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## Elburton Methodist Church

### Trial Sportif

February 2018

Welcome to the EMC Trial Sportif. Today we are going to try our first ever skill and sport competition for young people. The rules of the day are simple and detailed below. We have never done this before so please bear with us, we want to see if this would work on an even bigger scale. For now you are our guinea pigs 😊 Sorry !!

1. This is all a bit of fun, so please don't take the scoring too seriously.
2. The judge's decision is final.
3. All young persons must be accompanied by a parent or guardian at all times.
4. Teams can be of any number but we recommend units of 5.
5. There are 10 games to play. Teams rotate around the numbered games when the whistle blows.
6. There are up to 5 minutes for each game to be played. Plus 2 minutes for you to read instructions and reset the game for the next team.
7. Instructions are provided for each leader and at each game station.
8. Please leave each game ready for the next team to start.
9. The games are numbered, and you should move around in numerical order.
10. You must complete a consent form, and registration form for each child/team as appropriate.

This is a family event, all children should be accompanied at all times by their parent or guardian. Every adult should register with their child at the registration point. If you see anyone that you do not believe entered or registered with a child or of whom you have any suspicions, please report this to the event organisers immediately.

#### First Aid

In the event of accident or injury please:

1. Stop the activity in question
2. Make contact with one of the team, introduced at the start of the event.
3. First Aider to attend and call ambulance as required, or organise transport to casualty other medical services.
4. In the event of ambulance being required, please give address as  
Elburton Methodist Church

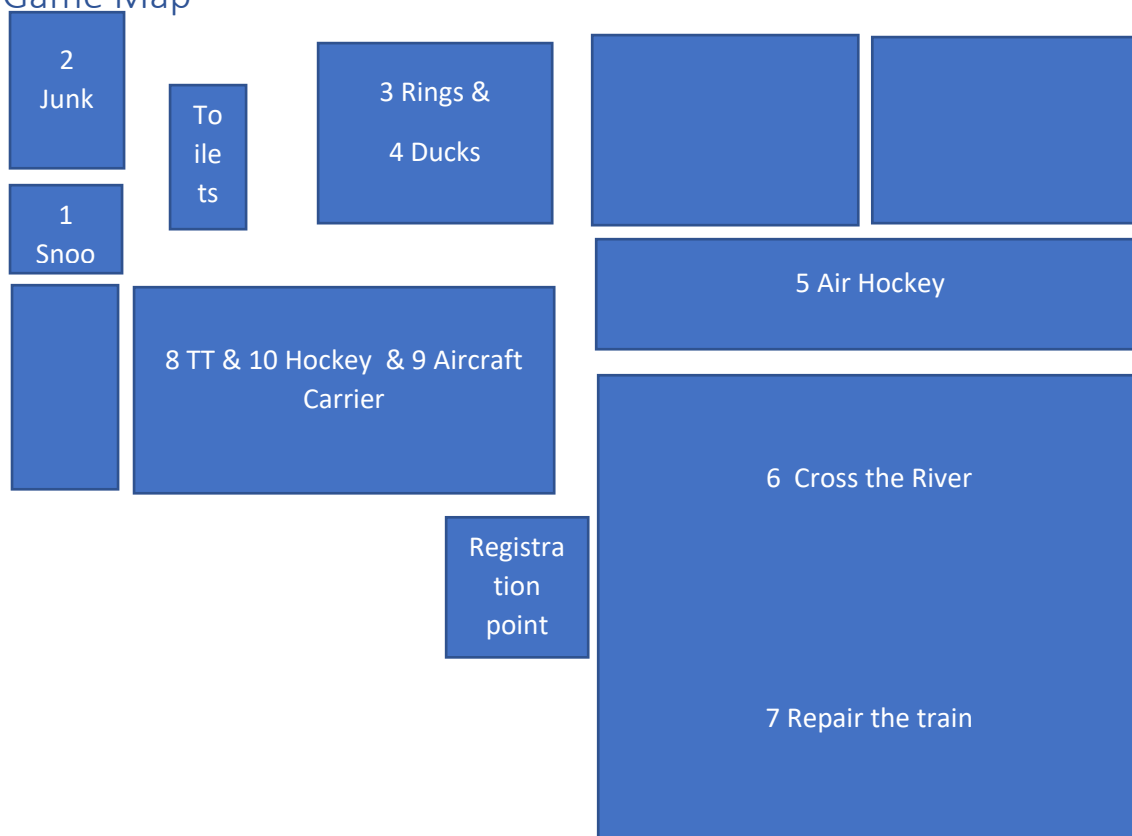
Springfield Road  
Elburton  
Plymouth  
PL9 8PR

