

**Rallies NI** for every part of everyone...

# NORTHERN IRELAND RALLY HANDBOOK



This handbook outlines the background to the Rally movement and summarises its purpose, aims and ethos. It provides information on how to start and run a Rally, and provides useful and practical hints on issues that leaders may encounter.

For further information see [ralliesni.com](http://ralliesni.com)

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# RALLY HANDBOOK

## FOREWORD

Rally is a church-based uniformed organisation for children and young people from the ages of four to eighteen. It is founded on the truth of the Bible, and its purpose is to provide a framework within which children and young people can come to know the truth for themselves, encounter the living Lord Jesus Christ, enter into a personal relationship with Him, and develop strong Christian character through a balanced programme of physical, educational, social and spiritual activity.

Rally can be a wonderful addition to your church's programme. It is a great way of reaching out to children and young people. It gives them an opportunity to learn from positive role models, introduces them to a wide range of exciting activities, interests and adventures, and helps them make friends for life. Rally provides an opportunity for young men and women to develop leadership and other gifts, and puts your church in contact with other like-minded groups for the purposes of joint activities, training, competitions, camps, weekends and conferences. Rally is for all: it welcomes members irrespective of their ethnic origin, their social class, their religion or their culture. It has members in a number of countries including Northern Ireland, India, Australia and New Zealand. Every Girls' Rally (EGR) is for girls aged from six to eighteen, Every Boy's Rally (EBR) is for boys of the same age, and some churches run supplementary programmes for younger children.

This handbook outlines the background to the Rally movement and summarises its purpose, aims and ethos. It provides information on how to start and run a Rally, and offers useful and practical hints on issues that leaders may encounter.

It is the prayer of everyone involved that those who read this guide will be both motivated and equipped to serve God more effectively through Rally.

## *HISTORY of the RALLY MOVEMENT*

New Zealand was the birthplace of the Every Boy's and Every Girl's Rallies in 1944. This developed from an earlier work amongst boys and girls, whose youth leaders felt there was a need for a structured uniformed organisation, which would embrace an all-round spiritual, physical and educational programme. With this aim in view a committee was formed and met in Auckland. They designed a programme, chose a uniform and planned badges.

The two main founders of the Rally movement, Mr L B Clarke and Mr A L Harris visited Australia and soon Rallies were started there. It wasn't long before other countries heard of Rallies and more Rally groups were formed. In 1958 Mr Clarke came on holiday to N Ireland and some people heard from him about Rallies. A number of interested Assembly leaders were then invited to meet Mr Clarke and to learn about this work.

The youth leaders in Victoria Memorial Hall, Belfast had been looking at the possibility of introducing a structured uniformed organisation with a strong spiritual influence. On hearing of Rallies they realised this was exactly what they were looking for. A group met to discuss forming Rallies in N. Ireland. Uniforms were chosen and an overall programme suitable for their members was organised. In 1958 the first N.Ireland Every Boy's Rally was started in Victoria Memorial Hall. An Every Girl's Rally started the following year. Soon other Assemblies decided to adopt the Rally movement.

## RALLY COUNCIL

Rally Council has representatives of each of the Rallies in Northern Ireland. It meets 5 -6 times a year to discuss issues which concern all the Rallies and provide training appropriate to all Rally leaders. It also oversees the planning of Rally Arura, every 4 years. (See below)

## LEADERSHIP

Each Rally is run by a team of leaders, led by the Number One leader who is in overall charge of an individual Rally, accountable to the elders in their church. It is a privilege to work with children and young people and to serve God as part of a team of fellow Christians, but it is also a responsibility. Being a Rally leader is not always easy and it usually means a commitment of more than one evening a week spent at your particular Rally.

The Bible is clear on principles of leadership and service. God faithfully promises to be ‘with you’ as you lead in your Rally, part of God’s work. The Bible has much to say on the life of the Rally leader.

It is to be a life of fellowship and prayer, following God and learning from the Word of God.

These are powerful weapons as we protect ourselves, and the work, against the enemy (2 Corinthians 10 v 3-5).

A leader should reflect the life of Jesus in all they do – by loving God and others, as themselves. This should be evident in our interaction with others in the leadership team and in the way we relate to children and young people. It is important for leaders to work as a team, to pray together, to discuss and plan the Rally programme together.

