

## **NOCTURNAL ADVENTURE TRAIL**



### **Basic Information & Instructions**

1. 21 metal plates, finished in red and white reflective paint, have been attached to trees in an area of the forest.
2. These plates are located approximately 2.5metres from the ground.
3. Each plate has a number and a letter printed on it.
4. The number represents the order in which the trail goes, and the letters will spell a message.
5. Starting from the 'Night Course' sign (which is No.1) the participants shine torches at trees, until the No.2 reflective number is seen.
6. Participants walk to tree with plate on it and record letter.
7. Participants shine torch at trees to find No. 3, and so on.
8. Participants continue until trail and message is complete.

### **Equipment**

1. Good torch, pen or pencil, small note pad.
2. Strong boots, long pants, long sleeved shirt.
3. A buddy

### **Aim**

1. To be able to move safely through the bush at night by torchlight.
2. To be able to find the safest route, not necessarily the shortest.
3. To have fun while learning navigational skills at night.
4. To enjoy our native bush at night.
5. To develop self esteem and self confidence.
6. To learn to work harmoniously with other participants.

### **Safety Procedures**

1. Discourage running through the bush and encourage participation.
2. Use protective footwear appropriate for the bush– NO thongs or sandals.
3. Use a Buddy system for participants.
4. Leaders to have a spare light source.
5. Signal system for group recall eg. whistle, special light.
6. Leaders check by day for hazards eg. head high branches, holes in ground
7. Leaders should have first aid available and have 1<sup>st</sup> Aid experience.
8. It is recommended to have a ratio of 1 adult to 10 children.

### **Leader Responsibility**

1. Leaders must have experience in leading night walks.
2. Leaders to ensure that all participants are fit and capable of hilly walks.
3. Leaders to ensure that the weather conditions are appropriate for a night walk.
4. Leaders to do a head count during and at the end of the walk.
5. Leaders to instruct participants in procedures when they become lost.
6. Record any injuries from the walk on the Register and inform the Ranger.