5. Event organiser to arrange a steward in High Vis stationed at Elburton Cross to direct the ambulance service to the building and escort them to the scene.

## Schedule

|       |                                     |           |
|-------|-------------------------------------|-----------|
| 1:45  | Registration.                       | Main Hall |
| 2:15  | Start – An introduction.            | Main Hall |
| 2:20  | Session 1                           |           |
| 2:27  | Session 2                           |           |
| 2:34  | Session 3                           |           |
| 2:41  | Session 4                           |           |
| 2:48  | Session 5                           |           |
| 2:54  | Session 6                           |           |
| 15:01 | Toilet Break                        |           |
| 15:11 | Session 8                           |           |
| 15:18 | Session 9                           |           |
| 15:25 | Session 10                          |           |
| 15:32 | Refreshments & hand in score sheets | Main Hall |
| 15:40 | Scores revealed and Trophies        | Main Hall |
| 16:00 | Home time.                          |           |

## Game Map



## Games Overview

1. **Snooker shots** – In a 5 minute window score as many pots as possible. Any pocket can be used. The table must be reset to a normal layout only once all balls are pocketed. All team members should take part.
2. **Move the Junk** – A simple relay game. Each team member takes it in turns to get the Junk from point A to point B. They must navigate through the obstacles. They cannot use their hands.
3. **Rings** – Get as many rings onto the hoops as you can in 4 minutes. Score using the scores on the hoops. Highest score wins !
4. **Duck Shots** – Shoot as many ducks as you can in 4 minutes. Team members take it in turns.
5. **Air Hockey** – Playing each other try and get as many goals as possible in the time.
  - a. Adult to enforce the sportsmanship rule. That means you can't let a goal in on purpose 😊
6. **Cross the River** – Use matts to get across the Church without touching the floor. You must solve the puzzle first. Navigate the course set. The boat can only hold two people !
7. **Train Track repair** - Build a train track to match the plan and get the train from start to finish. Score full points for getting all the way around. Score less for partial track. As per scoring sheet.
8. **Table Tennis** – Within the time limit the team to score the longest rally. A rally is a continuous bounce of the ball from person A to B and back to A.
9. **Aircraft carrier** – Make and land as many planes as you can on HMS Illustrious
10. **Hockey Goals** – Score the highest number of hockey goals you can in 5 minutes. Under 5s start from line 1. Over 5 start from line 2.

# Scoring Sheet

Team Name \_\_\_\_\_

Responsible Adult \_\_\_\_\_

Price of a Pint of Milk \_\_\_\_\_ (Semi Skimmed)

| <b>Game</b> | <b>Actual Score</b> | <b>Adjusted Score out of 100</b> |
|-------------|---------------------|----------------------------------|
| 1           |                     |                                  |
| 2           |                     |                                  |
| 3           |                     |                                  |
| 4           |                     |                                  |
| 5           |                     |                                  |
| 6           |                     |                                  |
| 7           |                     |                                  |
| 8           |                     |                                  |
| 9           |                     |                                  |
| 10          |                     |                                  |



