



Burn Walk



About the activity

Groups explore a nearby burn, waterfall and a dam and learn about the impact of erosion, water filtration and the flora and fauna of the burn environment. On their way along the burn, groups participate in a number of activities designed to encourage communication, teamwork and leadership. The session ends with a review of what has been learnt and what the group will take back home with them from the experience.

Activity aims

The aim of this activity is to:

- Introduce the skill of low level scrambling and the necessary equipment.
- Allow each participant to experience scrambling and working together to achieve a common goal.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve the team goals.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Improve the quality and consistency of their communication and how to communicate effectively.
- Support others to achieve together.
- Take ownership of leadership and appropriate techniques to keep the whole group safe.
- Take the initiative in evaluating their performance and that of the group.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated an appropriate technique to ascend safely under supervision.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Increased trust in their peers throughout the activity and recognised achievements together.
- Increased knowledge of the habitat and related wildlife, flora and fauna.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety	e.g. hazard, personal protective equipment, risk assessment, spotting.
Words relevant to equipment	e.g. first aid kit, confidence rope.
Words relevant to the activity	e.g. algae, moss, sorrel, spotting, support, trust, communication.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.