The Team Leader should also help and support other younger and more inexperienced leaders and should be looking to develop leadership qualities in all members of the Rally.



The main qualities of a good Rally leader are:

- Dependability and loyalty.
- Resourcefulness and flexibility.
- Willingness to be involved in every part of a Rally.
- Love and care for children and young people,
- A desire to see them come to know Jesus for the first time and to disciple them in their faith.

## RALLY PROGRAMME

Someone once said, “Pray like there’s no such thing as organising; organise like there’s no such thing as praying”. Prayer must go hand in hand with all the comprehensive planning and running of programmes (Ephesians 6 v 18, Philippians 4 v 6).

Planning for Rally should happen at a number of levels and on a regular basis.

### Annual Plan

At the start of the year, the leaders of a Rally should consider the following tasks:

#### Promoting the start of the Rally year

Getting the year off to a good start is important and you should consider advertising your Rally with announcements in the church, distributing leaflets in the area and local schools - as well as contacting your existing members directly.

### A Balanced Programme

The aim of Rally is four-fold, meeting the educational; physical; social; spiritual needs of children and young people. The programme across the year should include events and activities that provide for all these aims.

#### Outings and Weekends

Depending on the age and stage of the children and young people, you may wish to consider including some outings and weekend residential camps in your programme. These need to be booked well in advance, including accommodation and transport and conform to the requirements of your church’s Child Protection Policies.



#### Special Nights

Consider having special events, such as Christmas and themed events, and as well as end of year Displays/Parents’ Nights. They are a great opportunity to meet with the parents and grandparents of your Rally members and to make your Rally members feel valued. Discuss the timings and arrangements for these events with other Rallies in your area/church.

#### Spiritual Themes

Consider a topic or syllabus for the spiritual aspects during the year and a method for conducting your programme. This may include externally produced materials, Bible-study notes, audio visuals, small group discussions, invited speakers.

## **Sharing Responsibilities**

A useful activity on an annual basis as a leadership group is to delegate various tasks of running a Rally to as many as possible. These responsibilities could include finance, uniform ordering, keeping the attendance records, running badgework, booking speakers, hiring transport, sending letters and communicating on social media, etc.

## **A Yearly Planner**

Don't forget to write down what you decide. Putting together a plan of your activities week-in-week-out and finding ways to best share it with the team is invaluable. Keep a list of Rally members and their details – ensure it is in a secure place in electronic or paper form. You may want to follow up on those members who miss a few weeks at Rally.

## **Regular Planning**

Meeting together as a team through-out the year is important too. This provides an opportunity to review your plans, pray about the current issues at Rally and fine-tune the activities for the weekly programme.

## **Weekly Programme**

Each night you meet, there will be a range of items you will want to include, emphasising balance and variety. A Rally night can feel very short when there is so much to pack in, so keeping to a timed programme is helpful.

A typical Rally night will include the following elements:

### **Parade**

This is most formal part of the night but provides a good opportunity to make everyone feel welcome, to mark attendance and to make any announcements. Parade usually involves the rally members standing in groups/teams. You might also wish to share a thought from the Bible, open with prayer, sing a chorus and repeat the Rally Motto or Code.

During the inspection of each group/team, marks may be allocated to everyone for attendance, uniform and bringing a Bible.

### **Activities**

The main part of the night will vary depending on the nature of the Rally and the age of the members.

The following is purely an example of the type of items you may wish to include:

- **Badgework** - appoint leaders to spend an allocated time working on the various available badges. See section in Badgework.
- **Sports, games and fitness** – introduce different games to balance activities and consider mini-competitions between teams. Be aware of the suitability of the venue for the type of sports and activities you wish to play. Utilising experts in alternative sports can be very worthwhile. See section below
- **Hobbies / Craft / Arts** (if not part of the Badgework) - these can range from jewellery-making, building models, film making to baking.



- **Visiting speakers** – there are an abundance of experts and specialists in a variety of fields that could be invited to come along to a Rally night e.g. the fire service, police drug awareness unit, wildlife experts or someone with a specialist career.
- **Freetime** – it is sometimes useful, particularly for the older ages, to build into the programme a short time when Rally members are free to chat, play sports or buy something from a tuck shop.
- **Talk/Discussion**  
See below

## RALLY TALK

The aim of the Rally work is to help boys and girls to encounter the living Lord Jesus Christ, enter into a personal relationship with Him, and develop strong Christian character. The Rally motto is Ecclesiastes 12:1 “Remember now your Creator in the days of your youth”.

