Camp Rumbug Activity Descriptions

Aeroball
A cross between trampolining, basketball and volleyball - it's an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball in the opposing player's net. As well as being lots of fun, your students will develop team tactics and improve communication skills along the way.

Archery
Our qualified archery instructors teach basic archery skills - students will need accuracy, control and a steady hand. The instructors encourage students to develop their technique and show awareness of all safety measures.

Bushcraft
Learn basic survival skills in an on-site wilderness environment, building a shelter, water filtration, knot craft and signalling are some of the many skills developed by the group. Key responsibilities will be identified and shared by the team who will work together to get the most from the 'wilderness' experience.

Canoeing
Experience one of our most popular activities and take to the water in a canoe. Challenging and fun, students learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

Catapult
Equip with set length logs, ropes and building instructions groups are tasked with building a medieval style Catapult to fire at self-constructed targets.

Flying Fox
Travelling at high speed suspended and harnessed from an overhead cable isn't something forgotten easily! Determination, courage and exceeding limitations are qualities often observed.

Giant Swing
The ultimate test of nerve and decision-making! A member of the group is harnessed into the Giant Swing and then hauled up to 10 metres into the air by the rest of the group. When the instructor and the person in the swing both agree, the instructor releases the ripcord and the person swings towards the ground at high speed. The question is...how high will you go?

Initiative Exercises
Students participate individually and as part of a team to complete a number of mental challenges, some of which may also require some physical ability to complete. Planning, making decisions and communicating with each other are all skills required in order to accomplish a set task.

Jacob's Ladder
It's an exercise in teamwork and friendly cooperation. Your groups objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders – it's all about working together to achieve a joint purpose. The activity promotes friendship, communication, discussion, leadership and decision making as each team progress to the top.

Leap of Faith
This individual challenge requires determination and courage to climb a six-metre pole. Each student can succeed within their own parameters – even if they don't make the final dive for the trapeze.

Low Ropes
Less than a metre off the ground, this activity promotes teamwork and communication. Students negotiate a series of obstacles and challenges which are not as easy or as straightforward as they appear!

Mud Run
The GABC Rumbug Mud run is legendary – it's a well-loved and popular activity with plenty of opportunities for everyone to get involved; it can even get quite competitive sometimes! As your students negotiate the various obstacles that lie ahead, it's an experience that will promote teamwork, lateral thinking, problem solving and decision-making – as well as being physically challenging too.

Orienteering
Students are introduced to practical map reading by working in small groups on a number of courses. They develop map reading skills by locating control points within the boundary of the centre. Decision-making, symbol recognition and judgment of distance traveled are all required.

Raft Building
Build it well or you are likely to get wet! Promoting teamwork, planning and communication skills, students work together to build a raft from different components that will float and which they can steer.

Sensory Trail
In this fun and exciting challenge, participants work together to complete the trail and the specific games designed to help them understand the importance of each of the 5 senses.

Team Challenge
A variety of fun adventure activities with physical challenges which require cooperation and participation from everybody in order to complete.

Tree Climb
Students will immerse themselves in the temperate rainforest environment of Camp Rumbug, climbing into the canopy of the tall Mountain Ash trees that grow there. Our instructors will help the group recognise and control risks, teaching the basic skills and techniques needed to climb high into the tree tops!