



Noorla Yo-Long - Blue Light Outdoor Adventure

Gawler Blue Light Leadership Development Program

Program Design: S/Constable Des NOLL, Program Manager

Venue: Noorla Yo-Long

Building Personal Responsibility through Physical Activities

Program Objectives

Building Self Confidence.
Developing positive relationships with Police.
Develop cooperation and communication skills through participation in team development. "Getting along"

Program Strategy

To provide participants with information and/or knowledge of crime awareness.
Develop skill enhancement opportunities designed to develop and build self confidence within young people.
Promote personnel development of individuals to make positive choices.

Program Staff-Instructors

Trained Instructors possess good interpersonal coaching/development skills as well as outdoor technical skills of activities conducted.

Program Evaluation

Best practice evaluation methodologies are designed and capable of accurately assessing the extent to which programs stated aims are achieved.
Are systematically conducted at relevant stages throughout the program to access both the short and long term outcomes for the participant.

NOORLA YO-LONG

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Building Personnel Responsibility through Physical Activities

Tuesday 18th of September, 2007

Time	Activity
9.00am – 9.05am	Arrive at Noorla Yo-Long
9.05am – 9.15am	Introduction & Welcome Introduction & Welcome by Program Manager – S/Const. Des NOLL. <ul style="list-style-type: none"> • Safety Management for Noorla Yo-Long • Self Introduction of participants and their goals for the program
9.15am – 9.40am	What is the program about? “Building Personnel Responsibility through Physical Activities” <ul style="list-style-type: none"> • Team development building blocks • Team attitudes that bring personal change What is attitude? How does it work? • Learning reflection
9.40 – 10.15am	Team Building Activities: Planet Walk – Cob Web Participants experiencing and demonstrating team building skills. What does it take to be part of a team?
10.15am – 10.30am	Break
10.30am – 11.10am	Communication Skill Development: Maze Activity Participants experience and demonstrate effective communication skills with each other. Building confidence with communication
11.10am – 12.00	Team Building Development & Responsibilities: Muese – Tree Link – Balance Board – Low Tension Traverse – Slack Cable – Electric Fence Participants experiencing and demonstrating team work responsibilities. Understanding what skills they bring to the team.
12.00 – 12.40pm	Lunch
12.40pm – 3.30pm	High Ropes Challenge Course Program Participants engage in high ropes activities and experience the benefits of making positive choices <ul style="list-style-type: none"> • Breaking out of your comfort zone – Creating change process. • Safety management instruction • Equipment instruction and checks • Belaying instruction and practice
3.30pm	Learning Reflection <ul style="list-style-type: none"> • What’s different about me? • How will the difference work for me? The reflection process may take many varied forms but is focused on learning outcomes. Giving the participant the freedom to explore what they may have learnt, and how they may use the learning.

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Wednesday 19th of September, 2007

9.00am	Arrive at Noorla Yo-Long
9.00am – 9.10am	Daily Briefing
9.10am – 12.00	Abseiling Program Participants will engage in abseiling activities of various heights <ul style="list-style-type: none">• Abseiling safety management• Equipment instruction and checks• Belay instructions and checks Learning Outcomes: <ul style="list-style-type: none">• Getting out of your comfort zone• Managing yourself in difficult situations
12.00 – 12.40pm	Lunch
12.40pm – 1.15pm	Anger Management – The Danger of Anger Techniques to interrupt the anger cycle
1.15pm – 3.00pm	Team Building Development: Respecting the Rights of Others Various ground level activities <ul style="list-style-type: none">• Self Awareness and Self Control• Appreciating differences The methodology for delivery of these skills will be using ground level activities and reflection of current behaviour patters.
3.00pm – 3.30pm	Program Completion Learning Reflection <ul style="list-style-type: none">• What learning has been created?• How will the learning impact on your life?• What changes will you need to make?
3.30pm	Certificate Presentation & Thankyou

*Noorla Yo-Long Blue Light Programs are designed to **Support, Develop and Empower** individuals to make **Positive Choices**.*