We can encourage the children to do this on a rally night by effectively teaching God's word in a style that is relevant to them. Teaching spiritual truth to children is a joy, as children can be both receptive and interested, if the message is presented to them in an appropriate way.

- **Invite guest speakers along.** Ensure the speaker knows what age group they are speaking to so they can make their message relevant to that particular age group. Give them details of how many children attend and how long you expect them to speak for.
- **Leaders take it in turn to speak.** The Rally night is the best time for leaders to share their faith with the children. Some leaders may feel uncomfortable to speak in public, however Scripture Union, and other Christian organisations, publish a range of materials for regular midweek children's groups. This could make the talk relevant and easier to deliver for leaders.
- **Divide into small groups for Bible Study and discussion.** Young people are more likely to participate in discussions if there are fewer people, there is more opportunity to talk and less room to hide. Building up relationships can be easier in a small group and leaders can share personal insights and testimonies. There are many Bible studies available for use in small groups. Transform NI is one of several organisations who provide resources to encourage young people to read the Bible more effectively. Find out more at [info@preceptni.co.uk](mailto:info@preceptni.co.uk)
- **Teaching bible verses** so young people can successfully stand up against the strategies and deceptions of the enemy.(Ephesians 6:11) Scripture not only protects young people from danger and a destructive lifestyle, it instructs them how to seek God's heart and promises for a more hopeful future. Putting memory verses onto craft items that can be taken home is a way of getting God's Word into homes

## GAMES

### Games & Recreational Activities

These are integral to Rallies as part of a balanced programme of physical, social, educational and spiritual activities. The benefits are enjoyment, learning to play together, skills development, developing friendships, positively expending energy, and the opportunity to develop concepts such as truthfulness, fairness, integrity, respect, etc. Games and recreational activities should be well-organised and appropriate for the

age, development, capacity, skill and competency of the group. They should be planned in advance and assessed for possible risks.

There are various games and recreational activities available ranging from the physically strenuous to the more passive, e.g. football, volleyball, table tennis, puzzles, board games, electronic games, etc.

Key aspects of games and recreational activities to remember are;

- Always prepare for games and recreational activities.
- Know your group and assess their appropriateness to participate in any activity
- Know any particular special conditions of children or young people which need to be considered
- Take prompt and direct action to avoid harm or injury, e.g. dealing with spillages, etc
- Take complaints of injury seriously
- Check appropriateness and condition of any equipment before use
- Include as many of the group as possible
- Give clear succinct instructions / rules and check understanding
- Utilise leaders to supervise and support
- Keep in control of game / activity
- Provide variety of activities to sustain interest
- Always have access to a First Aid kit
- Follow Church policy on health & safety, accidents, first aid, etc.
- Consider whether specialist equipment and leader training is required for undertaking particular games and recreational activities.

Check that your Church insurance policy provides cover for all of the games and recreational activities undertaken. Where games or recreational activities are provided to Rallies by someone other than the Church, then Rallies need to satisfy themselves that adequate insurance cover is provided.



## **BADGE WORK**

Badge work is an important part of Rally work for the following reasons:

1. It develops skills and interests.
2. It provides an incentive for regular attendance and participation.
3. It results in a sense of achievement.
4. It allows personal interaction between leaders and members.

A wide range of badges is available to cater for different interests and abilities. Badgework should be interesting, enjoyable and challenging for all members. When testing badges, age and ability should be taken into consideration. Badges should be standardised within the Rally and external examiners should be used where possible. A high standard is desirable but not at the expense of interest or enjoyment.