## Games in Detail

|                  |  |
|------------------|--|
| <b>Game No</b>   | Game 1   |
| <b>Game Name</b> | Snooker Shots  |
| <b>Objective</b> | Get as many balls as possible into the pockets by using the cue.   |
| <b>Rules</b>     | <ol style="list-style-type: none"><li>1. Only one team member can use the cue at any one time.</li><li>2. The table should start laid out in the standard snooker triangle formation.</li><li>3. Balls should be potted in the correct snooker order.</li><li>4. Once the table is cleared the table should be reset.</li><li>5. You can change player at any time</li><li>6. Not all team members have to play.</li><li>7. Young children can get some help</li><li>8. Young children to be physically helped by an adult to ensure safety</li><li>9. Non playing children and adults to stand against a wall whilst play is in progress.</li></ol> |
| <b>Reset</b>     | At the end of the game please reset the table with the standard snooker triangle layout and cues returned to wall inside door.   |
| <b>Room</b>      | Green Room/Coffee club room.   |
| <b>Equipment</b> | Snooker table<br>Snooker balls<br>Snooker Cue  |
| <b>Scoring:</b>  | Score is the number of balls potted divided by 10. The maximum you can score is 10 points. So if the team pots 10 balls the recorded score is 1. If the team pots 100 balls the score is 10  |



|                  |  |
|------------------|--|
| <b>Game No</b>   | Game 2   |
| <b>Game Name</b> | Move the junk  |
| <b>Objective</b> | To get all 30 items of junk piled up at the start position to the end position.<br>You must move through the obstacle course as you go.  |
| <b>Rules</b>     | <ol style="list-style-type: none"><li>1. Team members work in a relay form</li><li>2. Team members cannot carry items in their hands or use their hands in any way. Elbows and knees can be used.</li><li>3. Team members can only transport one item at a time.</li></ol> |
| <b>Reset</b>     | At the end of the game please return all the items to the start marker   |
| <b>Room</b>      | Top Hall/Rank Hall   |
| <b>Equipment</b> | <b>Start and End Markers</b><br>Junk 30 items of.<br>Obstacle cones<br>Dead end signs, inflatable signs  |
| <b>Scoring:</b>  | There are 30 items to move. Count the number of items moved divide this by 3 to give final score. If not a whole number, please round down. i.e. one point for each 3 items moved.   |

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|------------------|--|
| <b>Game No</b>   | Game 3   |
| <b>Game Name</b> | Rings  |
| <b>Objective</b> | Score as many points as possible using the scores on the hoop sticks.  |
| <b>Rules</b>     | Throw the hoop at the stick and get it onto the stick tada !<br>Score points as per the scoring on the board thingy.<br>Stand on the red marker for under 5s<br>Green marker for over 5s |
| <b>Reset</b>     | Return hoops to start marker   |
| <b>Room</b>      | Broad Room   |
| <b>Equipment</b> | Quoits<br>Red and Gren insulating tape   |
| <b>Scoring:</b>  | 1 point for each 50 hoop points to a maximum of 10.  |



|                  |   |
|------------------|---|
| <b>Game No</b>   | Game 4  |
| <b>Game Name</b> | Duck Shots  |
| <b>Objective</b> | Shot as many ducks as you can.  |
| <b>Rules</b>     | Press the start button on the duck race game<br>When the red cross hair is illuminated shoot as the duck behind it.<br>If the duck falls over you get one point.<br>Stand behind the marker to shoot. |
| <b>Reset</b>     | Leave the gun on the table please.  |
| <b>Room</b>      | Broad Room  |
| <b>Equipment</b> | Two tables<br>Duck shoot game   |
| <b>Scoring:</b>  | Count the number of ducks shot and divide by 10. Maximum score is 10 points.  |

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| <b>Game No</b>   | Game 5   |
| <b>Game Name</b> | Air Hockey   |
| <b>Objective</b> | You have 5 minutes to score as many goals as you can.  |
| <b>Rules</b>     | 1. Adult to enforce the sportsmanship rule. That means no one is allowed to let a goal in to improve the team score. |
| <b>Reset</b>     | Turn off the machines  |
| <b>Room</b>      | Crush Hall   |
| <b>Equipment</b> | Air hockey tables  |
| <b>Scoring:</b>  | 1 point for each 10 goals scored to a maximum of 10 points.  |

