



# 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.
- An understanding of associated hazards, be able to assess risks and understand 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.