***Sparrows/Tiny Tots:*** Enrolment Badge & Certificate

1. Attend Rally for 6 weeks
2. Repeat Rally motto: "Remember your Creator in the days of your youth." Ecclesiastes 12 v 1

Star Badges

- 4 Star Badges to work for, each with 10 -12 items.  
On completion of 2 Stars they are awarded a Silver Star Badge.  
On completion of all 4 badges receive a Gold Star Badge

***Junior Girls:*** Enrolment Badge and Certificate

1. Attend Rally for 6 weeks.
2. Repeat the Rally Law-  
"A Junior EGR member must be reverent to God, truthful and helpful to all"
3. Repeat the Rally Motto: "Remember your Creator in the days of your youth."  
Ecclesiastes 12 v 1
4. Tell a leader about the content of a Rally talk.

Beginners and Step Badges

Girls who start before the age of 7, work for the Beginner's Badge. They then progress on to the 3 Step Badges. For each of these there are 9 items to complete. On obtaining all the Step Badges they receive a Junior Star Badge. They can then go on to do a wide range of Proficiency Badges, when they earn ten Proficiency Badges, they are awarded an Efficiency Badge.

***Junior Boys:*** Enrolment Badge and Certificate

1. Attend Rally for 6 weeks.
2. Repeat the Rally Law -  
"A Junior EBR member must be reverent to God, truthful and helpful to all"
3. Repeat the Rally Motto: "Remember your Creator in the days of your youth." Ecclesiastes 12 v 1
4. Tell a leader about the content of a Rally talk.

Stripe Badges

Boys work for their 3 Stripe Badges - Bronze, Silver and Gold.

Each of these badges have about 10 items to complete. They can then do a number of Proficiency Badges.

***Senior Girls:*** Enrolment Badge and Certificate

1. Attend Rally for 6 weeks.
2. Repeat the Rally motto: "Remember your Creator in the days of your youth." Ecclesiastes 12 v 1
3. Repeat the Rally promise –
 

"I must honour God, His name, His day and His holy word. I must honour, obey and respect my parents, other people and their property. With God's help I will do my best to keep this Rally promise."
4. Behave satisfactorily at Rally.
5. Give a short account of a Rally epilogue (written or verbal) or a Rally talk, including details of
  - a) Speaker.
  - b) Topic.
  - c) Bible reference.
  - d) Main points of the talk.
  - e) Visual aids, if used.
  - f) What you remembered most.

Girls first complete their General Badge, composed of 5 items. They then go on to do a wide range of Proficiency Badges which go towards the Bronze, Silver and Gold awards.

Bronze Award: Hold 6 badges including Rally Member's Badge, General Badge and Scripture Badge.

Silver Award:

1. Hold a Bronze award.
2. Hold a total of 10 badges, including those submitted for the Bronze award, and 4 more, one of which must be the Missionary Badge.
3. Complete a scrap book of words and pictures describing Rally. (approx. 20 pages)

Gold award:

1. Hold the Bronze and Silver awards.
2. Hold a total of 15 badges, including those submitted for Bronze and Silver awards, and 5 more, one of which must be Bible History or the Scripture Learning Badge.
3. Write an essay (300-400 words) or prepare a Powerpoint presentation entitled - "What Rally has meant to me." This should be an honest evaluation of the girl's involvement in Rally.

## *DISPLAY / PARENTS' NIGHT*

The opportunity should be taken at least once a year to demonstrate, to parents and members of the church Assembly, the work that goes on every week at Rally.

The Annual Display or Parent's night is vital as:

1. It provides an opportunity for parents/guardians to get a clear picture of the organisation in which their child is involved
2. It enables parents/guardians to meet the people into whose care they have committed their children to every week.
3. It should let the parents see their children in action, as much as possible, and ideally enjoying their participation.



Our primary obligation is to the parents of the Rally members but wider family, friends, elders and members of the Assembly should be encouraged to attend and show their support.

Most convenient time to hold this event will be towards the end of the Rally year (March/April) as awards related to the year ending can be presented (attendance, inspection, badge work etc.) and it provides a 'high point' on which to end the Rally year.