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| <b>Game No</b>   | Game 6   |
| <b>Game Name</b> | Cross the River  |
| <b>Objective</b> | To get the entire team from the North bank to the south bank of the river.   |
| <b>Rules</b>     | <ol style="list-style-type: none"><li>1. The mats are boats</li><li>2. Before you set off solve the puzzle so that you know which port to moor at</li><li>3. The boats can hold up to 2 people at one time. No more than two children on a mat.</li><li>4. Move the boat from the North to the south shore using your hands.</li></ol> |
| <b>Reset</b>     | Scramble the letters<br>Return the mats to the start   |
| <b>Room</b>      | Church   |
| <b>Equipment</b> | A mat/blanket/rug<br>Word Puzzle<br>Three port signs<br>River tape<br>Rubber Gloves  |
| <b>Scoring:</b>  | 2 points for each person who gets across the river to a maximum of 10 points.  |

|                  |   |
|------------------|---|
| <b>Game No</b>   | Game 7  |
| <b>Game Name</b> | Train Track repair  |
| <b>Objective</b> | To repair the train track and get the train from the start to the end point.  |
| <b>Rules</b>     | <ol style="list-style-type: none"><li>1. You must use the track provided</li><li>2. You must build a track layout just like the picture.</li><li>3. Once it's built run Thomas from the start to the end.</li></ol> |
| <b>Reset</b>     | Please place all the track back into the box provided.  |
| <b>Room</b>      | Church stage  |
| <b>Equipment</b> | Track, bridge, trains   |
| <b>Scoring:</b>  | 10 points if the train makes it start to end. 8 points if the train gets half way. 7 points if the train just gets started. 6 points if the track is finished.  |

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|------------------|---|
| <b>Game No</b>   | Game 8  |
| <b>Game Name</b> | Table Tennis  |
| <b>Objective</b> | To score as many rallies as possible.   |
| <b>Rules</b>     | Team members take it in turns to bounce the ball between each other. One point scored for each rally. A rally is person A to person B and back to A.<br><br>You may hold the ball to serve. |
| <b>Reset</b>     | Leave the bat and ball on the table.  |
| <b>Room</b>      | Main Hall/Moore Hall  |
| <b>Equipment</b> | Table Tennis Table<br><br>Table Tennis Balls<br><br>Table Tennis Bats   |
| <b>Scoring:</b>  | Count the number of rallies. 1 point for each rally of 3 or more upto a maximum of 10 points.   |

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| <b>Game No</b>   | Game 9   |
| <b>Game Name</b> | Aircraft Carrier   |
| <b>Objective</b> | Make paper aeroplanes with the paper provided and land them on the carrier.  |
| <b>Rules</b>     | <ol style="list-style-type: none"><li>1. Make paper aeroplanes with the paper provided</li><li>2. Standing on the marker throw them to land on HMS Illustrious</li></ol> |
| <b>Reset</b>     | Place your planes in the bin.  |
| <b>Room</b>      | Main Hall  |
| <b>Equipment</b> | Table<br>Paper   |
| <b>Scoring</b>   | One point for each 3 planes landed upto a maximum of 10 points.  |

|                  |   |
|------------------|---|
| <b>Game No</b>   | Game 10   |
| <b>Game Name</b> | Hockey Goals  |
| <b>Objective</b> | Score as many goals in the time as you can.   |
| <b>Rules</b>     | Under 5s stand on line 1<br>Over 5s stand on line 2<br>Get the ball in the goal as many times as you can. |
| <b>Reset</b>     | Leave the stick and ball on the start line.   |
| <b>Room</b>      | Main Hall   |
| <b>Equipment</b> | Two large cones<br>Hockey stick<br><b>Puck/ball</b><br><b>Line marking tape/Masking tape</b>              |
| <b>Scoring:</b>  | 1 point for each 10 goals scored to a max of 10.  |











## Emergency Procedures

There are two primary emergencies we will plan and prepare for 1. Injury or accident 2. Fire or general evacuation.

### First Aid

Briefing document for parents/participants will inform them how to contact a first aider by means of an event steward.

