



*Rotary Youth Leadership Awards  
in District 1100*

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**Short Course Programme 2020**  
**& Guidance Notes (S)**

The RYLA course programme, set out below, provides sufficient information for RYLA Officers to brief RYLA applicants on the course content and its objective, before potential participants accept the club's offer of sponsorship. Once accepted 'SMART' personal objectives must be agreed with participants and submitted on the appropriate form. In addition, participants must understand that this RYLA leadership programme uses both indoor and outdoor environments as learning vehicles and that some theory is discussed throughout the course. Participants must be prepared to fully engage in this. The programme is not an outdoor pursuit's course or activity holiday but a unique opportunity to combine exciting activities with broad based theory to achieve new levels of self confidence, communication and leadership skills – and just as important, it's fun!

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Day and Time	Activity	Risk level	Description	Skill or Aptitude Requirement	Notes
Day 1	Arrival 18.00hrs	Low	Participants greeted by RYLA chair and GrassRoutes team – shown quarters and invited to join all others In dining room over a buffet supper		
19.00	Fun ice breakers	Low	The ice breaker is designed to randomly select teams	Enthusiasm	
	---Do---	Low	The second ice breaker is designed to speed up the team bonding process	Enthusiasm	
20.00	Bill of rights	Low	The whole group is tasked with coming up with a set of rules by which they all agree to live for the five night, six day RYLA course	A reasonable level of tolerance, maturity and understanding	This session also relates to the 'rules' and 'contract' agreement signed by participants on their Application Form.
20.30	Tutor Group	Low	Each team is assigned a tutor and a meeting place for the week. The focus for this initial session is for all of the group members to understand each other's personal objectives which they must have agreed with their Rotary sponsors and submitted with their application details.	A reasonable level of maturity	During this period the participants are told the responsibilities of a day and team leader and asked if they would like to take the opportunity during the week
21.30	Free Time	Low	For all except Team and Day leaders.		Team and Day leaders work with the programme director and tutors to explore their role for the following day
22.00	Meeting with Day and Team Leaders	Low	The GrassRoutes Tutors discuss the volunteer team & day leaders and make their selections  Those who are selected are briefed on their responsibilities	A reasonable level of maturity  Leadership	

<b>Day 2</b> AM	Leadership tasks	Medium	<p>The group is introduced to 30 minutes outdoor leaderless tasks. As many as possible are given the opportunity to lead.</p> <p>Purpose is to establish the basic principles of teamwork and leadership introducing Adair's 3 circle model leadership and Kolb's experiential learning cycle.</p> <p>These tasks are reviewed, at first by the Grass Routes staff and then by their peers. Tasks are supported by two 15 minute theory sessions.</p>	<p>A reasonable level of maturity Leadership Limited supervised physical activity.</p>	Exciting, thought provoking and demanding.
PM	Theory	Low	Indoor theory input concentrating on observation giving and receiving feedback theory. This will include conflict management		
PM	The Rotary 4 Way Test	Low	Using Rotary's '4 way Test' as the foundation on which to build an understanding of moral and ethical behaviour that is recognised as good practice in adolescence and later, in the workplace.	<p>Mature thinking and foresight. Individual, team and group intervention and participation.</p>	Led by an appointed, suitably qualified Rotarian who will plan the 60 minute session to ensure constructive interaction by all participants.
PM	Tutor groups	Low	Review and fix the learning that individuals have made		
PM	Night navigation	Medium	The groups receive tuition in night orienteering and map reading, prior to embarking on a forest navigation exercise	<p>Team work Leadership / Courage Orienteering</p>	Confidence building
	Day and team Leader review and		<p>The day and team leaders are gathered with the object of reviewing their performance. Day &amp; team leaders will brief the next day's, day and team</p>	<p>Leadership Listening Giving feedback</p>	This review procedure is Repeated each night – a number of participants will aspire to this

<b>Day 3</b> AM	Outdoor Activities High Ropes course	Low / Medium	An exercise is a team competition run around a high ropes course. This session has been devised to introduce the participants to the various physical activities and for them to fully understand the safety procedures, and the provision of team and individual support	Team work Leadership Physical activity Courage Trust	The group is spilt into 2 sub groups with 2 teams in each. These teams swap activity at lunch time  Confidence building
AM	Communication skills Indoor	Low	Communication is a cornerstone of effective leadership Areas covered include; Assertiveness Questioning Listening Conflict resolution Exercise: 'A vision of the future – global issues in 2030'. Which the groups debate.	A reasonable level of maturity.  A positive attitude to learning	<b>Rotarians</b> should ask themselves at the selection stage if an individual has the right mental attitude for this essential session.
PM /Evening	Canoeing Outdoor	Low / Medium	Half the group at a time are involved in Canadian canoeing and kayaking on a still water lake. No previous paddling skills are necessary	Physical activity Trust Teamwork Courage	The group is spilt into 2 sub groups with 2 teams in each. These teams swap activity at lunch time
	Communications Indoor	Low	Half the group will be learning how to give presentations. This involves them standing with their team and presenting to another team.	A reasonable level of maturity.  A positive attitude to learning	Overcoming fears of public speaking  Courage
	Learning	Low	Review and fix the learning that individuals have made		

<p><b>Day 4</b> AM/PM</p>	<p><b>Leadership Exercise</b></p> <p>Half the group are involved in a leadership exercise</p> <p><b>Talent Show</b> The other half of the group is involved in preparations for their forthcoming talent show</p>	<p>Low / Medium</p>	<p>Two teams at a time are taken to a nearby town where they must achieve two clear objectives:</p> <p>i) Interview working individuals and research the management styles ii) Raise money for their chosen charity</p> <p>The talent show has the broad theme of leadership. Each team prepares a sketch which demonstrates their take on what leadership is.</p> <p>The show is the main subject matter of the evening</p>	<p>A reasonable level of maturity.</p> <p>Teamwork Leadership Questioning Listening Communication Initiative Creativity Presentation Communication Initiative Creativity Courage Presentation Self expression</p>	<p>Each team presents its findings to the rest of the group in the afternoon, when all have returned</p> <p>This short period allows them some time to prepare their ideas</p>
<p><b>Day 5</b> AM</p>	<p>Presentations</p>	<p>Low</p>	<p>The whole group spend time preparing for a short a presentation to their families and Rotarians at the ‘Certificate Presentation Ceremony and Pig Roast’ . The presentations are intended to encapsulate their learning during the week</p>	<p>Presentations Democratic agreement on format and content.</p>	
<p>AM/PM</p>	<p>Outdoor Activities</p> <p>High Ropes course</p>	<p>Low / Medium</p>	<p>This finale exercise is a team competition run around a high ropes course. This exercise is scored and there is a prize for the winning team.</p>	<p>Team work Leadership Physical activity Courage</p>	
<p>PM</p>	<p>Presentations and certificates</p>		<p>The group will give a short presentation on their learning during the week to their families and Rotarians</p>	<p>Public speaking Courage</p>	<p>Final event to which families and interested Rotarians are invited. The District Governor will present RYLA Award Certificates</p>