### **Essential Items for this event**

- Demonstrate Parade as practised during weekly Rally. Set a high standard for this as it usually gives the first impression to parents of Rally on display.
- Consider including a Bible reading, repeating the Rally Motto and Code, Rally chorus, opening prayer and brief word of welcome.
- Awards and badges, presented at this point or later, as desired, should be given for high standards of attendance, inspection, scripture achievement, badge work, team awards, best boy/girl and runner-up. The temptation to give everyone a 'prize' should be avoided.
- Activities - One or more of the following may also be included:

Badge work demonstration/display  
Team building exercises  
Games  
Humorous items (select with discretion, avoid causing embarrassment/offence. Remember the underlying aims and ethos of Rally)  
Chorus singing  
Drama (using suitable scripts)  
Video/Powerpoint of Rally activity or camp - helps to keep parents/guardians informed  
Finale – Choose subject and production within members/leaders capabilities (allow sufficient time for selection, practise and rehearsal)  
Short epilogue

- Plan early – use a 'check' list and keep to it.
- Don't let the programme become too long. Remember how long the initial parade/ presentation of awards may take
- Prepare the programme thoroughly
- Rehearse, not reconstruct. Young people will have greater confidence in what they have to do if the leaders know what they are doing!
- Relax! Display is important but not the be-all and end-all of Rally work. It will be most effective when everybody enjoys it.

### ***'Rally Sunday'***

Most Rallies arrange at least one Sunday Service to focus the attention of the Assembly, parents and friends on Rally work. An interesting programme should involve the Rally members followed by a message from a suitable speaker. This is an opportunity to introduce parents/guardians to Rally and present them, and the young people to the message of the gospel.

## ***DISCIPLINE***

Good, effective discipline is vital in every Rally and the responsibility for this lies with the Rally leaders. The Rally needs to be conducted in a safe, peaceful, calm environment defined by co-operative and trusting relationships between leaders and young people. The attitude of the Rally leader should be one of love – love for God and love for the young people in the Rally.

Good discipline can be achieved by:-

- Prayer – Pray for individual young people and for the Rally as a whole. Pray for difficult situations and for safety in all that you do. Pray together as a team of Rally leaders and support each other in prayer.
- Planning – Plan for the overall Rally season and for the activities for each night. Vary the activities so there are both physically active and quieter activities. Consider a quieter activity before the talk and think about the best time to have the talk. Although the talk may be short, don't forget about the importance of the message being presented.
- Preparation – Good preparation is vital if you are assigned a task. Make sure you are fully organised beforehand with all the right equipment and enough leaders. Consider any safety aspects and possible risks involved in the activity. If you feel unhappy with an activity, or feel that you are not totally in control of the situation, get some help from other leaders, or change to a different activity.
- Punctuality – it is important to be consistently punctual and reliable as a Rally leader. Try to be there early so the room/hall is ready and the young people are adequately supervised from the beginning of the evening.

### ***Appropriate Behaviour.***

If you want young people to choose appropriate behaviour, they need to know you are concerned about them; that you care about their personal lives. Building positive relationships and earning their trust is the first step for them to follow your guidance. Leaders need to establish clear rules for Rally at the beginning of the year. Use praise when these rules are adhered to consistently. You could also consider good behaviour awards (plan for this), giving special privileges, being 'leader's helper' or tangible rewards, for example team points or sweets.

Reach out and establish positive relationships. Let the young people know you care about their life outside of Rally. Let them know you're interested in their home lives, their parents, their siblings and their friends.

## ***TRAINING***

Training for Rally Leaders is generally organised by each individual Rally, or by the Rally Council.

Training can cover any aspect of Rally work, for example, games, badge work, First Aid etc. It is very important to attend any training sessions which are organised for you. Training will help develop your confidence as a leader and help you to get to know other leaders, both in your own Rally, and in other Rallies. It is particularly important to attend any Child Protection training which is organised for you. A good knowledge of Child protection procedures, and access to your church Child Protection policy is essential for all Rally Leaders.

## **CHILD PROTECTION**

At Rally, following Jesus' example means we value highly each child in our care. Child Protection is vitally important both for the safety of the children and young people in our care and because it is a legal requirement; insurance cover depends on it.

### **The team leader should:**

- be familiar with the church's Child Protection Policy;
- ensure that any new members of the team have completed the recruitment and AccessNI forms available from the Child Protection Co-ordinator;
- keep accurate records of attendance, consent forms, accidents/incidents
- ensure that there is an appropriate ratio of adults to children;
- foster a constructive and pro-active attitude towards child protection among team members;
- provide the Child Protection Co-ordinator with a copy of the trip information and a completed risk assessment form in advance of any outing or camp/residential,

### **All Rally leaders should:**

- treat all children and young people with dignity and respect;
- be available but don't intrude on children's personal space and privacy;
- never leave children or young people alone at any time;
- ensure that when working with individual children you are at least within sight or hearing of other adults;
- avoid questionable activity e.g. inappropriate language, rough or sexually provocative games;
- only restrain a child who is at imminent risk of harming themselves or others;
- challenge any child or young person who swears or uses sexualised language;
- always refer any concerns observed by you, or communicated to you, to your team leader;
- participate in regular Child Protection training.