1. Stewards please contact the designated first aider
2. First aider to provide first aid.
3. One other steward please stay with the first aider.
4. If an ambulance is required, the 2<sup>nd</sup> steward is to call this and give the address as:  
Elburton Methodist Church  
Springfield Road  
Elburton  
PL9 8PR
5. The steward is to inform the event organiser(s)
6. One steward to be sent in Hi vis to Elburton cross to direct the ambulance to site and to relevant room.
7. In the event transport to A & E or other medial is required first aider to organise with parent/guardian.
  - a. If not present transport via event team with consent form from file held by **J Wisley**.

## Communications Plan

Contact on site via mobile phones or shouting.

### Emergency Contact Details

Elburton Methodist Church  
Springfield Road  
Elburton  
PL9 8PR

### Important Notes

1. Side door to church, and rear church door must be unlocked at all times
2. Rear building and front main entrance doors must be unlocked at all times.
3. Lift to be activated

### Evacuation Plan

We will follow both the Hall and Worship area evacuation plans. With the following modifications.

1. Roles as designated in the process are detailed below and assigned to team members.
2. One person "The Assembly Point Officer" will take the first aid kit, a reflective jacket and proceed to the assembly point. The Assembly point is "**Hay Road South Car Park It**. It is their responsibility to:
  - a. ensure that persons evacuating assemble at this point.
  - b. That it is clear that they are marking the assembly point
  - c. That the area is kept safe for those waiting.
  - d. That everyone assembled confirms they are not aware of anyone missing.
  - e. If anyone should be thought missing this should be reported to the ECO at the main entrance. In their absence to the fire service on their arrival.
3. All designated fire escapes will be used to leave the premises.
4. Staff\volunteers under the direction of the ECO will direct all persons to leave the premises in a calm and controlled manner using all available escape routes when the alarm sounds or at any other time at the discretion of the ECO.
5. In the event the fire alarm does not activate and the manual call points do not activate it the ECO and directed persons will circuit the building shouting FIRE, FIRE, FIRE.
6. The Communications officer will evacuate the building with other persons and call the fire service.
7. We will evacuate when the alarm sounds all areas of the building irrespective of zone of fire or cause.
8. If anyone is identified who requires assistance during an evacuation a member of staff will be appointed to assist them.
9. The ECO will ensure all persons have left the building, if possible they will check all areas:
  - a. Kitchen
  - b. Rank Hall
  - c. Boiler room
  - d. Toilets
  - e. Coffee club room
  - f. Stage
  - g. Main Hall
  - h. Broad rom
  - i. Choir vestry
  - j. Vestry
  - k. Chapel
  - l. Boiler rom
10. The ECO will confirm with the assembly point officer that no one is known to be trapped or missing and then await the fire service at the main entrance.

| Volunteer           | Role                       | Description   |
|---------------------|----------------------------|---|
| Jon Carhart         | Evacuation Control Officer | As per Church & Hall evacuation document attached.  |
| Tracey Yelland      | Assembly Point             | To go directly to the fire assembly point with Hi Vis and gather those evacuated. To create a safe space for those evacuated. |
| Tristan Merrifiield | Communication officer      | To inform the fire service.   |
|                     |                            |   |
|                     |                            |   |
|                     |                            |   |

## First Aid Plan

Designated First Aider: Tracey Yelland

## Safeguarding Notes

This is a parents and child event. No member of staff is to come into contact with any child except under full parental supervision.

If you are suspicious about the behaviour of any member of staff or guest please report them to the event co-ordinator. If you are suspicious about them please report to another member of the staff team.

## Guest Briefing

At the commencement of each session the following items will be communicated to all guests.

1. Location of toilets
2. Who is the designated event co-ordinator to whom all incidents should be reported
3. **Fire** - What to do in the event of fire. Who to tell if you need help to evacuate.
  - a. Please tell someone at the start if you will need assistance
  - b. Please do not use the lift when the alarm sounds, it will not work.
4. **Safeguarding** -
  - a. Staff are A DBS but this is a parent supervised event.
  - b. policy and what to do if you are suspicious. Please report anyone suspicious
5. **First aid** – Who to approach.
6. **Caution with drinks**