



Activity Monitoring Form

OBSTACLE COURSE

	Oui	Non	Comments
Instructor arrived on time			
Group met, medical information checked, correct clothing and footwear checked			
A clear explanation given to all participants with regard to the activity			
All participants wearing suitable correctly fitted helmets throughout the session			
Participants given a general safety brief prior to the commencement of the assault course to include: <ul style="list-style-type: none"> • General course rules • How to tackle each element • Spotting • Dismounting elements safely 			
Where necessary, spotters are in place			
Instruction provided on spotting techniques specific to each element			
Apparatus not overloaded at any point in the session			
Session pitched appropriate to age, ability, aims			
Session progression orderly, fluent and well paced			
All members of group actively encouraged to participate			
Session is fun, enjoyable and lively			
Instructor always in control of the session / group			
The instructor was friendly and enthusiastic			
The instructor encouraged and praised the individuals / group			

After the Activity:

Instructor ensured that all the group are accounted			
A worthwhile review including workbooks took place			
All equipment returned and stored in the correct place			



Activity Monitoring Form

The activity was enjoyed by the group			
The activity finished on time			

The Instructor:

Did the instructor demonstrate adequate knowledge of the activity?			
Did the instructor have full control of the group / activity at all times?			
If there were any accidents, incidents or near misses, did the instructor deal with these well?			
Was the instructors approach and attitude to the group and teacher(s) as required / expected?			
Does the instructor require further training?			

Comments and Action Points:

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