### **Disclosure**

If a child or young person in your care confides in you concerning any form of abuse (physical, emotional, sexual abuse or neglect) you should:

- never promise confidentiality;
- offer privacy but remember your and their safety;
- listen, keep calm, look at the child directly and do not push for information;
- show acceptance – remember the child is never to blame for the abuse and may have been threatened or bribed not to tell;
- explain that you need to let someone else know;
- contact your team leader and/or Child Protection Co-ordinator as soon as possible;
- record the content of your conversation, preferably within an hour;
- sign, date and keep it safely.

### **Communication – emails, text messaging, social media**

Rally leaders should:

- obtain parental agreement if using texts, emails etc to contact Rally members;
- realise that giving out their own mobile number will cause a loss of privacy;
- use clear unambiguous language to reduce the risk of misinterpretation;
- pass on to the Team Leader any messages which raise concerns.

## ***FINANCE***

Each Rally is responsible for its own finances. Income can come from dues paid weekly by each Rally member, usually around 30p, and also from leaders. Assemblies can also contribute by covering costs incurred.

If a Rally is registered with the local Education and Library Board, then they can claim financial assistance through the Youth Service Sponsorship Scheme. This is to assist the successful development and delivery of Youth Service activities to local groups/organisations which provide youth work programmes. The financial assistance is payable annually and the amount received depends on the number of sessions a Rally operates.

## ***TRANSPORT – use of Minibuses***

Driving Licence holders who passed a car test prior to 1 January 1997 were granted category D1 (Not for hire or reward or ‘NFHR’). Category D1 is a passenger carrying vehicle with no more than 16 seats in addition to the driver. NFHR means that the vehicle cannot be used to provide a passenger carrying service for profit. There is no legal definition of ‘hire & reward’ in Road Traffic Orders, but it is generally accepted that it means the driver may not receive payment or consideration for driving other than ‘out of pocket’ expenses.

From 1 January 1997 onwards, D1(NFHR) was not issued to people passing tests in Category B (Motor car). However, Regulation 5(8) of the Motor Vehicles(Driving Licences) Regulations (Northern Ireland) 1996 provides that, subject to certain specified conditions, a category B licence holder may drive a minibus as if he held a licence conferring entitlement to category D1NFHR.

Specified Conditions are:-

The Driver must -

- be aged 21 years or over;
- have held a full category B licence for an aggregate period of not less than 2 years;
- not receive any payment or consideration for driving other than out of pocket expenses;

The Vehicle must –

- Be driven on behalf of a non-commercial body for social purposes, but not for hire/reward;
- Not exceed 3.5 tonnes maximum authorised mass (MAM), excluding any specialist equipment intended for the carriage of disabled passengers, and must not exceed 4.5 tonnes MAM otherwise.
- Not tow a trailer

## ***PUBLIC LIABILITY & INSURANCE***

Every precaution should be taken, during rally activities, to minimise the risk of accident or injury to those involved. Supervision should be adequate at all times and no activity should be undertaken without consideration of the following:

- The ability and capability of the participants
- The qualifications of the leaders involved in the activity
- The adequacy of the equipment being used
- Access to first aid facilities/qualified medical help

Each rally should have an accident report book providing a written record of any incident/accident occurring during a rally night.

Due to increasing legislation it is vitally important the team leader can provide signed permission slips for any of the following high or medium risk activities listed.

It is also important that the team leader checks with the designated person dealing with the church insurance, to ensure primarily there is cover provided for the planned rally activity. It is likely the insurance company will stipulate the requirements to proceed with this activity provided insurance is in force.

