to schedule a lunch or morning/afternoon tea break, please let our staff know during booking so we can include it in your itinerary.

### Equipment Return

- At the end of the session, students will return their safety gear to the fitting area, where our staff will be on hand should they require assistance.





# Park rules

**For everyone's safety and enjoyment, please follow these rules while in the park.**

## **Safety on the course**

- Always listen carefully to your safety briefing and follow staff instructions. Everyone must complete the practice course before progressing to other activities.
- Remain connected to the safety line whenever you are on a course.
- Only two people per platform and one person per activity element.
- On zip lines, keep your hands away from the pulley and never intentionally hang upside down.

## **Equipment requirements**

- Harnesses and helmets must be fitted, checked by staff, and worn correctly at all times.
- Equipment must be returned to the harnessing station if you leave the course area.
- Do not carry loose items in your pockets or hands (phones, food, etc.).

## **Clothing and personal items**

- Wear comfortable, weather-appropriate clothing suitable for physical activity.
- Closed-in shoes are required (sandals and Crocs are not permitted)
- Tie back long hair.
- Remove all jewellery before participating.

## **Supervision and behaviour**

- Follow staff directions at all times.
- Supervising adults must actively oversee their group.
- Alcohol, drugs and smoking are not permitted in the park.

## **Environment and facilities**

- Stay on marked paths to protect plants and wildlife and stay safe.
- Dispose of rubbish in bins provided.
- Bring your own food and water. Drinking water is not available on-site.





# Terms and conditions

## Booking & Payment

- No deposit is required for school bookings. Final numbers are required by 5pm the day before your booking and your invoice will be emailed directly to the booking organiser.
- Please notify us as early as possible if your group numbers change. This helps us prepare equipment, staff and safety briefings in advance.

## Changes in Group Size

- We understand that unforeseen absences may occur so please advise us as soon as possible so that we can adjust our staffing accordingly.
- Any additions to your booking should be advised as soon as possible and will depend on availability.

## Rescheduling & Cancellations

- Cancellations can be made up to five days prior with no charge.
- Bookings can be rescheduled by school / group with a minimum of 48hrs notice.

## Safety & Supervision

- Schools are responsible for providing the required number of supervising adults (see supervision guidelines). If you cannot meet this requirement, please let us know in advance so we can discuss options.
- Supervising adults must actively oversee their group to ensure rules are followed.
- Students with special needs must be supported by a one-on-one caregiver supplied by the school.

## Weather Policy

- Forest Adventures operates in most weather conditions, including light rain. Students should come prepared with suitable clothing.
- If extreme conditions such as strong winds or lightning are forecast, our team will contact you to discuss options.
- If Forest Adventures determines that conditions are unsafe, you will be offered a rescheduled or if no suitable dates are available there will be no charge.
- If you wish to cancel due to forecast weather but conditions are deemed safe, our standard cancellation policy will apply and you may be charged for your booking.

## General Conditions

- All participants must comply with Forest Adventures' park rules and safety instructions.
- Failure to follow safety rules may result in participants being asked to leave the course without a refund.
- Alcohol, drugs and smoking are strictly prohibited on site.
- Forest Adventures reserves the right to update or amend these terms at any time.