#### **High Risk Activities:**

Water Sports  
Regattas  
Flying  
Hang Gliding  
Hot Air Ballooning  
Parachuting  
Any air-side activity  
Hunting on horseback  
Motor Competitions  
Motor Cycling  
Mountaineering  
Cliff or Rock Climbing  
Hazardous Activity weekends  
Potholing  
Racing other than on foot  
Bonfires  
Firework Displays  
Use of firearms including Clay Pigeon Shooting  
Use power driven machinery  
Winter Sports  
Physical Contact Sports:-  
(e.g boxing, fencing, martial arts)  
Overseas Building Projects  
Mountain Biking

#### **Medium Risk Activities**

Bouncy Castles/Bungee Runs & other inflatable equipment  
Tractor Rides  
Gymkhana/pony rides/Rodeo Bull  
Archery/Rifle Shooting/Crockery Smashes/Darts Stall  
Mini Assault Courses, indoor and outdoor  
Fairground Rides  
Building Projects deemed to go beyond routine maintenance  
Ice Skating  
Overseas Travel

The lists above should not be considered exhaustive. Any similar activities to those listed will be treated in the same manner.

In the event of an accident or injury it is likely you will be required to demonstrate that all reasonable precautions had been taken and therefore it would be essential, before deciding on a hazardous activity, to carry out a risk assessment and maintain relevant documentation.



## **CAMPS and RESIDENTIAL TRIPS**

Camps and residential trips are events which provide great opportunities for children and young people to have an adventure together and experience a variety of activities surrounded by Christian influence. Such events range from single overnight events to week long camps.

There are a range of options regarding location, accommodation, activities, etc to best facilitate camps and residential trips. Camps and residential trips should have pre-planned, organised activities, with leaders who have identified areas of responsibility. These could be the leader in overall charge, the person who assists, those responsible for a smaller group, or the person responsible for catering, etc.

You should refer to your own Church's policies and procedures on camps and residentials, and the associated guidance regarding health and safety, Child Protection, child and young person supervision ratios, first aid, etc. Residential trips only occur with the personal commitment, sacrifice, dedication, and prayer by Christian leaders, helpers and others. If you are interested in getting involved in camps and residentials, you should talk to your Rally Leader.



## **CADET PROGRAMME / COURSE**

The purpose of the Cadet programme /course is to equip and train Rally girls and boys who may, in the future, wish to become Rally leaders. It aims to equip them in the knowledge of Rally work spiritually, educationally, socially and physically, and encourage them to grow in their relationship with the Lord Jesus. The course will help them to serve Him in their lives and in youth work. Normally the cadet programme / course is for 16 – 18 year olds.

Areas covered:

**Practical**

Aim of Rally  
Programme planning  
Games/Badge work  
Discipline  
First Aid.

**Spiritual**

Teaching memory verses – rally motto and rally promise  
Talk/ bible study  
Praise/Prayer  
Counselling

**Personal**

What is it to be a Christian leader  
Bible study/ quiet time  
Importance of Prayer

## **RALLY ARURA**

A significant part of Rally life in Northern Ireland over the last 30 years has been the summer residential camp for all Rally members, commissioned by Rally Council NI, called Rally Arura. This generally takes place every four years. The coming together of all the Rallies has tremendous advantages - not just for the quality and scale of the actual camp but also for the sense of common purpose and the collective organisational skills of leaders from across the supporting churches.

The first camp in Northern Ireland was hosted in Enniskillen in 1984, after the rallies in the Southern Hemisphere had started Arura in 1978. 'Arura' is an Australian Aboriginal word for 'gathering at camp'. It has been held in schools in 6 other towns and cities in Northern Ireland since then.

The last Arura was in 2010 in Limavady when over 260 young people aged 10 and over enjoyed a week of activities – including skirmishing, drumming, 'Arura's Got Talent', launching 60 sky lanterns, a 'GAP marquee' with coffee bar, tuck shop and gift shop, beatboxing, Flash Mob and trips to Londonderry, Buncrana and Barry's Amusements in Portrush.

But these activities are only part of Arura. Reflecting the holistic aims of Rally, the intention of Arura is to encourage young people to understand the spiritual dimension in their lives, where Jesus is the only way to real life. Strong Bible teaching, small group discussions and the gift of a new Bible are all elements in these camps.

The next Arura is planned for summer 2014 and its success depends on many people from across all the Rallies helping to plan and organise this event.